

Corby Primary Academy - 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	
R	Personal, Social and Emotional Development Physical Development Expressive Arts and Design	Motor Competence	Physical Development	Physical Development	Introduction to PE Units 1 and 2	Fundamentals Units 1 and 2	Dance - FMS	Gymnastics FMS	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. 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. EAD ELG: Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.
							Games Unit 1	Ball Skills	
1	Develop competence to excel in a broad range of physical activities.	Healthy Participation	Team Building	FMS: Gymnastics	FMS: Dance	FMS: Dance	Striking and fielding	Fitness	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. 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.
FUNDamentals			Ball Skills	Sending and receiving	Target Games	FMS: Athletic Skills: Athletics	Invasion games		
Team Building			Tennis	Gymnastics	Dance	Dance	Fitness		
FUNDamentals			Ball Skills	Invasion	Target Games	Athletics	Striking & Fielding		
2	Are physically active for sustained periods of time.	Rules, Strategies and Tactics	Tag Rugby	Dance	Dance	Gymnastics	Football	Fitness	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. They should enjoy communicating, collaborating and competing with each other. 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.
Swimming			Ball skills	Tennis	Netball	Athletics	Cricket		
Dance			Dance	Hockey	Tennis	Gymnastics	OAA		
Basketball			Swimming	Swimming	Handball	Athletics	Rounders		
3	Engage in competitive sports and activities.	Healthy Participation	Dance	Dance	Tag Rugby	Netball	OAA	Gymnastics	Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.
Football			Tennis	Dodgeball	Swimming	Athletics	Cricket		
Gymnastics			Dance	Dance	Badminton	Volleyball	Swimming		
Fitness			Handball	Basketball	Hockey	Athletics	Rounders		
4	Lead healthy, active lives.	Healthy Participation	Gymnastics	Dance	Dance	Badminton	Volleyball	Swimming	Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.
Football			Tennis	Dodgeball	Swimming	Athletics	Cricket		
Gymnastics			Dance	Dance	Badminton	Volleyball	Swimming		
Fitness			Handball	Basketball	Hockey	Athletics	Rounders		
5	Lead healthy, active lives.	Healthy Participation	Gymnastics	Dance	Dance	Badminton	Volleyball	Swimming	Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.
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Gymnastics			Dance	Dance	Badminton	Volleyball	Swimming		
Fitness			Handball	Basketball	Hockey	Athletics	Rounders		
KS3 AIMS	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. They should understand what makes a performance effective and how to apply these principles to their own and others' work. 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.								