

Subject-Specific Curriculum Mapping & Sequencing: Foundation

	PE	PSHE	Humanities
Intent	The PE curriculum aims to foster lifelong participation in physical activity, engage students from a young age, promote sustainable healthy lifestyles, have the knowledge to access sport and leisure in their local community, develop fundamental movements skills and experience a wide range of games, sports and competitive activities.	The PSHE supports pupils to make informed choices, manage their emotional wellbeing and become independent, well rounded citizens. It is fundamental to success in all other areas of the curriculum and in later life.	The Humanities curriculum gives learners the knowledge, skills and understanding of the past and ever-changing world to allow a better understanding of significant national and global events that have shaped and are shaping the world today. It develops key life skills, including understanding our responsibilities and place in the world. Humanities gives learners a sense of who they are, allowing them to explore their similarities and differences with others, developing strategies to form and maintain friendships, cooperate, resolve conflicts peacefully, express thoughts and feelings and become conscientious citizens in their community.
EYFS	- Gross and fine motor skills - Balance and co ordination - Fundamental skills - Locomotor skills - Movement – dance moving to music - Strength and positional awareness	- Free play - Exploration through small world - Sharing toys - Pre-verbal communication - All about me - Small world play - Friendships - Emotions and feelings - Self-identification	- Sense of self and similarities and differences with others. - Experiencing the natural world: weather and natural resources. - Making friendships, co-operating and resolve conflicts peaceably. - Experiences within their community - Exploring our culturally, socially, technologically and ecologically diverse world.
KS1	- Building an awareness of health and wellbeing - Developing sport specific skills - Play based skills (turn taking) - Life skills (getting changed) - Using correct terminology (warm up)	- Turn taking games - Routine - People who help us - Trusted adults - Friendships - Getting on/falling out - Communication - Healthy eating - Healthy plate - Diet and exercise - Readiness for learning - Self-regulation techniques	- Understand significant events within living memory. - Identify significant national and global events and their impact on the world today. - Compare our immediate environment and contrasting it with another.
KS2	- Healthy eating and the importance of physical activity - Language and sports-based knowledge - Rules - Understanding the sequence physical activity (warm up, activity, cooldown) - Tactics and strategies - Life skills related to PE.	- Road safety - Friendships/conflicts (interventions) - Medicines/hazards in the home - People who help us - Basic first aid - Hygiene and self-care - Pants are private - Transitions/ changes - Bike ability - E-safety/ stranger danger - Diversity & equality	- Local History - Understanding our place within Britain. - Responsible use of resources. - Basic map skills, including using digital devices.
KS3	- Rules - Sport specific skills - Tactics and strategies - Analyse of performance - Life skills related to PE. - Basic Anatomy & Physiology	- Relationships - Puberty changes/Hormones body changes - Drugs/alcohol awareness - Independent self-care - Finance - Jobs and apprenticeships - Roles around the community - Diversity/equality	- Britain, its landscape and history. - Comparing Britain with another country both in history and geography. - Human impact on the environment. - Significant events in history.
KS4	- Health-related exercise (HRE) - Life skills related to PE - The effects of exercise on the body - Performance feedback - Sports Leadership - Work experience	- Reproduction - Drugs and alcohol(in depth) - Sexuality - Intercourse - Consent - Contraception - Jobs and careers - Family and parenting - Finances - E-safety - The environment around us, - Community input - Body image/healthy minds Diversity	Humanities is not currently taught in KS4
KS5	- Healthy lifestyles - Accessing leisure activities - Access to coaches linked to external leisure services	- Independent travel - Careers - Relevant sex/drugs education - Sexuality - Identity - STI's - Prevent - Radicalisation - Work experience - Self-regulation	Humanities is not currently taught in KS5
Curriculum Goal	I understand why physical activity is important in maintaining a healthy, active lifestyle. I know how and where to access sport and leisure activities in my local community and have regularly done this so I can maintain it into adulthood. I understand how physical activity allows healthy social interactions and cooperation with others.	I can be independent and safe in society and understand right from wrong. I can have healthy relationships and live within the community, being respectful, feeling valued, and managing my own wellbeing. I know what makes us happy and unhappy, and understand hazards/dangers in society. I can be comfortable with my own identity and have clear aspirations in life (i.e. job, home, relationships).	I can live in the world with an understanding of the people, the environment, and the effect that I can have on these with my actions.