



PE Learning Map



Year	Autumn		Spring		Summer	
Nursery	Fundamental Movement Skills Safety, movement, space Following rules 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	Develop Gross motor skills through Dance/movement to music	Athletics (Sports Day prep)	Outdoor Games
Reception	FMS Movement Agility, Balance, Coordination, throwing, catching, jumping, kicking	Gymnastics Travelling, jumping, balancing, rocking and rolling	Dance Themed activities linked to the development of controlled movements and actions with changes in speed and direction	FMS Movement Agility, Balance, Coordination, strength through health and Exercise	Athletics (Sports Day prep)	Outdoor Games Team building and problem solving
Year 1	Multi Skills Running and Jumping Link to pirate topic. Walking the plank etc. How to move around link to transport. Multi Games Ball Skills focus	Gymnastics Co-ordination and Balance, apparatus Multi Skills Ball Skills focus (continued)	Gymnastics Rocking, Rolling, Jumping, apparatus Games Throwing, Catching and aiming	Team games Dance linked to Superheroes/Toys Games	Athletics (Sports Day prep) Skills for striking and fielding cricket	Skills for Net Games Tennis Skills for striking and fielding
Year 2	Multi Skills Running and Jumping Multi Skills Ball Skills Focus	Gymnastics Rocking, Rolling, Jumping, apparatus Games Throwing and Catching	Gymnastics Bouncing, Jumping, landing, apparatus Invasion Games Handball	Team Games Dance linked to seasons/weather/transport	Athletics (Sports Day prep) Skills for striking and fielding cricket	Skills for Net Games Tennis Skills for striking and fielding
Year 3	Baseline Testing (Quadkids) Multi Skills Invasion Games Tag Rugby	Gymnastics Planning, improving sequences and partner work Invasion Games Basketball	Dance (China) Improvising using stimulus, creating short sequences Invasion Games Futsal	Striking and Fielding Kwik Cricket	Athletics (sports day prep)	OAA (Linked to Geography, can follow a map) Net/wall Games Tennis
Year 4	Baseline Testing (Quadkids) Multi Skills Invasion Games Tag Rugby (World Cup)	Gymnastics (Partner work to create phrases) Invasion Games Basketball	Dance (Mediterranean Countries) Communicate ideas Improvising using stimulus, creating short sequences Invasion Games Futsal	Swimming (A) Striking and Fielding Kwik Cricket	Athletics (sports day prep)	OAA (Map reading) Net/wall Games Tennis Swimming (B)
Year 5	Baseline Testing (Quadkids) Indoor Athletics Tag Rugby (Rules)	Dance (Links with Music and History /WW2 dance styles) Invasion Games Basketball	Gymnastics Combine action, balance and shape to perform to an audience) Tri Golf	Striking and fielding Kwik Cricket	Athletics (sports day prep)	OAA (Map reading and compass work) Net/wall Games Tennis
Year 6	Baseline Testing (Quadkids) Indoor Athletics Invasion Games Tag Rugby (World Cup)	Dance (Choreograph and develop own style) Invasion Games Basketball	Gymnastics Choreograph to link with others to specific timings) Tri Golf	Striking and fielding Kwik Cricket Invasion Games Handball Tactics and officiating	Athletics (sports day prep) Striking and Fielding Rounders (Tactics and officiating)	OAA (Route planning and safety) Net/wall Games Tennis

