

PSPE Curriculum Mapping 2022-2023

Grade 1

Identity

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
	Adventure Challenge	Health and Fitness	Invasion Games	Movement Composition	Striking and Fielding
Conceptual Understandings	Understanding and respecting other peoples' perspectives helps us to develop empathy	A positive attitude helps us to overcome challenges and approach problems	Identifying and understanding our emotions helps us to regulate our behavior	Different challenges and situations require different strategies	A person's self-concept can change and grow with experience
					Using self-knowledge allows us to embrace new situations with confidence
Learner Outcomes	Solve problems and overcome difficulties with a sense of optimism (P.1.1.f) STAY	Explain how different experiences can result in different emotions (P.1.1.c)	Identify and understand the consequences of actions (P1.1.i)	Describe how personal growth has resulted in new skills and abilities (P1.1.b)	Examine possible strategies to deal with change, including thinking flexibly and reach out to seek help (P.1.1.g)
	Identify feelings and begin to understand how these are related to behavior (P.1.1.d)	Demonstrate a positive belief in their abilities and believe they can reach their goals by persevering (P.1.1.l)	Are aware of their emotions and begin to regulate their emotional responses and behavior (P.1.1.j)	Express hopes, goals and aspirations (P.1.1.e)	Reflect on inner thoughts and self-talk (P.1.1.k)
	Demonstrate independence in selecting and carrying out activities (P.1.1.m)				
Active Living					
Conceptual Understandings		Regular exercise is part of a healthy lifestyle	Growth can be measured through changes in capability as well as through physical changes		
		Maintaining good hygiene can help prevent illness			
		Food choices can affect our health			
Learner Outcomes	Demonstrate an understanding of factors that contribute to their personal enjoyment of being active as they participate in a wide variety of individual and small-group activities (P3.1.1)	Demonstrate an understanding of how being active helps them to be healthy (P3.1.3)	Demonstrate an understanding that different physical activities have different components and apply this understanding as they participate in and explore a variety of individual and small-group activities (P2.2.3)	Identify reasons for participating in physical activity every day (P3.1.2)	Explain how the body's capacity for movement develops as it grows (P4.1.3)
	Demonstrate behaviors and apply procedures that maximize their safety and that of others during physical activity (P5.1.2)	Identify the physical signs of exertion during a variety of physical activities (P4.1.2)	Apply a variety of simple tactics to increase their chances of success while participating in and exploring physical activities (P2.2.4)	Identify & participate in setting & achieving realistic & personal group goals related to living a healthier lifestyle (P4.1.1)	Actively participate in a wide variety of activities according to their capabilities, while applying behaviors that enhance their readiness and ability to take part (P5.1.1)
		Send objects of different shapes and sizes at different levels and in different ways, using different body parts (P2.1.4)	Self-Assess performance and respond to feedback on performance from others (P2.2.1)		
		Receive objects of different shapes and sizes at different levels and in different ways, using different body parts (P2.1.5)			
Interactions					
Conceptual Understandings	Participation in a group can require group members to take on different roles and responsibilities		Our actions towards others influence their actions towards us		Accepting others into a group builds open-mindedness
	There are norms of behavior that guide the interactions within different groups, and people adapt to these norms				
Learner Outcomes	Value interacting, playing and learning with others (P6.1.1a)	Celebrate the accomplishments of the group (P6.1.1g)	Recognize the different group roles and responsibilities (P6.1.1.e)	Reflect on the process of achievement and value the achievement of others (P6.1.1.j)	Assume responsibility for a role in the group (P6.1.1f)
	Cooperate with others (P6.1.1c)	Ask questions and ask wonderings (P6.1.1d)	Discuss and set goals for group interactions (P6.1.1.b)		Share ideas clearly and confidently (P6.1.1.h)
	Seek adult support in situations of conflict (P6.1.1i)				
Keep Safe					
	Demonstrate the language of safety (6.2.1e)				

PSPE Curriculum Mapping 2022-2023

Grade 2

Identity

Unit 1 Unit 2 Unit 3 Unit 4 Unit 5

Health and Fitness Adventure Challenge Target Games Invasion Games Striking and Fielding

