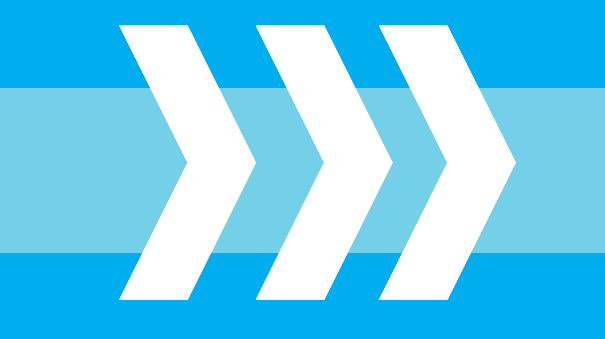




# Curriculum Map for Physical Education, Physical Activity and Sport

**EYFS**

Introduction to basic fundamental skills such as running and jumping. Safely and confidently using space. Following instructions



GYMNASTICS  
FUNDAMENTAL SKILLS  
DANCE  
ATHLETICS

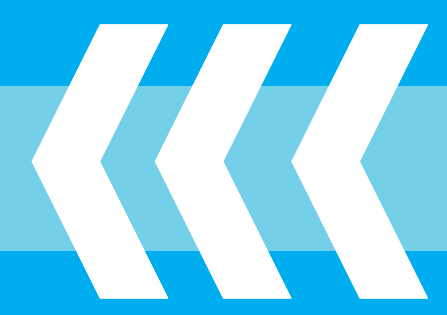


**YEAR 2**

Refine fundamental skills. Applications of skills. Knowledge of the impact activity can have on the body. Working as part of a team



GAMES  
ATHLETICS  
FUNDAMENTAL SKILLS  
GYMNASTICS  
DANCE  
HEALTH & FITNESS  
RAINBOW



Consolidate and develop fundamental skills. Good decision making when using skills. Positive choices about physical activity

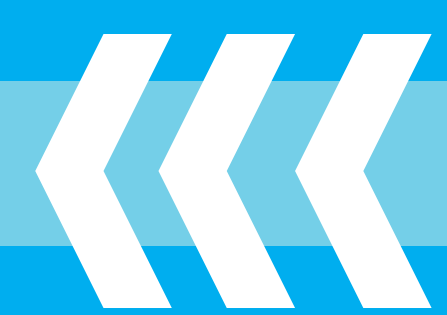
**YEAR 1**

**YEAR 4**

Improved stamina and general physical fitness. Knowledge of nutrition. Self reflection and improving performance. What is respect in PE & Sport?



DANCE  
LINKING ACTIONS  
GYMNASTICS  
KEEPING POSSESSION  
SENDING & RECEIVING  
HEALTH & FITNESS  
ATHLETICS



Developing, adapting and applying skills in new contexts. Understand how the body changes during exercise. Developing greater resilience.

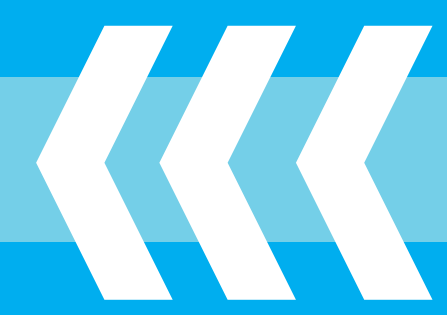
**YEAR 3**

**YEAR 6**

Different roles with a team/ lesson. Role of physical activity in leading a healthy lifestyle. Awareness of others and communicating.



LINKING ACTIONS  
GYMNASTICS  
KEEPING POSSESSION  
SENDING & RECEIVING  
HEALTH & FITNESS  
ATHLETICS



Transferable skills in games. Understand the link between physical activity and mental wellbeing. What does equality look like in PE and Sport?

**YEAR 5**

GAMES  
ATHLETICS  
GYMNASTICS  
DANCE  
HEALTH & FITNESS



DANCE  
LINKING ACTIONS  
GYMNASTICS  
KEEPING POSSESSION  
SENDING & RECEIVING  
HEALTH & FITNESS  
ATHLETICS



DANCE  
LINKING ACTIONS  
GYMNASTICS  
CREATING & CLOSING SPACE  
SENDING & RECEIVING  
HEALTH & FITNESS  
ATHLETICS  
OAA

## 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 more resilient and self confident in their ability to succeed in PE and transfer this into other areas of the curriculum. All pupils should have positive experiences of playing as part of a team and be able to use a range of skills to enable themselves to become a successful team mate, including communication and cooperation. Our curriculum will support pupils in developing good spatial awareness at a young age, encouraging positive language and communication when working collaboratively or as part of a team and provide opportunities for all pupils to access a wide range of experiences. Pupils will be encouraged to learn independently and reflect on how they can practice to improve. The curriculum in our school will be delivered in a fun, engaging and enthusiastic way with clear and realistic outcomes and support longer term participation in sport through the development of links with local community clubs. 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 respect and an awareness of others and supporting attendance and punctuality. For our pupils, there will be an additional focus on developing knowledge of water safety due to the area that we live in, allowing all pupils the opportunity to explore a range of interests and a chance to develop a passion for at least one sport or activity. The school will also encourage pupils to persevere and show dedication and commitment towards PE and Sport both within the school day and through additional opportunities.

