



PHYSICAL EDUCATION

SUBJECT NARRATIVE (Sept'21)

Multi-skills	
Games	
Athletics	
Gymnastics	
Dance	
OAA	

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

TOPIC: Multi-skills Real PE Year A Unit 1
Topic: Personal (Real PE Cog—6 lessons)
balance, agility
Year A Unit 2
Topic: Social (Real PE Cog—6 lessons)
Key Ideas: Jumping, dynamic balance to

TOPIC: Multi-skills Real PE Year A Unit 3
Topic: Cognitive (Real PE Cog—6 lessons)
balance, agility
Year A Unit 4
Topic: Creative (Real PE Cog—6 lessons)
Key Ideas: Jumping, dynamic balance to

TOPIC: Gymnastics
Year A Real GYM
Key Ideas: Agility, balance and coordination

TOPIC: Dance
Year A Real DANCE
Key Ideas: Simple movement patterns

TOPIC: Multi-Skills/Athletics
Real PE Year A Unit 5
Topic: Physical (Real PE Cog—6 lessons)
Sports Day Practice
Key Ideas: Running, throwing, balance agility and coordination

TOPIC: Multi-Skills/Invasion Games
Real PE Year A Unit 6
Topic: Health and Fitness (Real PE Cog—6 lessons)
Key Ideas: Team Games—simple tactics for attacking and defending

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

TOPIC: Multi-skills Real PE Year B Unit 1
Topic: Personal (Real PE Cog—6 lessons)
balance, agility
Year B Unit 2
Topic: Social (Real PE Cog—6 lessons)
Key Ideas: Jumping, dynamic balance to agility

TOPIC: Multi-skills Year B Unit 3
Topic: Cognitive (Real PE Cog—6 lessons)
balance, agility
Year B Unit 4
Topic: Creative (Real PE Cog—6 lessons)
Key Ideas: Jumping, dynamic balance to agility

TOPIC: Gymnastics
Year B Real GYM Key Ideas: Agility, balance and coordination

TOPIC: Dance
Year B Real DANCE
Key Ideas: Simple movement patterns

TOPIC: Multi-Skills/Athletics
Real PE Year B Unit 5
Topic: Physical (Real PE Cog—6 lessons)
Sports Day Practice
Key Ideas: Running, throwing, balance agility and coordination

TOPIC: Multi-Skills/Invasion Games
Real PE Year B Unit 6
Topic: Health and Fitness (Real PE Cog—6 lessons)
Key Ideas: Team Games—simple tactics for attacking and defending

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

Topic: Invasion Games
Tag Rugby/Netball (High Fives)
(Additional external Coach for Tag-Rugby—when available, leading to tournament skills)

Topic: Invasion Games
Hockey/Football skill development

TOPIC: Gymnastics
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity

TOPIC: Dance (incl May Pole)
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity

TOPIC: Athletics/Non-Traditional Sports
Coach for Traditional and non traditional sports
Key Ideas: Sports Day – Athletics
Ultimate Frisbee//Hand-Ball/Korfball

TOPIC OAA/Striking & Fielding
Coach for traditional and non traditional sports
Key Ideas: Tennis/Rounders/Cricket/Orienteering

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

TOPIC: Invasion Games
Tag Rugby/Netball (Additional external Coach for Tag-Rugby—when available, leading to tournament skills)

TOPIC: Invasion Games
Football/Hockey skill development

TOPIC: Gymnastics
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity

TOPIC: Dance (incl May Pole)
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity

TOPIC: Athletics/Non-Traditional Sports
Coach for Traditional and non traditional sports
Key Ideas: Sports Day – Athletics
Ultimate Frisbee//Hand-Ball/Korfball
2021-2 Additional Swimming

TOPIC OAA/Striking & Fielding
Coach for traditional and non traditional sports
Key Ideas: Tennis/Rounders/Cricket/Orienteering
2021-2 Additional Swimming

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

TOPIC: Invasion Games
Tag Rugby/Netball (High Fives)
(Additional external Coach for Tag-Rugby—when available, leading to tournament skills)

TOPIC: Invasion Games
Football/Hockey skill development

TOPIC: Gymnastics
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity

TOPIC: Dance
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity

TOPIC: Dance Showcase/Non-Trad Sport
Coach for non traditional sports Ultimate Frisbee//Hand-Ball/Korfball
Key Ideas: Coordination/Repetition and Performance/Teamwork/Creativity/Listening skills

Topic: Summer Sports/Athletics
Coach for summer sports Athletics
Ultimate Frisbee/Tennis/Hand-Ball and Korfball/Rounders/Cricket and Kwik Cricket/Orienteering

Year 5/6 (Cycle B)

TOPIC: Invasion Games
Tag Rugby/Netball (High Fives)
(Additional external Coach for Tag-Rugby—when available, leading to tournament skills)

TOPIC: Invasion Games
Football/Hockey skill development

TOPIC: Gymnastics
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity

TOPIC: Dance Showcase/OAA—residential
Dance (Showcase)
PGL—Outdoor and Adventurous activities
Key Ideas: Coordination/Balance/Aesthetics/Agility/Movement/Cooperation/Creativity

TOPIC: Non-Traditional Sport/Athletics
Coach for non traditional sports
Ultimate Frisbee//Hand-Ball/Korfball
Key Ideas: Coordination/Repetition and Performance/Teamwork/Creativity/Listening skills/

Topic: Summer Sports/Athletics
Coach for summer sports
Summer Sports: Tennis/Rounders/Cricket Athletics
2021-2 Additional Swimming

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.