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
	Health and Fitness	Adventure Challenge	Target Games	Invasion Games	Striking and Fielding
Conceptual Understandings	A positive attitude helps us to overcome challenges and approach problems	Understanding and respecting other peoples' perspectives helps us to develop empathy	There are many factors that contribute to a person's individual identity	Identifying and understanding our emotions helps us to regulate our behavior	A person's self-concept can change and grow with experience
				Different challenges and situations require different strategies	Using self-knowledge allows us to embrace new situations with confidence
Learner Outcomes	Explain how different experiences can result in different emotions (P.1.1.c)	Solve problems and overcome difficulties with a sense of optimism (P.1.1.f)	Describe similarities and differences between themselves and others through the exploration of culture, appearance, gender, ethnicity, and personal preference (P.1.1.a)	Describe how personal growth has resulted in new skills and abilities (P1.1.b)	Examine possible strategies to deal with change, including thinking flexibly and reach out to seek help (P.1.1.g)
	Express hopes, goals and aspirations (P.1.1.e)	Recognize others' perspectives and accommodate these to shape a broader view of the world (P.1.1.h)	Identify feelings and begin to understand how these are related to behavior (P.1.1.d)	Identify and understand the consequences of actions (P1.1.i)	Reflect on inner thoughts and self-talk (P.1.1.k)
	Demonstrate a positive belief in their abilities and believe they can reach their goals by persevering (P.1.1.l)	Demonstrate independence in selecting and carrying out activities (P.1.1.m)		Are aware of their emotions and begin to regulate their emotional responses and behavior (P.1.1.j)	
Active Living					
Conceptual Understandings	Regular exercise is part of a healthy lifestyle		We can apply a range of fundamental movement skills to a variety of activities	Growth can be measured through changes in capability as well as through physical changes	
	Maintaining good hygiene can help prevent illness				
	Food choices can affect our health				
Learner Outcomes	Describe different types of activities that improve the strength of the heart and lungs (P3.1.3)	Demonstrate an understanding of factors that contribute to their personal enjoyment of being active as they participate in a wide variety of individual and small-group activities (P3.1.1)	Send objects of different shapes and sizes at different levels and in different ways, using different body parts (P2.1.4)	Demonstrate an understanding that different physical activities have different components and apply this understanding as they participate in and explore a variety of individual and small-group activities (P2.2.3)	Identify reasons for participating in physical activity every day (P3.1.2)
	Identify & participate in setting & achieving realistic & personal group goals related to living a healthier lifestyle (P4.1.1)		Receive objects of different shapes and sizes at different levels and in different ways, using different body parts (P2.1.5)	Apply a variety of simple tactics to increase their chances of success while participating in and exploring physical activities (P2.2.4)	Explain how the body's capacity for movement develops as it grows (P4.1.3)
	Recognize their degree of exertion in physical activities by using simple assessment methods, and identify factors that affect their performance level (P4.1.2)				
Interactions					
Conceptual Understandings		Participation in a group can require group members to take on different roles and responsibilities	Responsible citizenship involves conservation and preservation of the local environment	Our actions towards others influence their actions towards us	Accepting others into a group builds open-mindedness
		There are norms of behavior that guide the interactions within different groups, and people adapt to these norms			
Learner Outcomes	Celebrate the accomplishments of the group (P6.1.1g)	Value interacting, playing and learning with others (P6.1.1a)	Ask questions and ask wonderings (P6.1.1d)	Recognize the different group roles and responsibilities (P6.1.1.e)	Assume responsibility for a role in the group (P6.1.1f)
		Discuss and set goals for group interactions (P6.1.1.b)	Understand the impact of their actions on each other and the environment (P6.1.1.k)	Seek adult support in situations of conflict (P6.1.1i)	Share ideas clearly and confidently (P6.1.1.h)
		Cooperate with others (P6.1.1.c)			
		Reflect on the process of achievement and value the achievement of others (P6.1.1.j)			

PE Curriculum Mapping 2022-2023

Grade 3

Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Adventure Challenge	Track and Field	Body Systems	Invasion Games	Movement Composition	Striking and Fielding

Identity

Conceptual Understandings	Understanding ourselves helps us to understand and empathize with others	Self-efficacy influences the way people feel, think and motivate themselves and behave	A person's identity evolves as a result of many cultural influences		A person's self-concept is influenced by how others regard and treat him or her	
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Learner Outcomes	Use understanding of their own emotions to interact positively with others (P.1.1.h)	Explain how self-talk can influence their behavior and their approach to learning (P.1.1.j)	Explain how a person's identity is made up of many different things (P.1.1.a)	Recognize personal qualities, strengths and limitations (P.1.1.d)	Identify how their attitudes, opinions and beliefs affect the way they act and how those of others also impact on their actions (P.1.1.c)	
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Active Living

