



**Brookside Primary School**  
**BROOKSIDE PHYSICAL EDUCATION CURRICULUM 2025-2027**  
 Supported by Complete PE & VARA Sports

BROOKSIDE PHYSICAL EDUCATION CURRICULUM						
	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
<b>YEAR 1</b>	<u>Attack Vs Defence</u> Games For Understanding	<u>Gymnastics</u> Body Parts	<u>Dance</u> Ellesmere Port Dance Festival	<u>Ball skills</u> Rackets, Bats & Balls	<u>Locomotion</u> Jumping & Running	<u>Health and Wellbeing</u> Health & Wellbeing
<b>YEAR 2</b>	<u>Attack Vs Defence</u> Games For Understanding	<u>Gymnastics</u> Pathways	<u>Health and Wellbeing</u> Health & Wellbeing	<u>Ball skills</u> Rackets, Bats & Balls	<u>Locomotion</u> Jumping & Dodging	<u>Team Building</u> Team Building
<b>YEAR 3</b>	<u>Invasion Games</u> Netball  <u>Striking &amp; Fielding</u> Rounders	<u>Gymnastics</u> Symmetry & Asymmetry  <u>Health and Wellbeing</u> Mindfulness	<u>Dance</u> Theme to be confirmed  <u>Outdoor Activities</u> Challenging collaboration	<u>Net &amp; Wall</u> Tennis  <u>Striking</u> Golf	<u>Athletics</u> Athletics  <u>Striking and Fielding</u> Cricket	<u>Athletics</u> Competition  <u>Outdoor Activities</u> Communication & Tactics
<b>YEAR 4</b>	<u>Invasion Games</u> Netball  <u>Striking &amp; Fielding</u> Rounders	<u>Gymnastics</u> Bridges  <u>Health and Wellbeing</u> Mindfulness	<u>Dance</u> Theme to be confirmed  <u>Outdoor Activities</u> Problem Solving	<u>Net &amp; Wall</u> Tennis  <u>Striking</u> Golf	<u>Athletics</u> Athletics  <u>Outdoor Activities</u> Orienteering	<u>Athletics</u> Competition  <u>Striking &amp; Fielding</u> Cricket
<b>YEAR 5</b>	<u>Invasion Games</u> Netball  <u>Swimming</u>	<u>Gymnastics</u> Counter Balance & Counter Tension  <u>Swimming</u>	<u>Dance</u> Theme to be confirmed  <u>Striking &amp; Fielding</u> Rounders	<u>Net &amp; Wall</u> Tennis  <u>Striking &amp; Fielding</u> Cricket	<u>Athletics</u> Athletics  <u>Health Related Fitness</u> Health Related Fitness	<u>Athletics</u> Competition  <u>Striking</u> Golf
<b>YEAR 6</b>	<u>Invasion Games</u> Netball  <u>Striking &amp; Fielding</u> Rounders	<u>Gymnastics</u> Mirror & Matching  <u>Health Related Fitness</u> Health Related Fitness	<u>Dance</u> Theme to be confirmed  <u>Outdoor Activities</u> Leadership	<u>Net &amp; Wall</u> Tennis  <u>Striking</u> Golf	<u>Athletics</u> Athletics  <u>Striking &amp; Fielding</u> Cricket	<u>Athletics</u> Competition  <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