



PE Learning Map 2021-2022



| Year | Autumn 1 (7 weeks) | Autumn 2 (7 weeks) | Spring 1 (6 weeks) | Spring 2 (6 weeks) | Summer 1 (6 weeks) | Summer 2 (6 weeks) |
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| Nursery | Fundamental Movement Skills Safety, movement, space Following rules and routines | Fundamental Movement Skills Agility/Balance/Coordination Following routines and rules 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 | Athletics Running/Jumping/Throwing Multi Skills Throwing and catching | Gymnastics Ball Skills (Hands and Feet) | Dance Ball Skills (Hands and feet continued) | Team Games Attacking and Defending | Athletics (Sports Day prep) Skills for Striking and fielding Games | Skills for Net/Wall Games |
| Year 2 | Athletics Running/Jumping/Throwing Multi Skills Throwing and Catching | Gymnastics Ball Skills (Hands and Feet) | Dance Ball Skills (Hands and feet continued) | Team Games Attacking and Defending | Athletics (Sports Day prep) Skills for Striking and Fielding Games | Skills for Net/Wall Games |
| Year 3 | Invasion Games Football | Gymnastics | Dance | Invasion Games Hockey | Athletics (Sports Day prep) | OAA |
| Year 4 | Indoor Athletics Invasion Games Football Indoor Athletics | Invasion Games Basketball Gymnastics Invasion Games Basketball | Invasion Games Tag Rugby Dance Invasion Games Tag Rugby | Invasion Games Hockey | Striking and Fielding Kwik Cricket Athletics (Sports Day prep) Striking and Fielding Kwik Cricket | Net/wall Games Tennis OAA (Map reading) Net/wall Games Tennis |
| Year 5 | Invasion Games Football | Gymnastics | Dance | Invasion Games Basketball/Netball | Athletics (Sports Day prep) | OAA (Map reading and compass work) |
| Year 6 | Indoor Athletics Invasion Games Football Indoor Athletics | Invasion Games Tag Rugby Gymnastics Invasion Games Tag Rugby | Invasion Games Hockey Dance Invasion Games Hockey | Invasion Games Basketball/Netball | Striking and Fielding Kwik Cricket Athletics (Sports Day prep) Striking and Fielding Kwik Cricket (Tactics and officiating) | Net/wall Games Badminton OAA (Route planning and safety) Net/wall Games Badminton |
| Year 7 Core PE | Students cover 4 sporting activities from a range including: <i>Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey, Dance & Gymnastics</i> | | Students cover 4 <i>different</i> sporting activities from a range including: <i>Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey, Dance & Gymnastics</i> | | Students cover 4 <i>different</i> sporting activities from a range including: <i>Athletics, Cricket, Rounders, Softball & Dodgeball</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, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey, Dance & Gymnastics</i> | | Students cover 4 <i>different</i> sporting activities from a range including: <i>Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey, Dance & Gymnastics</i> | | Students cover 4 <i>different</i> sporting activities from a range including: <i>Athletics, Cricket, Rounders, Softball & Dodgeball</i> | |

In addition to Y7 aims, Y8 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).

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| Year 9 Core PE | Students cover 4 sporting activities from a range including: <i>Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey, Dance & Gymnastics</i> | Students cover 4 <i>different</i> sporting activities from a range including: <i>Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey, Dance & Gymnastics</i> | Students cover 4 <i>different</i> sporting activities from a range including: <i>Athletics, Cricket, Rounders, Softball & Dodgeball</i> |
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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 will also have the option to choose an ACADEMIC PE course to study in Y9, Y10 & Y11 (OCR Sports Studies or OCR GCSE PE).

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| Year 10 Core PE | Students cover 4 sporting activities from a range including: <i>Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey, Dance & Gymnastics</i> | Students cover 4 <i>different</i> sporting activities from a range including: <i>Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey, Dance & Gymnastics</i> | Students cover 4 <i>different</i> sporting activities from a range including: <i>Athletics, Cricket, Rounders, Softball & Dodgeball</i> |
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Y10 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).

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| Year 11 Core PE | Students cover 4 sporting activities from a range including: <i>Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey, Dance & Gymnastics</i> | Students cover 4 <i>different</i> sporting activities from a range including: <i>Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey, Dance & Gymnastics</i> | Students cover 4 <i>different</i> sporting activities from a range including: <i>Athletics, Cricket, Rounders, Softball & Dodgeball</i> |
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Y11 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).

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| YEAR 10 Academic PE | OCR Sport Studies R054: Sport and the media LO1 - Know how sport is covered across the media LO2 - Understand positive effects that the media can have on sport | OCR Sport Studies R054: Sport and the media LO3 - Understand negative effects that the media can have on sport LO4 - Understand the relationship between sport and the media | OCR Sport Studies R051: Contemporary Issues LO1 – Understanding the issues that affect participation in sport. LO2 – Know about the role of sport in promoting values. | OCR Sport Studies R051: Contemporary Issues LO3 – Understanding the importance if hosting major sporting events. LO4 – Know about the role of NGB's in Sport. | OCR Sport Studies Exam Preparation and External Exam for Contemporary Issues | OCR Sport Studies R054: Sport and the media LO5 - Be able to evaluate media coverage of sport |
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R052: Developing Sports Skills - LO1, LO2 & LO3 covered throughout the course during practical lessons

LO1 - To be able to use skills, techniques & tactics/strategies/compositional ideas as an individual performer.

LO2 - To be able to use skills, techniques & tactics/strategies/compositional ideas as a team performer.

LO3 - Be able to officiate in a sporting activity

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| YEAR 11 Academic PE | OCR Sport Studies R053: Sports Leadership LO1: Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership LO2: Be able to plan a sports activity session | OCR Sport Studies R053: Sports Leadership LO1: Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership LO2: Be able to plan a sports activity session | OCR Sport Studies R053: Sports Leadership LO3: Be able to deliver a sports activity session LO4: Be able to evaluate own performance in delivering a sports activity session | OCR Sport Studies R052: Developing Sports Skills LO4: Be able to apply practice methods to support improvement in a sporting activity | OCR Sport Studies Revisit Coursework. Review witness statements | OCR Sport Studies Revisit Coursework. Review witness statements |
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