Conceptual Understandings		There are positive & negative outcomes for taking personal & group risks that can be evaluated in order to maximize enjoyment & promote safety	Regular exercise, hydration, nutrition and rest are all important in a healthy lifestyle	A dynamic cycle of plan, perform and reflect can influence a creative movement composition		
			People go through different life stages, developing at different rates from one another			

Learner Outcomes	Actively participate in a wide variety of activities, according to their capabilities, while applying behaviors that enhance their readiness and ability to take part (P5.1.1)	Self-assess performance and respond to feedback on performance from others (P2.2.1)	Identify new capabilities and other benefits that may result from improved cardiovascular fitness (P3.1.3)	Perform a variety of locomotor movements w/ and w/o equipment, alone & w/ others, moving at diff levels, using diff pathways, & travelling in diff directions (P2.1.3)	Perform controlled transitions between static positions, using different body parts and shapes and different levels, with and without equipment (P2.1.1)	Demonstrate an understanding that diff physical activities have diff components, and apply this understanding as they participate in & explore a variety of own & small-group activities (P2.2.3)
		Demonstrate behaviors and apply procedures that maximize their safety and that of others during physical activity (P5.1.2)	Begin to understand that there are substances that can cause harm to health (P3.1.4)	Send and receive objects of diff shapes & sizes in diff ways, using diff body parts, at diff levels & using various types of equipment (P2.1.4)	Demonstrate the ability to jump for distance or height, using two and one foot take-offs, while remaining in control (P2.1.2)	Apply a variety of simple tactics to increase their chances of success during physical activities (P2.2.4)
		Describe the benefits of participating in physical activity every day (P3.1.2)	Develop & act on personal goals related to physical activity during exercise (P4.1.1)	Retain objects of diff shapes & sizes in diff ways, using diff body parts & equipment (P2.1.5)	Plan, perform and reflect on movement sequences in order to improve (P2.2.2)	Demonstrate an understanding of factors that contribute to their personal enjoyment of being active as they participate in a wide variety of individual and small-group activities (P3.1.1)
			Assess their degree of physical exertion during cardiorespiratory fitness using simple self-assessment methods (P4.1.2)			
			Explain how the body's capacity for movement develops as it grows in relation to the body systems (P4.1.3)			

Interactions

Conceptual Understandings	Healthy relationships are supported by the development and demonstration of constructive attitudes such as respect, empathy and compassion		Healthy relationships are supported by the development and demonstration of constructive attitudes such as respect, empathy and compassion			
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Learner Outcomes	Identify individual strengths that can contribute to shared goals (P6.1.1.b)		Identify individual strengths that can contribute to shared goals (P6.1.1.b)			
	Adopt a variety of roles for the needs of the group (P6.1.1.d)		Adopt a variety of roles for the needs of the group (P6.1.1.d)			
	Apply different strategies when attempting to resolve conflict (P6.1.1.g)		Apply different strategies when attempting to resolve conflict (P6.1.1.g)			

