



PHYSICAL EDUCATION

SUBJECT NARRATIVE (Dec'19)

Key Stage 1: Year 1/2 (Cycle A)

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin)
Key Ideas: Fun station cards, Songs, Books, Equipment

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin)
Key Ideas: Fun station cards, Songs, Books, Equipment

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin) GYMNASTICS
Key Ideas: Fun station cards, Songs, Books, Equipment

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin) DANCE/May-Pole dancing and Sports Day practice
Key Ideas: Fun station cards, Songs, Books, Equipment

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin) May-Pole dancing and Sports Day Practice
Key Ideas: Fun station cards, Songs, Books, Equipment

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin)
Key Ideas: Fun station cards, Songs, Books, Equipment, Parachute games

Key Stage 1: Year 1/2 (Cycle B)

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin)
Key Ideas: Fun station cards, Songs, Books, Equipment

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin)
Key Ideas: Fun station cards, Songs, Books, Equipment

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin) GYMNASTICS
Key Ideas: Fun station cards, Songs, Books, Equipment

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin) DANCE/May-Pole dancing and Sports Day Practice
Key Ideas: Fun station cards, Songs, Books, Equipment

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin) May-Pole dancing and Sports Day Practice
Key Ideas: Fun station cards, Songs, Books, Equipment

Topic: Personal, Health and Fitness, Cognitive, Social, Physical and Creative (Real PE Cogs) Scheme supplement (Val Sabin)
Key Ideas: Fun station cards, Songs, Books, Equipment, Parachute Games

Lower Key Stage 2: Year 3/4 (Cycle A)

Topic: Invasion Games - (Additional external Coach for Tag-Rugby—when available, leading to tournament skills)
Key Ideas: Tag Rugby, Hockey skill development

Topic: Invasion Games - (Additional external Coach for Tag-Rugby—when available, leading to tournament skills)
Key Ideas: Tag Rugby, Hockey skill development

Topic: SWIMMING Y4 Gymnastics/Dance Young Leaders Training
Key Ideas: Y3 Gym skills/ Dance

Topic: SWIMMING Y3 Gymnastics/Dance Young Leaders Training
Key Ideas: Y4 Gym/Dance

Topic: Dance/May Pole Coach for Traditional and non traditional sports
Young Leader development
Key Ideas: Dance Young Leader skills for working with younger pupils Sports Day Coach – Athletics/Ultimate Frisbee/Tennis/Hand-Ball and Korfball

Topic: Coach for traditional and non traditional sports
Young Leader Development
Key Ideas: Young Leader skills for working with younger pupils Coach – Athletics/Ultimate Frisbee/Tennis/Hand-Ball and Korfball

Lower Key Stage 2: Year 3/4 (Cycle B)

Topic: Invasion Games - (Additional external Coach for Tag-Rugby—when available, leading to tournament skills)
Key Ideas: Tag Rugby, Football skill development

Topic: Invasion Games - (Additional external Coach for Tag-Rugby—when available, leading to tournament skills)
Key Ideas: Tag Rugby and Football skill development

Topic: SWIMMING Y4 Gymnastics/Dance Young Leaders Training
Key Ideas: Y3 Gym skills/ Dance

Topic: SWIMMING Y3 Gymnastics/Dance Young Leaders Training
Key Ideas: Y4 Gym/Dance

Topic: Dance/May Pole Coach for Traditional and non traditional sports
Young Leader development
Key Ideas: Dance Young Leader skills for working with younger pupils Sports Day Coach – Athletics/Ultimate Frisbee/Tennis/Hand-Ball and Korfball

Topic: Coach for traditional and non traditional sports
Young Leader Development
Key Ideas: Young Leader skills for working with younger pupils Coach – Athletics/Ultimate Frisbee/Tennis/Hand-Ball and Korfball

Upper Key Stage 2: Year 5/6 (Cycle A)

Topic: SWIMMING Y6 Invasion Games - (Additional external Coach for Tag-Rugby—when available, leading to tournament Y5/6)
Key Ideas: Tag Rugby, Hockey skill development

Topic: SWIMMING Y5 Invasion Games - (Additional external Coach for Tag-Rugby—when available, leading to tournament Y5/6)
Key Ideas: Tag Rugby, Hockey skill development

Topic: Gym Y5 High Fives netball skills
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity
Range of ball skills/tactics/Game knowledge

Topic: Gym Y6 High Fives Netball skills (Tournament) Dance (Showcase)
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity
Range of ball skills/tactics/Game knowledge

Topic: Dance Showcase Coach for Traditional and non traditional sports Sports Day
Key Ideas: Coordination/Repetition and Performance/Teamwork/Creativity/Listening skills/

Topic: Coach for Traditional and non traditional sports Summer Sports
Key Ideas: Cricket/Rounders/Kwik Cricket/Athletics skills Coordination/Repetition and Performance/Teamwork/Creativity/Listening skills/

Year 5/6 (Cycle B)

Topic: SWIMMING Y6 Invasion Games - (Additional external Coach for Tag-Rugby—when available, leading to tournament Y5/6)
Key Ideas: Tag Rugby, Football skill development

Topic: SWIMMING Y5 Invasion Games - (Additional external Coach for Tag-Rugby—when available, leading to tournament Y5/6)
Key Ideas: Tag Rugby, football skill development (Ball skill development inside)

Topic: Gym Y5 High Fives netball skills
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity
Range of ball skills/tactics/Game knowledge

Topic: Gym Y6 High Fives Netball skills (Tournament) Dance (Showcase) PGL—Outdoor and Adventurous activities
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity
Range of ball skills/tactics/Game knowledge

Topic: Dance Showcase Coach for Traditional and non traditional sports Sports Day
Key Ideas: Coordination/Repetition and Performance/Teamwork/Creativity/Listening skills/

Topic: Coach for Traditional and non traditional sports Summer Sports
Key Ideas: Cricket/Rounders/Kwik Cricket/Athletics skills Coordination/Repetition and Performance/Teamwork/Creativity/Listening skills/

Key subject specific vocabulary (Tier 3 vocab) embedded and revisited during study of PE in Little Melton:

speed pattern curve zig-zag concentrate minimum wobble tight straight balance pivot opposite safely challenge opponent tactics attack defend intercept possession opposition adapting chest pass over-head pass bounce pass, shoulder pass tackling positioning holding your line mark your partner footwork position synchronise cannon mirroring symmetrical and asymmetrical repeated motif timing rhythm cooperation teamwork shooting scoring off side throw in corner goal kick core strength fluidity

We believe these skills are important for life because:

We want children to have a high quality physical education, enabling a wide range of physical literacy and enjoyment which provides them with the skills-set to progress with any sport as far as they would like to go.

We want to provide physical education opportunities for pupils to take part competitively, as well as participate for fun. We want to encourage skills for life, including swimming, and a love of being active.