

## Curriculum Map 2023



Respect ● Determination ● Energetic ● Self-belief ● Teamwork ● Excellence

*'Packmoor Ormiston Academy offers pupils the opportunity to be physical literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.'*

High quality PE is an entitlement for all pupils, regardless of their starting points or their prior experiences of sport and physical activity. The national curriculum states: 'A high- quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.'

This PE overview supports and follows the '3 pillars of progression' as outlined in the Ofsted Research review series for PE. Each sport and topic area are chosen to ensure each child can flourish whilst preparing them for the next stage of learning. Competence is also a key feature throughout the curriculum with half termly sport focus areas enabling children to refine and master skills learnt thorough instruction, practise and feedback. The following pillars are the key focus throughout the chosen sport areas and underpin the whole PE curriculum from Nursery through to year 6. 1-Motor competence- Knowledge of a range of movements that become increasing sport- and physical activity- specific 2- Rules and strategies- Knowledge of the conventions of participation in different sports and physical activities 3- Healthy participation- Knowledge of safe and effective participation

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<u>Introduction to PE unit 1</u>	<u>Fundamentals unit 1</u>	<u>Gymnastics unit 1</u>	<u>Dance unit 1</u>	<u>Games unit 1</u>	<u>Ball skills unit 1</u>
Reception	<u>Introduction to PE unit 2</u>	<u>Fundamentals unit 2</u>	<u>Gymnastics unit 2</u>	<u>Dance unit 2</u>	<u>Games unit 2</u>	<u>Ball skills unit 2</u>
Year 1- lesson 1	<u>Fundamentals</u>		<u>Dance</u>		<u>Athletics</u>	<u>Team building</u>
Year 1- lesson 2	<u>Target games</u>		<u>Sending and receiving/ Invasion games</u>		<u>Net and wall games</u>	
Year 2- lesson 1	<u>Gymnastics</u>		<u>Dance</u>		<u>Athletics</u>	<u>Team building</u>
Year 2- lesson 2	<u>Sending and receiving/ Invasion Games</u>		<u>Fitness</u>	<u>Ball skills</u>	<u>Striking and fielding</u>	
Year 3- lesson 1	<u>Fundamentals</u>	<u>Gymnastics</u>	<u>Dance</u>		<u>Athletics</u>	<u>Cricket</u>
Year 3- lesson 2	<u>Ball skills</u>	<u>Dodgeball</u>	<u>Invasion games (Handball/ Tag Rugby)</u>		<u>Outdoor Adventures Activity</u>	
Year 4- Lesson 1	<u>Fitness</u>	<u>Gymnastics</u>	<u>Dance</u>		<u>Athletics</u>	<u>Rounders</u>
Year 4- lesson 2	<u>Invasion games (Hockey /Netball/Football/Basketball)</u>				<u>Tennis y3/4</u>	
Year 5- lesson 1	<u>Fitness</u>		<u>Swimming (4 weeks)</u>	<u>Dance</u>	<u>Athletics</u>	<u>Cricket</u>
Year 5- lesson 2	<u>Gymnastics</u>	<u>Invasion games (Football/ Tag rugby/handball)</u>			<u>Outdoor Adventures Activity</u>	
Year 6- lesson 1	<u>Dodgeball</u>	<u>Gymnastics</u>	<u>Dance</u>		<u>Athletics</u>	<u>Rounders</u>
Year 6- lesson 2	<u>Invasion games (Hockey /Netball/ Basketball)</u>			<u>Net and wall games (Volley ball /Tennis)</u>		