PE Curriculum Mapping 2022-2023

Grade 4

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
	Adventure Challenge	Track and Field	Invasion Games	Striking and Fielding	Health and Fitness	Movement Composition
Identity						
Conceptual Understandings	Embracing and developing optimism helps us to have confidence in ourselves and our future	Self-efficacy influences the way people feel, think and motivate themselves, and behave	Reflecting on the strategies we use to manage change and face challenges helps us to develop new strategies to cope with adversity	Understanding ourselves helps us to understand and empathize with others	A person's identity evolves as a result of many cultural influences	Understanding ourselves helps us to understand and empathize with others
		Increasing our self-reliance and persisting with tasks independently supports our efforts to be more autonomous		Increasing our self-reliance and persisting with tasks independently supports our efforts to be more autonomous		
Learner Outcomes	Embrace optimism to shape a positive attitude towards themselves and their future (P.1.1.i)	Motivate themselves intrinsically and behave with belief in themselves (P.1.1.k)	Reflect on how they cope with change in order to approach and manage situations of adversity (P.1.1.f)	Examine different factors that shape an identity (P.1.1.b)	Reflect on their own cultural influences, experiences, traditions, and perspectives, and are open to those of others (P.1.1.g)	Analyse how they are connected to the wider community (P.1.1.e)
		Work and learn with increasing independence (P.1.1.l)		Work and learn with increasing independence (P.1.1.l)		
Active Living						
Conceptual Understandings		Attention to technique and regular practice can improve the effectiveness of our movements			We can develop and maintain physical fitness by applying basic training principles	A dynamic cycle of plan, perform and reflect can influence a creative movement sequence
Learner Outcomes	Actively participate in a wide variety of activities according to their capabilities, while applying behaviors that enhance their readiness and ability to take part (P5.1.1)	Self-assess performance and respond to feedback on performance from others (P2.2.1)	Perform different combinations of locomotor movements with & w/o equipment, alone & with others, moving at diff speeds & levels, using diff pathways, and going in diff directions (P2.1.3)	Demonstrate an understanding of the basic components of physical activities and apply this understanding as they participate in a variety of activities (P2.2.3)	Identify new capabilities and other benefits that may result from improved cardiorespiratory fitness (P3.1.3)	Perform a variety of controlled static balances & transitions b/w balances, using a variety of body parts & shapes, at different levels, individually, & with partners & equipment (P2.1.1)
		Demonstrate behaviors and apply procedures that maximize their safety and that of others during physical activity (P5.1.2)	Send and receive objects of a variety of shapes & sizes at diff levels & speeds, using diff body parts & equipment, while applying basic principles of movement (P2.1.4)	Identify common features of specific categories of physical activities, and identify common strategies and tactics that they found effective while participating in a variety of physical activities in different categories (P2.2.4)	Understand that there are substances that can cause harm to health (P3.1.4)	Demonstrate the ability to jump in control for height or distance, using a variety of body actions (P2.1.2)
		Identify factors that motivate participation in physical activity every day at school, at home, or in their communities (P3.1.2)	Retain objects of various shapes & sizes in different ways, using diff body parts, w/ & w/o equipment, while moving around others & equipment (P2.1.5)	Demonstrate an understanding of factors that contribute to their personal enjoyment of being active as they participate in a wide variety of individual and small-group activities and lead-up games (P3.1.1)	Based on the principles of training, develop and act on personal fitness goals which include interests, self-assessments, and feelings when participating in physical activities (P4.1.1)	Plan, perform and reflect on movement sequences in order to improve (P2.2.2)
					Assess their level of exertion during physical activity, using simple self-assessment techniques & explain how intrinsic & extrinsic factors affect the exertion required to perform physical activities (P4.1.2)	
					Explain how the body's capacity for movement develops as it grows in relation to the body systems (P4.1.3)	
Interactions						
Conceptual Understandings	An effective group capitalizes on the strengths of its individual members		A plan of action is a necessary strategy for a group to achieve its goal	Communities and societies have their own norms, rules and regulations		
	Communities and their citizens have a collective responsibility to care for local and global environments					
Learner Outcomes	Develop a shared plan of action for group work that incorporates each individual's experiences and strengths (P6.1.1.c)			Recognize that committing to shared goals in group situations improves individual and shared experiences and outcomes (P6.1.1.a)		
	Discuss ideas and ask questions to clarify meaning (P6.1.1.e)					
	Reflect on the perspectives and ideas of others (P6.1.1.f)					
	Reflect on shared and collaborative performance (P6.1.1.h)					

PE Curriculum Mapping 2022-2023

Grade 5

Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Adventure Challenge	Track and Field	Invasion Games	Health and Fitness	Movement Composition	Net Games

