

# OWPS PE Curriculum 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 Expressive Arts and Design		Fine & Gross Motor Skills		Fundamental Movement Skills Me & Myself (PP)	Fundamental Movement Skills Dance (PP)	Fundamental Movement Skills Ball Skills (PP)	Fundamental Movement Skills Throwing & Catching (PP)	<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>
			Fundamental Movements Fitness (PP)		Team Games Football (PP)	Team games Tag Rugby (PP)	Gymnastics (PP)	Athletics (PP)	
1	Develop competence to excel in a broad range of physical activities.		Dance (PP)	Team Games Netball (PP)	Dodgeball (PP)	Orienteering (PP)	Net/Wall Games Tennis (PP)	Team Games Hockey (PP)	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.
2			Fundamental Movements Fitness (PP)	Team Games Tag Rugby (PP)	Team Games Football (PP)	Team Games Netball (PP)	Striking & Fielding Cricket (PP)	Athletics (PP)	
3	Are physically active for sustained periods of time.		Gymnastics (PP)	Team Games Basketball (PP)	Orienteering (PP)	Dodgeball (PP)	Dance (PP)	Net/Wall Games Tennis (PP)	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.
			Fundamental Movements Fitness (PP)	Competitive Games – Invasion Football (PP)	Competitive Games – Invasion Basketball (PP)	Striking & Fielding Rounders (PP)	Athletics (PP)	Striking & Fielding Cricket (PP)	
4	Engage in competitive sports and activities.		Dance (PP)	Tri Golf (PP)	Gymnastics (PP)	Orienteering (PP)	Dodgeball (PP)	Net/Wall Games Badminton (PP)	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.
			Fundamental Movements Fitness (PP)	Competitive Games – Invasion Tag Rugby (PP)	Competitive Games – Invasion Football (PP)	Competitive Games – Invasion Netball (PP)	Athletics (PP)	Striking & Fielding Rounders (PP)	
5	Lead healthy, active lives.		Competitive Games – Invasion Basketball (PP)	Competitive Games – Invasion Hockey (PP)	Gymnastics (PP)	Dance (PP)	Orienteering (PP)	Net/Wall Games Badminton (PP)	They should enjoy communicating, collaborating and competing with each other.
			Fundamental Movements Fitness (PP)	Competitive Games – Invasion Hockey (PP)	Competitive Games – Invasion Netball (PP)	Gymnastics (PP)	Athletics (PP)	Striking & Fielding Cricket (PP)	
6			Dance (PP)	Competitive Games – Invasion Tag Rugby (PP)	Dodgeball (PP)	Competitive Games – Invasion Football (PP)	Orienteering (PP)	Net/Wall Games Tennis (PP)	<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>
			Fundamental Movements Fitness (PP)	Competitive Games – Invasion Tag Rugby (PP)	Competitive Games – Invasion Hockey (PP)	Competitive Games – Invasion Football (PP)	Athletics (PP)	Striking & Fielding Rounders (PP)	
6			Gymnastics (PP)	Competitive Games – Invasion Basketball (PP)	Competitive Games – Invasion Netball (PP)	Orienteering (PP)	Dance (PP)	Net/Wall Games Badminton (PP)	
			Fundamental Movements Fitness (PP)	Competitive Games – Invasion Tag Rugby (PP)	Competitive Games – Invasion Hockey (PP)	Competitive Games – Invasion Football (PP)	Athletics (PP)	Striking & Fielding Rounders (PP)	
<b>KS3 AIMS</b>	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.								