

Intent - DIA PE Curriculum Journey Map (2023/24)

Year Group	Concepts / NC Aims	PE Pillars of Progression (Ofsted, 2022)	Autumn		Spring		Summer		National Age-Related Expectations EYFS ELGs / NC Attainment Targets
			Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
N	Personal, Social and Emotional Development Physical Development Expressive Arts and Design	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Including Context-Specific Motor Competence (Fundamental Movement Skills)</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Rules, Strategies and Tactics</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Simple Tactics</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Healthy Participation</p>	Relating to others. Start taking part in group activities which they make up themselves or in teams	Moving- following basic movements. Skip, hop, stand on one leg and hold a pose in games. Use large muscle movements to wave flags and streamers and paint/make marks.	Balancing – *Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.	Surfaces – *Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Dance- Mad 2 Perform Enrichment	Healthy Lifestyles *Make healthy choices about food, drink, activity and toothbrushing.	Object control – keep control of different objects * Use large-muscle movements to wave flags and streamers, paint and make marks.	<p>PSED ELG: Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing. Work and play cooperatively and take turns with others.</p> <p>PD ELG: Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>EAD ELG: Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</p>
			<p>Explore and experience games- ball and object control</p> <p>Exploring Space: Moving- moving appropriately in different situations and ways. Co-ordination- Make contact with a moving object.</p>	<p>First PE In this unit, children will experiment with different ways of moving around a given area, and learn how to negotiate space and to be safe when moving. They will be introduced to basic co-ordination skills with a balloon and ball and also begin balancing objects on their body.</p> <p>Dance (Diwali) Moving in time to happy and sad music. Experiment with different ways of moving. Experiment with actions at different levels. Moving around as different characters or animals to the music</p>	<p>Gymnastics- Can experiment with different shapes Experiment with different ways of rolling in small shape Experiment with different jumps Experiment with balancing on different body parts Moving along the floor in different ways like aliens sliding, rolling, stretching etc Show a start shape, middle and finishing shape (beginning of a sequence) Moving on and off apparatus safely Dance (Chinese Dancing) Moving in time to happy and sad music. Experiment with different ways of moving. Experiment with actions at different levels. Moving around as different characters or animals to the</p>	<p>Dance Enrichment Explore movement in different ways and move fluently to music. Mad 2 Perform to support. Dance experiment with different ways of moving using these words. Children will learn through this unit to negotiate space. They will begin to create dances on their own and in pairs.</p>	<p>Fitness and Funs Negotiate space and obstacles safely; with consideration for themselves and others. Demonstrate strength, balance and co-ordination. Move energetically, such as running, jumping, hopping and skipping.</p> <p>Fairy Tale dance different ways of moving to music. Children will learn through dance to negotiate space, move around in various directions and to look out for their friends. They will begin to create dances on their own and in pairs.</p>	<p>Enjoy a ball - different ways to move a ball in a game using their hands and feet. Incorporated into this unit are adapted games, which encourage movement, negotiation of space, listening skills, aiming skills, teamwork and fun competition.</p> <p>Athletics p fundamentals of movement e.g. marching, running, jumping, hopping, skipping. They will begin to jump over a variety of objects. They will learn to throw objects into targets. They will also be developing their balancing skills when moving. Children will also be introduced to fun competitions e.g racing against each other</p>	
1	<p>Develop competence to excel in a broad range of physical activities.</p> <p>Are physically active for sustained periods of time.</p> <p>Engage in competitive</p>		<p>Outdoor adventures - Begin to work with a partner to meet a challenge Use communication to guide your partner through a course when blindfolded Begin to travel in different directions under instruction, to locate treasure with a partner Identify ways of travelling to include hopping, jumping and leaping, whilst using co-ordinates to make maps Work as part of a team to match animals to their matching cards Continue to develop team skills while attempting to complete a task</p>	<p>Dance Listen to the music and begin to move in time to it Perform basic dance movements showing some levels Perform basic dance travelling movements e.g. stepping, skipping, jumping</p>	<p>Invasion games Catch/receive a ball safely. Pass a ball with some control (using either hands, feet or object) Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet Move into a space in a game, looking to throw/pass the ball to someone in a space Follow an opponent in a game/adapted game Scoring in a variety of ways- into hoops, goals or targets</p>	<p>Jungle dance Listen to the music and begin to move in time to it Perform basic dance movements showing some levels Perform basic dance travelling movements e.g. stepping, skipping, jumping.</p>	<p>KWIK cricket Rolling and stopping a ball with one/two hands Throw and catch a ball with some control Bowl underarm towards a target Hit a ball off a tee using various bats Play a modified game hitting off a tee Small-sided adapted games. Begin to develop tactics for striking and fielding</p>	<p>Jungle Yoga Perform basic Yoga poses with some balance Begin to relax the body in rest pose Perform Sun Pose (beginning of sun salutation) To try some of the challenge poses e.g. snake pose Make up a story with some Yoga poses</p>	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p> <p>They should be able to engage in competitive (both against self and against others) and co-operative</p>

