

Key Stage 2 (KS2) Physical Education (PE) Curriculum Map

National Curriculum Subject content - Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns - indoor dance is currently on hold due to Covid restrictions.
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

- 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 situations

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 5 have a term of swimming at Everyone Active Swimming Pool in Acton.

Year 3 & Year 4

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 & Landing. Static Balance – Seated	Real Gym - Unit 1 Personal Gym skills Travel & Rotation	Real PE - Unit 3 Cognitive skills FMS: Dynamic Balance On a Line & Coordination Ball skills	Real PE - Unit 4 Creative skills FMS: Coordination Sending & Receiving Counter Balance with a partner	Real PE - Unit 5 Physical Agility FMS: Reaction / Response Plus Sports day focus	Real PE - Unit 6 Health and fitness FMS: Agility ball chasing Static Balance
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 & Landing. Static Balance – Seated	Real Gym - Unit 1 Personal Gym skills Travel & Rotation	Real PE - Unit 3 Cognitive skills FMS: Dynamic Balance On a Line & Coordination Ball skills	Real PE - Unit 4 Creative skills FMS: Coordination Sending & Receiving Counter Balance with a partner	Real PE - Unit 5 Physical Agility FMS: Reaction / Response Plus Sports day focus	Real PE - Unit 6 Health and fitness FMS: Agility ball chasing Static Balance
C	Real PE - Unit 1 Personal skills FMS: Coordination (footwork) Static Balance (One Leg)	Real Gym - Unit 1 Personal Gym skills Travel & Rotation	Real PE - Unit 2 Social skills FMS: Dynamic Balance to Agility Jumping & Landing. Static Balance – Seated	Real PE - Unit 3 Cognitive skills FMS: Dynamic Balance On a Line & Coordination Ball skills	Real PE - Unit 4 Creative skills FMS: Coordination Sending & Receiving Counter Balance with a partner	Real PE - Unit 5 Physical Agility FMS: Reaction / Response Plus Sports day focus	Real PE - Unit 6 Health and fitness FMS: Agility ball chasing Static Balance

Year 5

Y5 Class	Autumn			Spring			Summer			
A	Swimming			Real PE Unit 1 Cognitive Skills FMS: Coordination Ball skills & Agility Reaction & Response	Real Gym - Unit 1 Creative skills Gym skills Hand & Low Apparatus (Creative Focus)	Real PE Unit 3 - Social Skills FMS: Dynamic Balance on a Line & Counter balance with a partner	Real PE Unit 4 Physical Skills FMS: Dynamic Balance to agility Jumping and Landing Static Balance one leg	Real PE – Unit 5 Health and Fitness FMS: Static Balance Stance & Coordination Footwork	Real PE - Unit 2 Creative FMS: Static Balance Seated & Floor work	Real PE - Unit 6 Personal FMS: Coordination Sending & Receiving Agility Ball chasing.
B	Real PE Unit 1 Cognitive Skills FMS: Coordination Ball skills & Agility Reaction & Response	Real Gym - Unit 1 Creative skills Gym skills Hand & Low Apparatus (Creative Focus)	Real PE Unit 3 - Social Skills FMS: Dynamic Balance on a Line & Counter balance with a partner	Swimming			Real PE Unit 4 Physical Skills FMS: Dynamic Balance to agility Jumping and Landing Static Balance one leg	Real PE – Unit 5 Health and Fitness FMS: Static Balance Stance & Coordination Footwork	Real PE - Unit 2 Creative FMS: Static Balance Seated & Floor work	Real PE - Unit 6 Personal FMS: Coordination Sending & Receiving Agility Ball chasing.
C	Real PE Unit 1 Cognitive Skills FMS: Coordination Ball skills & Agility Reaction & Response	Real Gym - Unit 1 Creative skills Gym skills Hand & Low Apparatus (Creative Focus)	Real PE Unit 3 - Social Skills FMS: Dynamic Balance on a Line & Counter balance with a partner	Real PE Unit 4 Physical Skills FMS: Dynamic Balance to agility Jumping and Landing Static Balance one leg	Real PE – Unit 5 Health and Fitness FMS: Static Balance Stance & Coordination Footwork	Real PE - Unit 2 Creative FMS: Static Balance Seated & Floor work	Swimming			Real PE - Unit 6 Personal FMS: Coordination Sending & Receiving Agility Ball chasing.

Year 6

Y6	Autumn			Spring		Summer		
A	Unit 1 Cognitive Skills FMS: Coordination Ball skills & Agility Reaction & Response	Real PE - Unit 2 Creative FMS: Static Balance Seated & Floor work	Real Gym - Unit 1 Creative skills Gym skills Hand & Low Apparatus (Creative Focus)	Real PE Unit 3 - Social Skills FMS: Dynamic Balance on a Line & Counter balance with a partner	Real PE Unit 4 Physical Skills FMS: Dynamic Balance to agility Jumping and Landing Static Balance one leg	Real PE – Unit 5 Health and Fitness FMS: Static Balance Stance & Coordination Footwork	Real PE - Unit 2 Creative FMS: Static Balance Seated & Floor work	Real PE - Unit 6 Personal FMS: Coordination Sending & Receiving Agility Ball chasing.
B	Unit 1 Cognitive Skills FMS: Coordination Ball skills & Agility Reaction & Response	Real PE - Unit 2 Creative FMS: Static Balance Seated & Floor work	Real Gym - Unit 1 Creative skills Gym skills Hand & Low Apparatus (Creative Focus)	Real PE Unit 3 - Social Skills FMS: Dynamic Balance on a Line & Counter balance with a partner	Real PE Unit 4 Physical Skills FMS: Dynamic Balance to agility Jumping and Landing Static Balance one leg	Real PE – Unit 5 Health and Fitness FMS: Static Balance Stance & Coordination Footwork	Real PE - Unit 2 Creative FMS: Static Balance Seated & Floor work	Real PE - Unit 6 Personal FMS: Coordination Sending & Receiving Agility Ball chasing.
C	Unit 1 Cognitive Skills FMS: Coordination Ball skills & Agility Reaction & Response	Real Gym - Unit 1 Creative skills Gym skills Hand & Low Apparatus (Creative Focus)	Real PE - Unit 2 Creative FMS: Static Balance Seated & Floor work	Real PE Unit 3 - Social Skills FMS: Dynamic Balance on a Line & Counter balance with a partner	Real PE Unit 4 Physical Skills FMS: Dynamic Balance to agility Jumping and Landing Static Balance one leg	Real PE – Unit 5 Health and Fitness FMS: Static Balance Stance & Coordination Footwork	Real PE - Unit 2 Creative FMS: Static Balance Seated & Floor work	Real PE - Unit 6 Personal FMS: Coordination Sending & Receiving Agility Ball chasing.