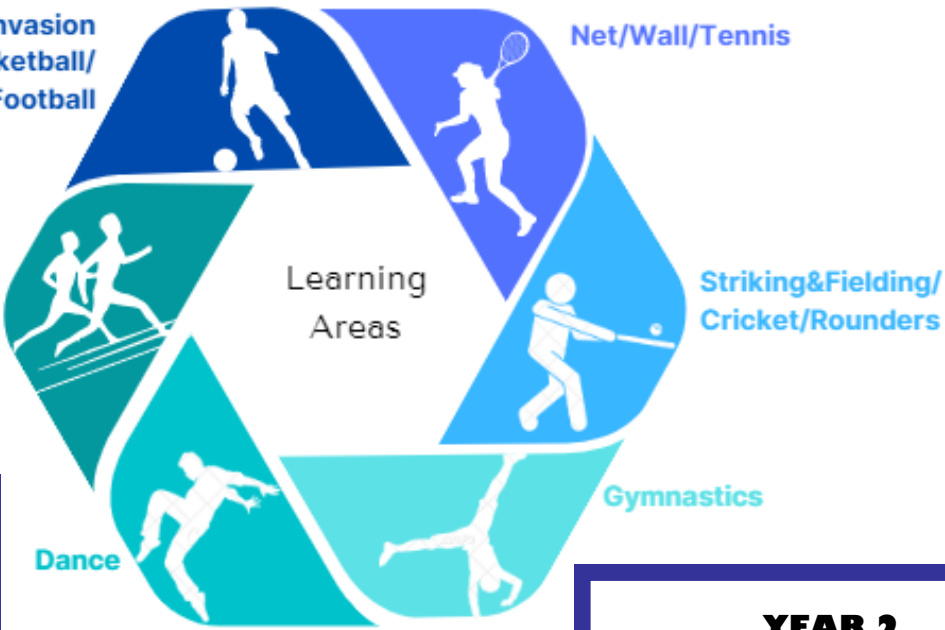




Our Curriculum

# PHYSICAL EDUCATION



*“I really think a champion is defined not by their wins, but by how they can recover when they fall.”*

**- Serena Williams**

**EYFS**

Early Learning Goal Links:

Develop the overall body strength, co-ordination, balance and agility  
Combine different movements with ease and fluency  
Know and talk about the different factors that support their overall health and wellbeing. Revise and refine the fundamental movement skills :- rolling- crawling - walking - jumping - running - hopping - skipping - climbing. Progress towards a more fluent style of moving, with developing control and grace. Use their core muscle strength to achieve a good posture  
Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.

**YEAR 1**

Children will strengthen the skills needed for:

**Autumn:**  
**Invasion games/fundamentals/ball skills:** core gameplay skills such as sending, receiving and travelling; exploring fundamentals of game play (attacking, defending and transition); key motor skills such as running, throwing and kicking

**Spring:**  
**Gymnastics, dance and teambuilding:** fundamental gymnastic, dance movements and beginning to explore what it means to work in a partner or team

**Summer:**  
**Striking and fielding, net and wall and athletics:** running, hopping, and leaping for distance in athletics; overarm and underarm throwing; striking, catching and tracking a ball

**YEAR 2**

Children will strengthen the skills needed for:

**Autumn:**  
**Invasion games/fundamentals/ball skills:** consolidate fundamental movement (agility, balance and coordination) and ball skills while exploring competitive team games; begin to explore tactical and decision making skills

**Spring:**  
**Gymnastics, dance and teambuilding:** develop fundamental gymnastic skills (balances, sequences and patterns), dance movements and begin to work cooperatively in a small group

**Summer:**  
**Striking and fielding, net and wall and athletics:** sprinting, jumping, hopping and skipping in athletics; developing striking a ball and overarm and underarm throwing technique with coordination; to maintain a rally

**INTENT**

Children will become physically confident in a way which supports their health and fitness. They will be able to develop competence to excel in a broad range of physical activities; be physically active for sustained periods of time; engage in competitive sports and activities, and lead healthy, active lives.

**IMPLEMENTATION**

Children are taught continuously in mixed ability, building on the skills, understanding and physical fitness of previous years. Moving from a Fundamental Movement Skill approach in KS1 to a sports skill-based focus in KS2 — football, basketball, netball, tag rugby, hockey, cricket, rounders, tennis, dance, athletics, gymnastics. We also have opportunities to learn teambuilding and leadership through OAA. All children are appropriately challenged through individual tasks, small sided games and equipment with various degrees of difficulty. PE is taught by coaches from the Brentford Football Club Community Sports Trust.



**YEAR 3**

Children will strengthen the skills needed for:

**Autumn:**  
**Tag rugby, netball and football:** develop their tactical and decision making skills; explore sending and receiving, dribbling and shooting, tracking while under game pressure

**Spring:**  
**Gymnastics, dance and OAA:** perform gymnastic balances and transitions, short self-choreographed dance phrases; develop map reading skills and problem solving strategies

**Summer:**  
**Athletics, cricket and rounders:** develop sprinting and relay techniques; develop jumping techniques for distance; strike a bowled ball; explore over/underarm throws in game situations; catch with consistency

**YEAR 6**

Children will strengthen the skills needed for:

**Autumn:**  
**Tag rugby, basketball and football:** working collaboratively; selecting and applying skills; ball control; possession and defence; tactics, fluency and control within the game

**Spring:**  
**Gymnastics, dance and hockey:** performing gymnastic movements with fluency; exploring, improvising and combining dance movements; use dribbling/attacking/defending skills with control

**Summer:**  
**Cricket, tennis and athletics:** power, control, and technique in athletic events; selecting and applying a range of striking, catching and throwing techniques in cricket; successfully demonstrate serves, shots and footwork in a rally

**IMPACT**

Children will be able to demonstrate their understanding through assessments at the end of each block. This assessment is formed by the Brentford coaches. An end of year report is formulated based on the skill-based progress and achievement each pupil has made throughout the year in each PE area



**YEAR 4**

Swimming takes place throughout the year. In PE, children will strengthen the skills needed for:

**Autumn:**  
**Tag rugby, basketball and football:** develop their attacking skills (use of space, change of pace, passing and scoring ability) while strengthening their tactical and decision making skills; begin to compete

**Spring:**  
**Gymnastics, dance and hockey:** perform gymnastic balances (individual and partner) with fluency and control, short self-choreographed dance phrases with complexity; develop defending and interception; sending and receiving with increased success; dribbling with control

**Summer:**  
**Cricket, tennis and athletics:** develop an understanding of speed, pace and power in athletics; batting and bowling within the rules of the game; develop footwork patterns and rallying with a backhand and forehand

**YEAR 5**

Children will strengthen the skills needed for:

**Autumn:**  
**Tag rugby, netball and football:** develop their use of a variety of skills under increasing pressure — including attacking skills, use of speed and balance, creating space for themselves and others, losing an opponent

**Spring:**  
**Gymnastics, dance and OAA:** perform shapes consistently and fluently; adapt and develop choreographed steps; navigating maps and courses; develop critical thinking and reflect on success when solving challenges

**Summer:**  
**Athletics, cricket and rounders:** explore defensive, driving and directional batting; demonstrate good throwing and catching while under pressure; effectively apply speed and explore triple jump, javelin and shotput.