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sports and activities. Lead healthy, active lives.							physical activities, in a range of increasingly challenging situations.
	Mini Muay Thai Right and left stance, introduce guard beginning to keep hands up - to protect yourself Jab - develop co-ordination of jabbing hand at the front Upper cut (left and right)-dipping body down and standing up Knee strike-developing control and balance when bringing knee up Kicking - developing bringing arm down as you kick Shin check -begin to develop balance to get into shin check defensive position Develop co-ordination using different combinations of techniques and begin to compete against self	Fitness	Dance- Mad 2 Perform Enrichment Winter Dance Listen to the music and begin to move in time to it Perform basic dance movements Perform dance movements showing some levels Perform basic dance travelling movements e.g. stepping, skipping, jumping	Social Dodgeball they experiment with different ways of throwing and catching. They also experimented with rolling a ball at objects.		Tennis Throwing and catching a small, ball improving control- bounce catch to self/ partner Balance a ball on racket Racket familiarisation- moving ball with racket in forehand/backhand position Introduce modified games - eg hand tennis Small-sided adapted games. Begin to develop tactics in the adapted games	
	Dance – Great Fire of London Move in time to the music showing some expression Perform dance movements with control I Perform dance movements showing a variety of levels Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing Remember simple dance steps, perform with control in time to the music	Dance – Space Move in time to the music showing some expression Perform dance movements with control I Perform dance movements showing a variety of levels Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing Remember simple dance steps, perform with control in time to the music	Jungle Dance Move in time to the music showing some expression Perform dance movements with control I Perform dance movements showing a variety of levels Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing Remember simple dance steps, perform with control in time to the music	Yoga Perform Yoga poses, beginning to use tummy muscles (core strength), some flexibility, balance and control Relax in rest post and begin to focus on breathing Perform Sun pose with control (beginning of sun salutation) To perform the challenge poses e.g. Tree pose 2 or 3 Make up a story using all Yoga poses	Athletics Using arms and keeping head still when exploring running patterns Throw in correct stance 'Usain Bolt position' Use arms to improve jumping technique – beating their own score Compete in a team in various running/obstacle games and working together to improve team performance	Multi Skills Balance on low equipment with good control Changing direction quickly with good balance and control (agility) Co-ordinating body whilst beginning to move at different speeds with various equipment Complete challenges as a team in various running/obstacle games and working to improve performance.	
Games – Invasion games : move into space, pass to a player who is in a space, pass and move into a space, follow their opponent beginning to understand the concept of marking. Trying to intercept and win the ball.	Dance- Mad 2 Perform Enrichment Gymnastics Can perform shapes with a strong body and control Perform jumps (straight, star, tuck jump) with control and a strong body Perform a tuck rock, tuck roll, forward roll and dish/arch roll Perform a balance on one or more parts of body Perform a bunny hop – hands flat with straight arms Perform a sequence on apparatus– (roll, jump and balance) Moving on and off apparatus with strong body and control	Gymnastics Can perform shapes with a strong body and control Perform jumps (straight, star, tuck jump) with control and a strong body Perform a tuck rock, tuck roll, forward roll and dish/arch roll Perform a balance on one or more parts of body Perform a bunny hop – hands flat with straight arms Perform a sequence on apparatus– (roll, jump and balance) Moving on and off apparatus with strong body and control	Ball games – Invasion games Introduce a various passes (hands/ feet/object) continuing to develop control of pass Adapted games - developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball Move into a space to catch/recvie a ball. Pass the ball to someone in a space Follow/mark an opponent and trying to win (intercept) the ball Scoring in a variety of ways and begin to use in a game situation	Outdoor Activities Work within a team to find solutions to cross the river Develop the ability to work with a variety of partners, providing instruction while creating an obstacle course Begin to use co-ordinates and confidently navigate through a map using North, South, East and West Have a basic understanding of how to use a compass and create their own instructions Continue to work together as a team and further develop team skills including communication.	Tennis Throw and catch from one hand to the other and bounce catch into a target with a partner Balance a ball on racket with control Racket familiarisation-moving ball with racket in forehand and backhand position whilst moving Play a modified game Develop tactics for beating an opponent		

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