

Skegness Infant Academy - PE Curriculum Journey Map (2022/23)

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 Communication and Language Expressive Arts and Design		Continuous provision (using equipment – bats, balls, bikes, scooters, skipping ropes, cones, trim trail) Playground games (throwing, catching, rolling, batting, action songs/rhymes) Physical skills in forest (climbing, running, crawling, dancing, digging, strength, balance, coordination) Dough disco Wake up, Shake Up, 5 a day	Fundamental movement skills – Dance (balance, strength, coordination, space) Continuous provision (using equipment – bats, balls, bikes, scooters, skipping ropes, cones, trim trail) Playground games (throwing, catching, rolling, batting, action songs/rhymes) Physical skills in forest (climbing, running, crawling, dancing, digging, strength, balance, coordination) Dough disco 5 a day	Fundamental movement skills (balance, strength, coordination, climbing, jumping, space and obstacles) Continuous provision (using equipment – bats, balls, bikes, scooters, skipping ropes, cones, trim trail) Playground games (throwing, catching, rolling, batting, action songs/rhymes) Physical skills in forest (climbing, running, crawling, dancing, digging, strength, balance, coordination) 5 a day	Fundamental movement skills (balance, strength, coordination, space) Continuous provision (using equipment – bats, balls, bikes, scooters, skipping ropes, cones, trim trail) Playground games (throwing, catching, rolling, batting, action songs/rhymes) Physical skills in forest (climbing, running, crawling, dancing, digging, strength, balance, coordination) 5 a day	Fundamental movement skills (balance, strength, coordination, space,) Continuous provision (using equipment – bats, balls, bikes, scooters, skipping ropes, cones, trim trail) Yoga Playground games (throwing, catching, rolling, batting, action songs/rhymes) Physical skills in forest (climbing, running, crawling, dancing, digging, strength, balance, coordination) 5 a day Balanceability	Team games (Follow instructions, resilience, independence, take turns, negotiate space and obstacles, running, jumping) Continuous provision (using equipment – bats, balls, bikes, scooters, skipping ropes, cones, trim trail) Playground games (throwing, catching, rolling, batting, action songs/rhymes) Physical skills in forest (climbing, running, crawling, dancing, digging, strength, balance, coordination) 5 a day Balanceability	PSED ELG: Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show the ability to follow instructions involving several ideas or actions. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. 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. CL ELG: Listen attentively and respond to what they hear with relevant questions, comments and actions. EAD ELG: Perform songs, rhymes, poems and stories with others and try to move in time with the music.
			Team Games (Attack & Defend - football)	Dance	Gymnastics	Dance	Gymnastics	Athletic Skills Running, jumping and throwing	
			Yoga	Fundamental movement skills ball skills	Multi-skills (Power of PE)	Yoga	Team Games (invasion - Dodgeball)	Striking & Fielding (Power of PE)	
			Team Games (Attack & Defend -n football)	Dance	Gymnastics	Dance	Gymnastics	Athletic skills Running, jumping and throwing	
1	Develop competence to excel in a broad range of physical activities. Are physically active for sustained periods of time.		Outdoor and Adventurous Activities	Fundamental movement skills ball skills	Yoga	Team Games (Power of PE – Invictus games)	Boxercise	Yoga	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.
			Team Games (Attack & Defend -n football)	Dance	Gymnastics	Dance	Gymnastics	Athletic skills Running, jumping and throwing	
Team Games (Attack & Defend -n football)	Dance		Gymnastics	Dance	Gymnastics	Athletic skills Running, jumping and throwing			
Team Games (Attack & Defend -n football)	Dance		Gymnastics	Dance	Gymnastics	Athletic skills Running, jumping and throwing			
2	Engage in competitive sports and activities. Lead healthy, active lives.		Team Games (Attack & Defend -n football)	Dance	Gymnastics	Dance	Gymnastics	Athletic skills Running, jumping and throwing	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.
			Team Games (Attack & Defend -n football)	Dance	Gymnastics	Dance	Gymnastics	Athletic skills Running, jumping and throwing	
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KS2 AIMS	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 understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.								