

Curriculum Narrative: PE

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Sport	Multi-skills	Multi-skills	Dance	Gymnastics	Athletics/Cricket	Athletics/Cricket
		-Spatial awareness -Basic motor skills -Coordination and control	-Sending and aiming -Bouncing -Throwing -Striking	-shapes solo -partnering shapes -artistry (musicality) -circles solo -partnering circles -Artistry (making)	-shape -travel -flight -rotation	Cricket; -to be run by Norfolk schools Cricket Association Athletics; -running/walking -Running over obstacles -throwing for distance -throwing for accuracy -jumping for height and distance -combination jumping	Cricket; -to be run by Norfolk schools Cricket Association Athletics; -running/walking -Running over obstacles -throwing for distance -throwing for accuracy -jumping for height and distance -combination jumping
1	Sport	Multi-skills	Multi-skills	Dance	Gymnastics	Athletics/Cricket	Athletics/Cricket
		-basic movements and spatial awareness -sending skills; rolling/throwing	-receiving skills; catching/gathering -Sending skills; aiming/control	-shapes solo -artistry (musicality) -partnering shapes -circles solo -artistry (abstraction) -artistry (making)	-shape -travel -shape -rotation	Cricket; -to be run by Norfolk schools Cricket Association Athletics; -running/walking -Running over obstacles -throwing for distance -throwing for accuracy -jumping for height and distance -combination jumping	Cricket; -to be run by Norfolk schools Cricket Association Athletics; -running/walking -Running over obstacles -throwing for distance -throwing for accuracy -jumping for height and distance -combination jumping

2	Sport	Multi-skills	Multi-skills	Dance	Gymnastics	Athletics/Cricket	Athletics/Cricket
		--basic movements and spatial awareness -movement with a ball -Sending and receiving	-aiming -net type activity -striking and fielding	-shapes solo -partnering shapes -circles solo -partnering circles -Artistry (abstraction) -artistry (making)	-balance -travel -flight -rotation	Cricket; -to be run by Norfolk schools Cricket Association Athletics; -running/walking -Running over obstacles -throwing for distance -throwing for accuracy -jumping for height and distance -combination jumping	Cricket; -to be run by Norfolk schools Cricket Association Athletics; -running/walking -Running over obstacles -throwing for distance -throwing for accuracy -jumping for height and distance -combination jumping
3	Sport	Multi-skills	Multi-skills	Dance	Gymnastics	Athletics/Cricket	Athletics/Cricket
		-spatial awareness -ball familiarisation and bouncing skills -sending/receiving skills -Throwing/catching skills	-keeping possession; attacking skills -sending and striking -throwing for accuracy -fielding skills	-shapes solo -circles solo -partnering shapes -partnering circles -artistry (abstraction) -Artistry (making)	-travel -rotation -flight -balance	Cricket; -to be run by Norfolk schools Cricket Association Athletics; -running for speed -running over obstacles -running for distance -throwing -Jumping -relays	Cricket; -to be run by Norfolk schools Cricket Association Athletics; -running for speed -running over obstacles -running for distance -throwing -Jumping -relays
4	Sport	swimming	swimming;	Dance	Gymnastics	Athletics	Cricket
		-swim competently,	-swim competently,	-shapes solo	-balance		

		<p>confidently and proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> -use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] -perform safe self-rescue in different water-based situation 	<p>confidently and proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> -use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] -perform safe self-rescue in different water-based situation 	<ul style="list-style-type: none"> -circles solo -partnering shapes -partnering (lifts) -partnering circles -artistry (making) 	<ul style="list-style-type: none"> -rotation -flight -travel 	<p>Athletics;</p> <ul style="list-style-type: none"> -running for speed -running over obstacles -running for distance -throwing -Jumping -relays 	<p>Cricket;</p> <ul style="list-style-type: none"> -to be run by Norfolk schools Cricket Association
5	Sport	Multi-skills	Multi-skills	Dance	Swimming/Gymnastics	Athletics/Cricket	Athletics/Cricket
		<ul style="list-style-type: none"> -use of space -tactics to keep the ball -Attacking/defending skills -performance analysis -planning/organising as a team -healthy lifestyle 	<ul style="list-style-type: none"> -formations -warm up construction/knowledge -performance analysis -fielding -Throwing -Batting 	<ul style="list-style-type: none"> -shapes solo -circles solo -artistry (abstraction) -artistry (musicality) -partnering (lifts) -artistry (making) 	<p>swimming;</p> <ul style="list-style-type: none"> -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] -perform safe self-rescue in different water-based situation <p>Gymnastics;</p> <ul style="list-style-type: none"> -hand apparatus -low apparatus -partner work -large apparatus 	<p>Cricket;</p> <ul style="list-style-type: none"> -to be run by Norfolk schools Cricket Association <p>Athletics;</p> <ul style="list-style-type: none"> -running for speed/distance/over obstacles -throwing -jumping -Relays -Competition format 	<p>Cricket;</p> <ul style="list-style-type: none"> -to be run by Norfolk schools Cricket Association <p>Athletics;</p> <ul style="list-style-type: none"> -running for speed/distance/over obstacles -throwing -jumping -Relays -Competition format

6	Sport	multi skills	multi-skills	Dance	Gymnastics	Athletics/Cricket	Athletics/Cricket
		Multi skills; -working with others -use of tactics -adapting skills to meet the demands of the situation. -performance analysis -Healthy lifestyle. -using taught knowledge/skills in context of games.	Multi skills; -playing tactically -knowledge of warm up -performance analysis - displays knowledge/skills taught in game situations.	-shapes solo -circles solo -artistry (abstraction) -artistry (musicality) -partnering (lifts) -artistry (making)	-hand apparatus -low apparatus -partner work -large apparatus	Cricket; -to be run by Norfolk schools Cricket Association Athletics; -running for speed/distance/over obstacles -throwing -jumping -Relays -Competition format	Cricket; -to be run by Norfolk schools Cricket Association Athletics; -running for speed/distance/over obstacles -throwing -jumping -Relays -Competition format
Enrichment opportunities							

NOTE; Swimming lessons will only move between year groups if enough students reach national curriculum level. There is scope to send mixed year groups of those students who still need support.

Lesson plans for all lessons are either accessed via Jasmine (Real PE, gymnastics, dance) or are found on the shared drive-federation curriculum-analytical team-PE (multi skills, athletics).