Year 7 Core PE	Students cover 4 sporting activities from a range including: Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball & Hockey.	Students cover 4 <i>different</i> sporting activities from a range including: Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey.	Students cover 4 <i>different</i> sporting activities from a range including: Athletics, Tennis, Cricket, Rounders, Softball & Lacrosse.
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: Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball & Hockey.	Students cover 4 <i>different</i> sporting activities from a range including: Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey.	Students cover 4 <i>different</i> sporting activities from a range including: Athletics, Tennis, Cricket, Rounders, Softball & Lacrosse.
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: Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball & Hockey.	Students cover 4 <i>different</i> sporting activities from a range including: Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey.	Students cover 4 <i>different</i> sporting activities from a range including: Athletics, Tennis, Cricket, Rounders, Softball & Lacrosse.
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).			
Year 10 Core PE	Students cover 4 sporting activities from a range including: Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball & Hockey.	Students cover 4 <i>different</i> sporting activities from a range including: Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey.	Students cover 4 <i>different</i> sporting activities from a range including: Athletics, Tennis, Cricket, Rounders, Softball & Lacrosse.
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 cover 4 sporting activities from a range including: Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball & Hockey.	Students cover 4 <i>different</i> sporting activities from a range including: Netball, Football, Badminton, Table Tennis, Basketball, Fitness, Rugby, Dodgeball, Handball, Hockey.	Students cover 4 <i>different</i> sporting activities from a range including: Athletics, Tennis, Cricket, Rounders, Softball & Lacrosse.
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).			
Year 9 Academic PE	OCR Sport Studies R052: Developing Sports Skills LO4 – Be able to apply practice methods to support improvement in a sporting activity	OCR Sport Studies R052: Developing Sports Skills LO4 – Be able to apply practice methods to support improvement in a sporting activity	OCR Sport Studies R052: Developing Sports Skills LO3 – Be able to officiate in a sporting activity LO4 – Be able to apply practice methods to support improvement in a sporting activity
			OCR Sport Studies R052: Developing Sports Skills LO3 – Be able to officiate in a sporting activity R053:Sports Leadership LO1 - Know the personal qualities, styles, roles & responsibilities associated with effective sports leadership
			OCR Sport Studies R053:Sports Leadership LO1 - Know the personal qualities, styles, roles & responsibilities associated with effective sports leadership LO2 – To be able to plan sport activity sessions.
			OCR Sport Studies R053:Sports Leadership LO2 – To be able to plan sport activity sessions. LO3 – To be able to deliver sport activity sessions LO4 – To be able to evaluate own performance in delivering a sports activity session
R052: Developing Sports Skills - LO1 & LO2 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.			
Year 10 Academic PE	OCR Sport Studies R056: Developing knowledge and skills in Outdoor activities LO1 – Know about different types of outdoor activities and their Provision LO2 – understand the Value of participation in Outdoor education	OCR Sport Studies R056: Developing knowledge and skills in Outdoor activities LO3 – Planning Outdoor activities LO4 - Demonstrate knowledge and skills during outdoor activities (Practically Based)	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 Revisit Coursework.
R052: Developing Sports Skills - LO1 & LO2 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.			
Year 11 Academic PE	OCR Sport Studies R056: Developing knowledge and skills in Outdoor activities LO1 – Know about different types of outdoor activities and their Provision LO2 – understand the Value of participation in Outdoor education	OCR Sport Studies R056: Developing knowledge and skills in Outdoor activities LO3 – Planning Outdoor activities LO4 - Demonstrate knowledge and skills during outdoor activities (Practically Based)	OCR Sport Studies R053:Sports Leadership LO1 - Know the personal qualities, styles, roles & responsibilities associated with effective sports leadership LO2 – To be able to plan sport activity sessions.
			OCR Sport Studies R053:Sports Leadership LO2 – To be able to plan sport activity sessions. LO3 – To be able to deliver sport activity sessions
			OCR Sport Studies Exam Preparation & Revisit Coursework
			OCR Sport Studies Exam Preparation & Revisit Coursework

				LO4 – To be able to evaluate own performance in delivering a sports activity session		
	GCSE PE Muscular & Skeletal Systems. Levers, Planes & Axis of Movement. Structure & Function of the Cardiovascular/ Respiratory Systems. The Effects of exercise. Components of Fitness. Training Principles & Methods.	GCSE PE Benefits of effective Warm Ups & Cool downs. Coursework (AEP) Recap & Review of Paper 1 topics in preparation for Trial Exam.	GCSE PE Physical Activity and Sport in the UK. Participation in PA and sport. Commercialisation of Sport. Ethics in Sport. Drugs in Sport. Characteristics and classification of skills. Mental Preparation. Types of Guidance. Types of Feedback. Diet & Nutrition.	GCSE PE Recap & Review of Paper 2 topics in preparation for Trial Exam.	GCSE PE Recap & Review of all topics in preparation for Final Exams.	GCSE PE Paper 1 Exam (PM) Wednesday 13th May. Paper 2 Exam (PM) Friday 15th May.

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