

Key Stage 1 (KS1) Physical Education (PE) Curriculum Map

National Curriculum subject content - KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

At Montpellier we use the **real PE** programme to deliver a high-quality PE curriculum. (<https://realpe.co.uk>)

real PE is an inclusive approach with the ambition that PE is a positive experience for EVERY child. It teaches children Fundamental Movement Skills (FMS) and key learning behaviours to help achieve that ambition.

The ambitious **real PE** curriculum enables all children to flourish and experience success throughout their primary school phase. Through a carefully planned and sequenced curriculum, which starts in EYFS, children build, revisit, and develop skills and knowledge as they progress through school, thereby developing a strong sense of self-efficacy.

real PE is a curriculum that includes:

- structured and progressive physical development challenges
- skill application opportunities that involve rules
- strategies and tactics that are age and stage appropriate
- integrated review sessions that focus on healthy participation.

Over the year, the **real PE** units focus on developing a range of personal, social, physical, health & fitness, cognitive and creative abilities. The units also develop the Fundamental Movement Skills (FMS) of Balance, Coordination and Agility.

In addition, each year group completes a gymnastics unit. The skill element of **real gym** is made up of 5 areas - Shape, Balance, Travel, Flight and Rotation. Each year group also takes part in a dance unit led by an external dance specialist.

Year 1 & Year 2

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer		
A	Real PE Unit 1 Personal skills FMS: Coordination (footwork) Static Balance (One Leg)	Real PE Unit 2 Social Skills FMS: Dynamic Balance to agility Jumping and landing & Static Balance Seated	Real Gym Multi Ability - Theme (At home & Jungle trip)	Real PE Unit 3 Cognitive Skills FMS: Dynamic Balance (on a line) Static Balance (Stance)	Real PE Unit 4 Creative Skills FMS: Coordination (Ball Skills) Counter Balance (with a partner)	Real PE Unit 5 Physical Skills FMS: Coordination (Sending and Receiving) Agility (Reaction and response) * Sports day prep to take place alongside real PE	Real PE Unit 6 Health and Fitness FMS: Agility (Ball chasing) Static Balance (Floor Work)
B	Real PE Unit 1 Personal skills FMS: Coordination (footwork) Static Balance (One Leg)	Real PE Unit 2 Social Skills FMS: Dynamic Balance to agility Jumping and landing & Static Balance Seated	Real Gym Multi Ability - Theme (At home & Jungle trip)	Real PE Unit 3 Cognitive Skills FMS: Dynamic Balance (on a line) Static Balance (Stance)	Real PE Unit 4 Creative Skills FMS: Coordination (Ball Skills) Counter Balance (with a partner)	Real PE Unit 5 Physical Skills FMS: Coordination (Sending and Receiving) Agility (Reaction and response) * Sports day prep to take place alongside real PE	Real PE Unit 6 Health and Fitness FMS: Agility (Ball chasing) Static Balance (Floor Work)
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