

## Curriculum Narrative: PE

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R, 1 & 2	Sport	Multi-skills	Dance	Gymnastics	Dance	Games	Athletics
		-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	shapes solo -partnering shapes -circles solo -partnering circles -Artistry (abstraction) -artistry (making)	receiving skills; catching/gathering -Sending skills; aiming/control	<b>Athletics;</b> -running/walking -Running over obstacles -throwing for distance -throwing for accuracy -jumping for height and distance -combination jumping
3 & 4	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	<b>Cricket;</b> -to be run by Norfolk schools Cricket Association  <b>Athletics;</b> -running for speed -running over obstacles -running for distance -throwing -Jumping -relays	<b>Cricket;</b> -to be run by Norfolk schools Cricket Association  <b>Athletics;</b> -running for speed -running over obstacles -running for distance -throwing -Jumping -relays
5 & 6	Sport	Swimming/multi skills	Swimming/multi-skills	Dance	Gymnastics	Athletics/Cricket	Athletics/Cricket
		<b>swimming;</b> -swim competently,	<b>swimming;</b> -swim competently,	-shapes solo -circles solo	-hand apparatus -low apparatus	<b>Cricket;</b> -to be run by Norfolk	<b>Cricket;</b> -to be run by Norfolk

		<p>confidently and proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> <li>-use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>-perform safe self-rescue in different water-based situations</li> </ul> <p><b>Multi skills;</b></p> <ul style="list-style-type: none"> <li>-working with others</li> <li>-use of tactics</li> <li>-adapting skills to meet the demands of the situation.</li> <li>-performance analysis</li> <li>-Healthy lifestyle.</li> <li>-using taught knowledge/skills in context of games.</li> </ul>	<p>confidently and proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> <li>-use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>-perform safe self-rescue in different water-based situations</li> </ul> <p><b>Multi skills;</b></p> <ul style="list-style-type: none"> <li>-playing tactically</li> <li>-knowledge of warm up</li> <li>-performance analysis</li> <li>- displays knowledge/skills taught in game situations.</li> </ul>	<ul style="list-style-type: none"> <li>-artistry (abstraction)</li> <li>-artistry (musicality)</li> <li>-partnering (lifts)</li> <li>-artistry (making)</li> </ul>	<ul style="list-style-type: none"> <li>-partner work</li> <li>-large apparatus</li> </ul>	<p>schools Cricket Association</p> <p><b>Athletics;</b></p> <ul style="list-style-type: none"> <li>-running for speed/distance/over obstacles</li> <li>-throwing</li> <li>-jumping</li> <li>-Relays</li> <li>-Competition format</li> </ul>	<p>schools Cricket Association</p> <p><b>Athletics;</b></p> <ul style="list-style-type: none"> <li>-running for speed/distance/over obstacles</li> <li>-throwing</li> <li>-jumping</li> <li>-Relays</li> <li>-Competition format</li> </ul>
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).***