Identity

Conceptual Understandings	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
The values, beliefs and norms of a society can impact on an individual's self-concept and self-worth	A strong sense of self-efficacy enhances human accomplishments and personal well-being.	Being emotionally aware helps us to manage relationships and support each other	Many different and conflicting cultures influence identity formation	The physical changes people experience at different stages in their lives affect their evolving identities		
		Stereotyping or prejudging can lead to misconceptions and conflict	A person's self-worth is reinforced and reflected in engagement with and/or services to others			
Learner Outcomes	Accept and appreciate the diversity of cultures, experiences and perspectives of others (P1.1.h)	Analyse self-talk and use it constructively (P1.1.m)	Analyse how assumptions can lead to misconceptions (P1.1.f)	Examine the complexity of their own evolving identities (P1.1.a)	Recognize how a person's identity affects how they are perceived by others and influences interactions (P1.1.c)	Identify how their self-knowledge can continue to support the growth and development of identity (P1.1.k)
	Identify casual relationships and understand how they impact on the experience of individuals and groups (P1.1.i)	Embrace a strong sense of self-efficacy that enhances their accomplishments, attitudes and personal well-being (P1.1.n)	Recognize, analyse and apply different strategies to cope with adversity (P1.1.g)	Recognize how a person's identity affects self-worth (P1.1.b)	Identify how aspects of a person's identity can be expressed through symbols, spirituality, dress, adornment, personal attitudes, lifestyle, interests and activities pursued (P1.1.e)	Understand the role of and strategies for optimism in the development of their own well-being (P1.1.l)
		Use emotional awareness and personal skills to relate to and help others (P1.1.j)	Analyse how society can influence our concept of self-worth (P1.1.d)			

Active Living

Conceptual Understandings	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Understanding our limits and using moderation are strategies for maintaining a safe and healthy lifestyle	Setting personal goals and developing plans to achieve these goals can enhance performance	Appropriate application of skills is vital to effective performance	Identifying and participating in activities we enjoy can motivate us to maintain a healthy lifestyle	Complexity and style adds aesthetic value to a performance		
			There is a connection between exercise, nutrition and physical well-being			
			There are physical, social and emotional changes associated with puberty			
Learner Outcomes	Self-assess performance and respond to feedback on performance from others (P2.2.1)	Send and receive objects using different body parts and equipment, adjusting for speed, while applying basic principles of movement (P2.1.4)	Demonstrate an understanding of factors that contribute to their personal enjoyment of being active as they participate in a wide variety of individual and small-group activities and lead-up games (P3.1.1)	Perform and create controlled transfers of weight in a variety of situations involving static and dynamic balance, using changes in speed and levels, with and without equipment to improve the quality of movement in a sequence (P2.1.1)	Describe common features of specific categories of physical activities and describe strategies that they found effective while participating in a variety of physical activities in different categories (P2.2.4)	
	Demonstrate behaviors and apply procedures that maximise their safety and that of others during physical activity (P5.1.2)	Retain objects with and without equipment in a variety of situations while moving in different pathways around others and equipment (P2.1.5)	Identify factors that can either motivate or make it difficult for people to be physically active every day and describe ways of overcoming obstacles to staying active (P3.1.2)	Demonstrate the ability to jump in control for height or distance, using a variety of body actions (P2.1.2)		
		Demonstrate an understanding of the components of physical activities, and apply this understanding as they participate in a variety of physical activities (P2.2.3)	Identify the components of health-related fitness and the benefits associated with developing and maintaining each of them (P3.1.3)	Perform and explore different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, and using different pathways (P2.1.3)		
	Actively participate in a wide variety of activities according to their capabilities, while applying behaviors that enhance their readiness and ability to take part (P5.1.1)		Understand that there are substances that can cause harm to health (P3.1.4)	Plan, perform and reflect on movement sequences in order to improve (P2.2.2)		
			Develop and implement personal plans relating to specific component of health-related fitness, chosen on the basis of their personal fitness assessments and interests (P4.1.1)			
			Assess a specific component of their health-related fitness by noting physical responses during various physical activities, and monitor changes over time (P4.1.2)			
			Identify and discuss the changes that occur during puberty and their impact on well-being (P4.1.3)			

Interactions

Conceptual Understandings	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
An effective group can accomplish more than a set of individuals			An individual can experience both intrinsic satisfaction and personal growth from interactions			People are interdependent with, and have a custodial responsibility towards, the environment they live
Individuals can extend and challenge their current understanding by engaging with the ideas and perspectives of others						
People have a responsibility to repair and restore relationships and environments where harm has taken place						
Learner Outcomes	Reflect critically on the effectiveness of the group during and at the end of the process (P6.1.1a)		Build on previous experiences to improve group performance (P6.1.1b)			
Independently use different strategies to resolve conflict (P6.1.1c)						
Work towards a consensus, understanding the need to negotiate and compromise (P6.1.1d)						
Take action to support reparation in relationships and in the environment when harm has been done (P6.1.1e)						