



Brookside Primary School

BROOKSIDE PHYSICAL EDUCATION CURRICULUM 2022-2024

Supported by Complete PE & VARA Sports

BROOKSIDE PHYSICAL EDUCATION CURRICULUM						
	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
YEAR 1	<u>Running and Jumping</u> Running 1 & Jumping 1	<u>Gymnastics</u> Body Parts	<u>Dance</u> Heroes	<u>Rackets, Bats and Balls</u>	<u>Athletics</u>	<u>Health and Wellbeing</u>
YEAR 2	<u>Dodging and Jumping</u> Dodging 1 & Jumping 1	<u>Gymnastics</u> Pathways	<u>Dance</u> Explorers	<u>Rackets, Bats and Balls</u>	<u>Athletics</u>	<u>Team Building</u>
YEAR 3	<u>Dance</u> Witches and Wizards <u>Striking & Fielding</u> Rounders	<u>Gymnastics</u> Symmetry & Asymmetry <u>Health Related Fitness</u> Mindfulness	<u>Invasion Games</u> Netball <u>OAA</u> Communication & Tactics	<u>Net and Wall</u> Tennis <u>Invasion Games</u> Game Sense	<u>Athletics</u> Athletics <u>Striking & Fielding</u> Cricket	<u>Athletics</u> Athletics <u>OAA</u> Orienteering
YEAR 4	<u>Dance</u> World War II <u>Swimming</u>	<u>Gymnastics</u> Bridges <u>Swimming</u>	<u>Invasion Games</u> Netball <u>OAA</u> Problem Solving	<u>Net and Wall</u> Tennis <u>Invasion Games</u> Game Sense	<u>Athletics</u> Athletics <u>Striking & Fielding</u> Cricket	<u>Athletics</u> Athletics <u>Striking & Fielding</u> Rounders
YEAR 5	<u>Dance</u> Street Art <u>Striking & Fielding</u> Rounders	<u>Gymnastics</u> Counter Balance & Counter Tension Health Related Exercise	<u>Invasion Games</u> Netball <u>Swimming</u>	<u>Net and Wall</u> Tennis <u>Swimming</u>	<u>Athletics</u> Athletics Orienteering	<u>Athletics</u> Athletics <u>Invasion Games</u> Game Sense
YEAR 6	<u>Dance</u> Prejudice & Discrimination <u>Striking & Fielding</u> Rounders	<u>Gymnastics</u> Mirror & Matching Health Related Exercise	<u>Invasion Games</u> Netball <u>OAA</u> Leadership	<u>Net and Wall</u> Tennis <u>Invasion Games</u> Game Sense	<u>Striking & Fielding</u> Cricket <u>Swimming</u>	<u>Athletics</u> Athletics <u>Swimming</u>



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Key Stage One **PHYSICAL EDUCATION** Objectives

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 about:

1. 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
2. participate in team games, developing simple tactics for attacking and defending
3. perform dances using simple movement patterns

Key Stage Two **PHYSICAL EDUCATION** Objectives

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:

1. use running, jumping, throwing and catching in isolation and in combination
2. 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
3. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
4. perform dances using a range of movement patterns
5. take part in outdoor and adventurous activity challenges both individually and within a team
6. compare their performances with previous ones and demonstrate improvement to achieve their personal best