

Curriculum Map for Physical Education, Physical Activity and Sport



Our Curriculum Intent

When pupils leave our school we want them to have good knowledge and understanding of healthy active lifestyles, enabling them to make positive choices related to their own health and wellbeing beyond the school gates. We want our pupils to have good levels of physical fitness including strength and stamina and pupils should be able to use a range of social skills they have learned in PE and apply them to different social contexts. All pupils should be inspired by Sport and have the confidence and desire to take part beyond the classroom. Our curriculum will support pupils in developing the basic physical skills needed to access PE and Sport, encourage independent decision making and the application of strategies to solve a problem. Competitive opportunities will be an important part of developing social skills such as use of positive language and communication when working collaboratively or as part of a team. The curriculum in our school will be delivered in a fun, engaging and enthusiastic way with a focus on ensuring each lesson, session and opportunity is accessible for each pupil. As a school we value the impact PE and Sport can have on other challenges facing our young people including linking learning in PE lessons to Maths, English and other foundation subjects, developing resilience, attendance and punctuality, supporting pupils with SEND and managing emotions.

EYFS

OUTCOMES

GO
BACK

PHYSICAL COMPETENCE

Develop basic fundamental skills such as running, jumping, catching and throwing.

THINKING (Decision Making & Improving Performance)

Develop a good awareness of the space around them including how to move safely and avoid others.

SOCIAL & EMOTIONAL

Listen carefully and follow instructions including changing types of movement following an instruction.

Take some responsibility or the safe use of space and equipment both indoors and outside.

HEALTHY ACTIVE LIFESTYLES

Take some responsibility or the safe use of space and equipment both indoors and outside.



PHYSICAL COMPETENCE

Consolidate existing movements skill such as running, jumping, throwing catching and develop additional skills such hopping, skipping, agility, balance and coordination.

THINKING (Decision Making & Improving Performance)

Develop good thinking and decision making skills leading to physical skills being used and applied in an appropriate way and at the right time.

SOCIAL & EMOTIONAL

Develop self-reflection skills - identifying improvements and strengths.

HEALTHY ACTIVE LIFESTYLES

Understand why it is important to be active and how this can impact our body and overall health.



PHYSICAL COMPETENCE

Mastery of key fundamental skills: agility, balance, coordination, running, jumping, catching and throwing, to include increased control and accuracy.

THINKING (Decision Making & Improving Performance)

Make good decision, on a regular basis, relating to the application of key fundamental skills, including choosing different types of the same skill to use at different times.

SOCIAL & EMOTIONAL

Work effectively as part of a small team, using appropriate communication skills and encouraging team mates.

HEALTHY ACTIVE LIFESTYLES

Understand the importance of being active and the positive impact physical exercise can have, including knowledge of strengthening and flexibility of muscles and how the heart works during activity.

PHYSICAL COMPETENCE

Adapt physical skills such as agility, throwing, catching and kicking a range of different contexts including team games.

THINKING (Decision Making & Improving Performance)

Apply a range of skills in different contexts, including selecting the appropriate skill to the situation and choosing a good time to use skills effectively.

SOCIAL & EMOTIONAL

Identify what resilience means and discuss how they can become more resilient in PE when faced with tasks they find difficult.

HEALTHY ACTIVE LIFESTYLES

Understand how the body changes during and after exercise including heart rate, breathing and temperature and how exercise can impact the way we feel.



PHYSICAL COMPETENCE

Develop physical fitness including stamina in running activities, speed, strength and flexibility.

Develop basic water safety and swimming skills including safe entry and exit when at the pool.

THINKING (Decision Making & Improving Performance)

Reflect on the performance of an individual skill or series of skills and begin to make links for how skills transfer across PE

SOCIAL & EMOTIONAL

Develop understanding of the word respect and its role within PE and Sport, including how to show respect for others through actions and language.

HEALTHY ACTIVE LIFESTYLES

Knowledge of the links between nutrition and physical activity including how different sports require energy from a variety of different food groups.



PHYSICAL COMPETENCE

Develop knowledge of how to keep safe around open water. Refine swimming techniques including front crawl, back stroke and treading water. Start to build up stamina - swimming continuously for longer.

THINKING (Decision Making & Improving Performance)

Use knowledge and understanding to reflect and improve their performance, including applying skills in an appropriate way to meet the needs of the task.

SOCIAL & EMOTIONAL

Develop understanding of the word equality and the role it can play in PE and Sport, particularly in working well as part of a team. Develop perseverance in activities, including in new activities.

HEALTHY ACTIVE LIFESTYLES

Develop knowledge and understanding of how exercise can make a positive impact of their physical and mental wellbeing.



PHYSICAL COMPETENCE

Swim for at least 25m using front crawl and perform a range of self rescue tasks. Increased levels of physical fitness established through regular opportunities - curriculum, extra curricular and throughout the school day.

THINKING (Decision Making & Improving Performance)

Knowledge of taking on a responsibility within a lesson or as part of a team, including different roles such as coach or official and adapting roles to suit the strengths and weaknesses of the team and the opposition.

SOCIAL & EMOTIONAL

Communication skills within a game and lesson including, appropriate feedback to others, encouragement for a teammate, positive body language and increased awareness of others.

HEALTHY ACTIVE LIFESTYLES

Knowledge and understanding of the importance of being physically active allows positive lifestyle choices to be made in relation to sport in and out of school, healthy eating and curriculum PE.