



PE Learning Map



Year	Autumn		Spring		Summer	
Nursery	Fundamental movement skills, Safety, movement, space, Following rules and routines	Fundamental movement skills Agility, balance, coordination Following rules and routines Sending / receiving	Exploring ways of moving and using equipment To begin developing a range of gross motor skills including familiarising themselves with the large climbing equipment	Kicking / throwing / Catching different objects – small and large	Develop gross motor skills through Dance / Movement to music	Sports day Prep (Running / Jumping / Throwing)
Reception	FMS – Agility, Balance, Coordination Safety, following rules and routines	Sending / receiving using various equipment (Hands and Feet)	Gymnastics Jumping, rocking and rolling	Dance Themed Activities linked to the development of controlled movements	Athletics (Running / Jumping / Throwing) (Sports day prep)	Bat / Ball games
Year 1	Gymnastics Ball skills (Hands and feet)	Dance Ball skills (Hands and feet continued)	Athletics Running / Jumping / Throwing Multi Skills Throwing and catching	Team games Attacking and defending	Athletics (sports day prep) Skills for striking and fielding games	Skills for net / wall games
Year 2	Gymnastics Ball skills (Hands and feet)	Dance Ball skills (Hands and feet continued)	Athletics Running / Jumping / Throwing Multi Skills Throwing and catching	Team games Attacking and defending	Athletics (sports day prep) Skills for striking and fielding games	Skills for net / wall games
Year 3	Invasion games Tag Rugby Gymnastics	Invasion games Football Indoor athletics	Invasion games Basketball / netball Dance	Invasion games Hockey	OAA (Map Reading) Net / wall games Tennis	Athletics Sports day prep Striking and fielding Kwik cricket
Year 4	Invasion games Tag Rugby Gymnastics	Invasion games Football Indoor athletics	Invasion games Basketball / netball Dance	Invasion games Hockey	OAA (Map Reading) Net / wall games Tennis	Athletics Sports day prep Striking and fielding Kwik cricket
Year 5	Invasion games Basketball / Netball Gymnastics	Invasion games Tag rugby Indoor athletics	Invasion games Hockey Dance	Invasion games Football	OAA (map Reading) Net/wall games Badminton	Athletics Sports day prep Striking and fielding Rounds
Year 6	Invasion games Basketball / Netball Gymnastics	Invasion games Tag rugby Indoor athletics	Invasion games Hockey Dance	Invasion games Football	OAA (Map Reading) Net/wall games Badminton	Athletics Sports day prep Striking and fielding Rounds

Year 7 Core PE	Students cover 4 sporting activities from a range including: <i>Netball, Football, Table Tennis, Basketball, Rugby, Gymnastics, Dance, Fitness</i>	Students cover 4 <i>different</i> sporting activities from a range including: <i>Badminton, Table Tennis, Fitness, Gaelic Football, Rugby, Hockey.</i>	Students cover 4 <i>different</i> sporting activities from a range including: <i>Athletics, Tennis, Cricket, Rounders, Softball.</i>
Pupils will 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 (Year 7 Focus is on building core skills across a range of activities and applying basic rules).			
Year 8 Core PE	Students cover 4 sporting activities from a range including: <i>Netball, Football, Table Tennis, Basketball, Rugby, Gymnastics, Dance, Fitness</i>	Students cover 4 <i>different</i> sporting activities from a range including: <i>Badminton, Table Tennis, Fitness, Gaelic Football, Rugby, Hockey.</i>	Students cover 4 <i>different</i> sporting activities from a range including: <i>Athletics, Tennis, Cricket, Rounders, Softball.</i>
In addition to Year 7 aims, Year 8 students should understand what makes a performance effective and how to apply these principles to their own and others' work (Year 8 Focus is on developing core skills, applying more complex rules and developing knowledge of tactics/strategy to overcome problems).			
Year 9 Core PE	Students cover 4 sporting activities from a range including: <i>Netball, Football, Table Tennis, Basketball, Rugby, Gymnastics, Dance, Fitness</i>	Students cover 4 <i>different</i> sporting activities from a range including: <i>Badminton, Table Tennis, Fitness, Gaelic Football, Rugby, Hockey.</i>	Students cover 4 <i>different</i> sporting activities from a range including: <i>Athletics, Tennis, Cricket, Rounders, Softball.</i>
Year 9 students should further develop their understanding of what makes a performance effective, be able to evaluate/monitor/articulate progress compared to previous performances (Year 9 Focus is on developing advanced skills, applying more complex rules/tactics/strategy and learning how to be a leader/official). Year 9 Students can choose to opt for an academic course to begin study in Y10 (Currently OCR Sport Science)			
Year 10 Core PE	Students undertake PE recreationally and can choose from 4 sporting activities each half term from a range including: <i>Netball, Football, Table Tennis, Basketball, Dodgeball, Dance</i>	Students undertake PE recreationally and can choose from 4 sporting activities each half term from a range including: <i>Netball, Football, Table Tennis, Badminton, Dodgeball, Dance</i>	Students undertake PE recreationally and can choose from 4 sporting activities each half term from a range including: <i>Football, Table Tennis, Tennis, Rounders/Softball, Dance</i>
Year 10 students will undertake more complex and demanding physical activities. They should get involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle (Year 10 will use and develop a variety of tactics and strategies to overcome opponents in team and individual games and further develop their knowledge of rules in order to begin independently organising, leading and officiating during activities).			
Year 11 Core PE	Students undertake PE recreationally and can choose from 4 sporting activities each half term from a range including: <i>Netball, Football, Table Tennis, Basketball, Dodgeball, Dance</i>	Students undertake PE recreationally and can choose from 4 sporting activities each half term from a range including: <i>Netball, Football, Table Tennis, Badminton, Dodgeball, Dance</i>	Students undertake PE recreationally and can choose from 4 sporting activities each half term from a range including: <i>Football, Table Tennis, Tennis, Rounders/Softball, Dance</i>
Year 11 students will be guided by staff to undertake physical activity independently through a choice of activities that they wish to participate in (Year 11 students will be expected to self-manage and participate in a range of activities that they might pursue beyond education for both competitive and recreational/social/mental and physical benefits, in order for them to enjoy an active healthy lifestyle).			

Unit R181: Applying the principles of training: fitness and how it affects skill performance

Year 10 Academic PE (Sport Science)	OCR Sport Science R181: Topic Area 1: Components of fitness applied in sport	OCR Sport Science R181: Topic Area 1: Components of fitness applied in sport	OCR Sport Science R181: Topic Area 2: Principles of training in sport	OCR Sport Science R181: Topic Area 3: Organising and planning a fitness training programme	OCR Sport Science R181: Topic Area 3: Organising and planning a fitness training programme	OCR Sport Science R181: Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme
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Unit R182: The body's response to physical activity and how technology informs this

Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions

Year 11 Academic PE (Sport Science)	OCR Sport Science R182: Topic Area 3: Short-term effects of exercise on the cardio-respiratory and Musculoskeletal systems	OCR Sport Science R182: Topic Area 4: Long-term effects of exercise on the cardio-respiratory and Musculoskeletal systems	OCR Sport Science R182: Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities. Topic Area 2: The Musculo-skeletal system and how the use of technology supports different types of sports and their movements	Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions	OCR Sport Science Exam (May 2024) Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions Preparation & Revisit Coursework	
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