

Kingswood Primary Academy - PE Curriculum Journey Map (2024/25)

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	
R	Personal, Social and Emotional Development Physical Development Expressive Arts and Design	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; color: blue;">Motor Competence</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; color: blue;">Rules, Strategies and Tactics</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; color: blue;">Healthy Participation</div> </div>	First PE	Enjoy A Ball	FMS: Football FUNDamentals	PPP FMS: Multi-Skills	FMS: Athletic Skills – Athletics	Develop Ball Skills through Tennis Skills	<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</p> <p>Manage their own basic hygiene and personal needs, including dressing</p> <p>Work and play cooperatively and take turns with others.</p> <p>PD ELG: Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>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>
			FMF: Movement to Music: Dance - Jungle	FMS Gymnastics	FMF: Movement to Music: Dance-Super Hero	FMF: Movement to Music: Dance – Fairy Tale	FMF: Movement to Music: Dance-Word Moves (EY) PPP	FMF: Movement to Music: Dance - Seaside	
1	Develop competence to excel in a broad range of physical activities.		Outdoor and Adventurous Activities	FMS: Gymnastics	FMS: Dance (Winter)	FMS: Multi-Skills (Target Games)	FMS: Tennis (Net/ Wall Games)	FMS: Mini-Muay Thai (Non-traditional sport)	<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>
			Team Games Football FUNDamentals	FMS: Ball Skills 1-6	Health Related Fitness Pirate Fitness	FMS: Athletic Skills: Indoor Athletics	FMS: Athletic Skills: Athletics	FMS: Kwik Cricket (Striking & Fielding)	
2	Are physically active for sustained periods of time.		Outdoor and Adventurous Activities	FMS: Gymnastics	FMS: Dance (Fire of London)	FMS: Multi-Skills (Target Games)	FMS: Tennis (Net/ Wall Games)	FMS: Ball Skills 7-12	<p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>
			Team Games Rugby FUNDamentals	FMS: Ball Games	Health Related Fitness Pirate Fitness	FMS: Athletic Skills: Indoor Athletics	FMS: Athletic Skills: Athletics	FMS: Kwik Cricket (Striking & Fielding)	
3	Engage in competitive sports and activities.		Outdoor and Adventurous Activities	Gymnastics	Dance (Egyptian)	Multi-Skills (Target Games)	Tennis (Net/ Wall Games)	Yoga (Non-traditional sport)	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p>
			Competitive Games Football	Swimming	Competitive Games Basketball	Athletic Skills: Indoor Athletics	Health Related Fitness	Kwik Cricket (Striking & Fielding)	
4	Lead healthy, active lives.		Outdoor and Adventurous Activities	Gymnastics	Dance (Roman)	Multi-Skills (Target Games)	Tennis (Net/ Wall Games)	Competitive Games Quick sticks	<p>They should enjoy communicating, collaborating and competing with each other.</p>
			Competitive Games Tag Rugby	Health Related Fitness	Swimming	Swimming	Athletic Skills: Athletics	Rounders (Striking & Fielding)	
5	Lead healthy, active lives.		Outdoor and Adventurous Activities	Gymnastics	Dance (Greatest Showman)	Multi-Skills (Target Games)	Swimming	Leadership (Non-traditional sport)	<p>Swimming and water safety</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>
			Competitive Games Football	Competitive Games Netball	Tennis (Net/ Wall Games)	Athletic Skills: Indoor Athletics	Athletic Skills: Athletics	Kwik Cricket (Striking & Fielding)	
6	Lead healthy, active lives.	Outdoor and Adventurous Activities	Gymnastics	Dance (WW2)	Multi-Skills (Target Games)	Tennis (Net/ Wall Games)	Competitive Games Quick Sticks	<p>They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	
		Competitive Games Tag Rugby	Competitive Games Basketball	Health Related Fitness	Athletic Skills: Indoor Athletics	Athletic Skills: Athletics	Rounders (Striking & Fielding) Top- Up Swimming		
KS3 AIMS	<p>Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.</p> <p>They should understand what makes a performance effective and how to apply these principles to their own and others' work.</p> <p>They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p>								