



PE Learning Map



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)
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 Multi skills	Athletics (Running/jumping/throwing) (Sports Day prep)	Bat/ball games OAA
Year 1	Athletics Running/Jumping/Throwing Multi Skills Throwing and catching	Gymnastics Multi Skills Bat/Ball	Dance Ball Skills (Hands and feet)	Sending/receiving games Multi skills	Athletics (Sports Day prep) Skills for Striking and fielding	Athletics (Sports Day prep) Skills for Net/Wall Games
Year 2	Athletics Running/Jumping/Throwing Multi Skills Throwing and Catching	Gymnastics Multi Skills Bat/Ball	Dance Ball Skills (Hands and feet)	Sending/receiving games Multi skills	Athletics (Sports Day prep) Skills for Striking/Fielding Games	Athletics (Sports Day prep) Skills for Net/Wall Games
Year 3	Baseline Testing (Quadkids) Athletics	Gymnastics Invasion Games Hockey	Dance Net/Wall Games	Sending/receiving games Multi skills	Athletics (Sports Day prep) Striking and Fielding Kwik Cricket	OAA Net/wall Games Tennis
Year 4	Baseline Testing (Quadkids) Athletics	Gymnastics Invasion Games Hockey	Dance Net/Wall Games	Sending/receiving games Team Building/problem solving	Athletics (Sports Day prep) Striking and Fielding Kwik Cricket	OAA (Map reading) Net/wall Games Tennis
Year 5	Baseline Testing (Quadkids) Indoor Athletics Invasion Games Tag Rugby (Rules)	Gymnastics Invasion Games Football	Dance (Street dance) Net/Wall Games	Invasion Games Basketball/Handball	Athletics (Sports Day prep) Striking and Fielding Kwik Cricket	OAA (Map reading and compass work) Net/wall Games Badminton
Year 6	Baseline Testing (Quadkids) Indoor Athletics Invasion Games Tag Rugby (Rules)	Gymnastics Invasion Games Football	Dance (Street dance) Net/Wall Games	Invasion Games Basketball/Handball	Athletics (Sports Day prep) Striking and Fielding Kwik Cricket (Tactics and officiating)	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).

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).

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).

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).

YEAR 10 Academic PE (Sports Studies)	OCR Sport Studies R185: Performance and leadership in sports activities TA1 – Key components of sports performance TA2 – Apply practice methods to support improvement in a sporting activity	OCR Sport Studies R185: Performance and leadership in sports activities TA1 – Key components of sports performance TA2 – Apply practice methods to support improvement in a sporting activity	OCR Sport Studies R185: Performance and leadership in sports activities TA1 – Key components of sports performance TA3 – Organising and planning a sports activity session	OCR Sport Studies R185: Performance and leadership in sports activities TA1 – Key components of sports performance TA4 – Leading a sports activity session TA5 – Reviewing your own performance in planning and leading a sports activity session	OCR Sport Studies Coursework submission	OCR Sport Studies R187: Increasing awareness of Outdoor and Adventurous Activities TA3 – Plan for and be able to participate in outdoor and adventurous activity
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YEAR 11 Academic PE (Sports Studies)	OCR Sport Studies R187: Increasing awareness of Outdoor and Adventurous Activities TA1 – Provision for different types of outdoor and adventurous activities in the UK.	OCR Sport Studies R187: Increasing awareness of Outdoor and Adventurous Activities TA1 – Provision for different types of outdoor and adventurous activities in the UK. TA2 – Equipment, clothing and safety aspects of participating in outdoor and adventurous activities.	OCR Sport Studies R187: Increasing awareness of Outdoor and Adventurous Activities TA4 – Evaluate participation in an outdoor and adventurous activity	OCR Sport Studies R184: Contemporary Issues in Sport TA1 – Issues affecting participation TA2 – Role of sport in promoting values. TA3 – Major Sporting events TA4 – National Governing Bodies TA5 - Use of technology	OCR Sport Studies R184: Contemporary Issues in Sport TA1 – Issues affecting participation TA2 – Role of sport in promoting values. TA3 – Major Sporting events TA4 – National Governing Bodies TA5 - Use of technology Exam	
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YEAR 11 Academic PE (Sports Science)	OCR Sports Science R183: Nutrition and sports performance TA1 – Nutrients needed for a healthy, balanced nutrition plan TA2 – Applying differing dietary requirements to varying types of sporting activity	OCR Sports Science R183: Nutrition and sports performance TA2 – Applying differing dietary requirements to varying types of sporting activity. TA3 – Developing a balanced nutrition plan for a selected sporting activity.	OCR Sports Science R183: Nutrition and sports performance TA4 – How nutritional behaviours can be managed to improve sports performance.	OCR Sport Science R180: Reducing the risk of sports injuries TA1 – Differing factors which influence the risk and severity of injury TA2 – Warm up and cool down TA3 – Types and causes of sports injuries TA4 – Reducing risk, treatment and rehabilitation TA5 – Causes, symptoms and treatment of medical conditions	OCR Sport Science R180: Reducing the risk of sports injuries TA1 – Differing factors which influence the risk and severity of injury TA2 – Warm up and cool down TA3 – Types and causes of sports injuries TA4 – Reducing risk, treatment and rehabilitation TA5 – Causes, symptoms and treatment of medical conditions Exam	
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