

## 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	<p><b>PSED ELG:</b> 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><b>PD ELG:</b> 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><b>EAD ELG:</b> Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</p>	
							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	<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 physical activities, in a range of increasingly challenging situations.</p>	
FUNDamentals			Ball Skills	Sending and receiving	Target Games	FMS: Athletic Skills: Athletics	Invasion games			
2		Team Building	Tennis	Gymnastics	Dance	Dance	Fitness			
		FUNDamentals	Ball Skills	Invasion	Target Games	Athletics	Striking & Fielding			
3	Are physically active for sustained periods of time.	Rules, Strategies and Tactics	Tag Rugby	Dance	Dance	Gymnastics	Football	Fitness	<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> <p>They should enjoy communicating, collaborating and competing with each other.</p> <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> <p><b>Swimming and water safety</b></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>	
Swimming			Ball skills	Tennis	Netball	Athletics	Cricket			
4	Dance		Dance	Hockey	Tennis	Gymnastics	OAA			
	Basketball		Swimming	Swimming	Handball	Athletics	Rounders			
5	Lead healthy, active lives.		Healthy Participation	Dance	Dance	Tag Rugby	Netball	OAA		Gymnastics
			Football	Tennis	Dodgeball	Swimming	Athletics	Cricket		
6	Gymnastics		Dance	Dance	Badminton	Volleyball	Swimming			
	Fitness		Handball	Basketball	Hockey	Athletics	Rounders			
<b>KS3 AIMS</b>	<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>									