



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.  
 Begin to develop communication, resilience and turn taking

**YEAR 1**  
 Children will strengthen the skills needed for:  
**Autumn:**  
**Fundamentals/ball skills and dance:** core gameplay skills such as sending, receiving and travelling; key motor skills such as running, throwing and kicking; fundamental dance movements  
**Spring:**  
**Gymnastics, Invasion games and teambuilding:** fundamental gymnastic movements; exploring fundamentals of game play (attacking, defending and transition); 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:**  
**Fundamentals/ball skills and dance:** consolidate fundamental movement (agility, balance and coordination) and ball skills while exploring competitive team games; develop dance movements  
**Spring:**  
**Gymnastics, Invasion games and teambuilding:** develop fundamental gymnastic skills (balances, sequences and patterns), begin to explore tactical and decision making skills 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; maintain rally

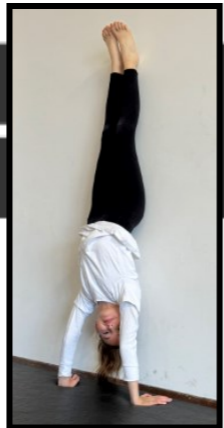
**YEAR 3**  
 Children will strengthen the skills needed for:  
**Autumn:**  
**Tag rugby, netball and dance:** begin to learn the rules of sports; develop their tactical and decision making skills; explore sending, receiving, shooting and tracking while under game pressure; perform short self-choreographed dance phrases  
**Spring:**  
**Gymnastics, football and OAA:** perform gymnastic balances and transitions; explore dribbling, shooting, tracking, sending and receiving under game pressure; 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 4**  
 Swimming takes place throughout the year. In PE, children will strengthen the skills needed for:  
**Autumn:**  
**Tag rugby, netball and dance:** to know and understand the rules of sports; 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; perform short self-choreographed dance phrases with complexity  
**Spring:**  
**Gymnastics, football and hockey:** perform gymnastic balances (individual and partner) with fluency and control, ; 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 dance:** 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; adapt and develop choreographed steps  
**Spring:**  
**Gymnastics, football and OAA:** perform shapes consistently and fluently; ; develop competitive game play (attacking, change of pace and direction under pressure); 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.



**YEAR 6**  
 Children will strengthen the skills needed for:  
**Autumn:**  
**Tag rugby, basketball and dance:** working collaboratively; selecting and applying skills; ball control; possession and defence; tactics, fluency and control within the game; implement the rules of sport with minimal support; exploring, improvising and combining dance movements  
**Spring:**  
**Gymnastics, football and hockey:** performing gymnastic movements with fluency; 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

**INTENT**  
 Children will become physically confident in a way that 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, engage in competitive sports and activities, and lead healthy, active lives.

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

**IMPACT**  
 Children will be able to demonstrate their skill and understanding through applying skills learnt during each strand. The Brentford coaches form this assessment. 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 strand.