

# Physical Education at Brougham Primary School

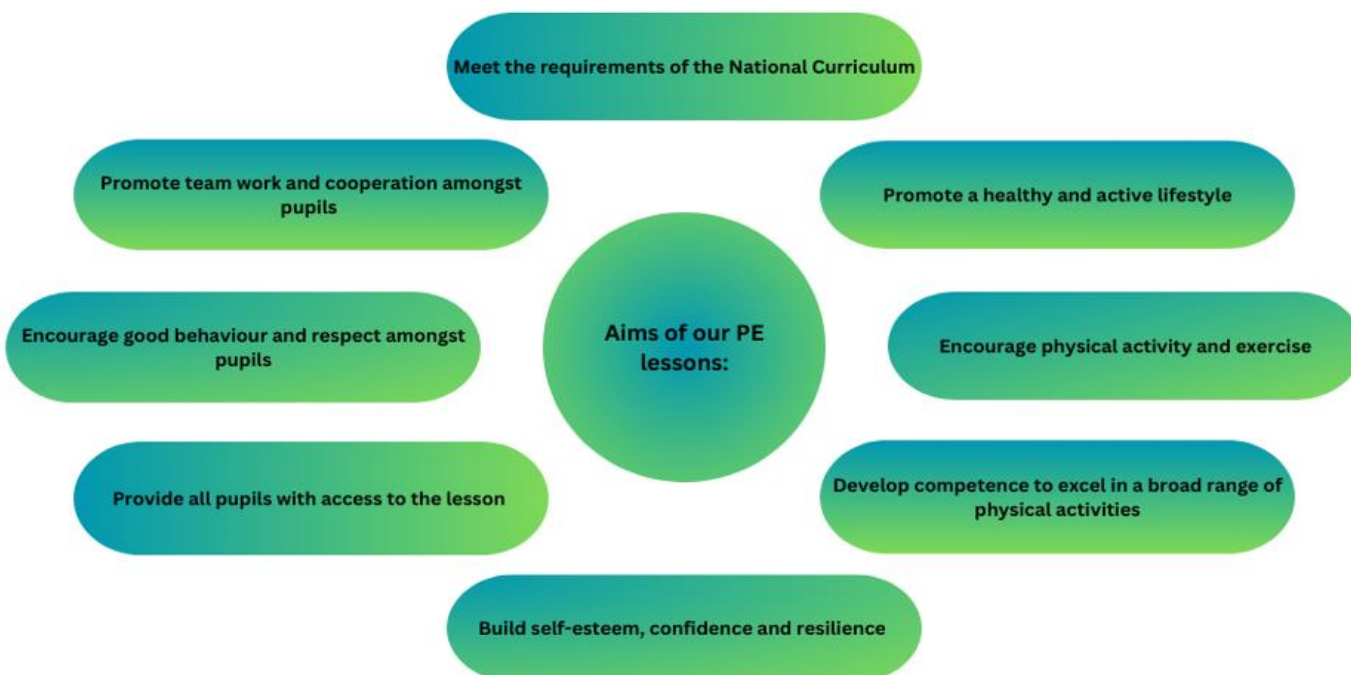
## Our vision for Physical Education (Intent):

Brougham Primary School aims to provide opportunities for pupils to *become physically confident* in a way which *supports their mental and physical health and fitness*. At the school, we offer pupils *the opportunity to compete in sports* and other activities, in order to help *build character and reinforce values such as fairness, respect and teamwork*.



## The PE curriculum at Brougham Primary School (Implementation):

At Brougham Primary School, PE is taught to all children for two hours per week. Children will complete an indoor and an outdoor PE lesson. All lessons will be planned and taught in line with the scheme of work, as developed by the PE coordinator, ensuring that potential for pupils' progression is considered. Lessons and activities will build upon pupils' prior learning, developing their skills, knowledge and understanding within each activity area.



## Whole School Physical Education Curriculum Map

### EYFS

Within the Early Years, staff support children's physical development through daily access to the outdoors, and by placing fine motor skill activities in the environment that develop hand eye coordination, strength and dexterity. Within the outdoor environment we have resourced equipment that supports core development, coordination and balance such as early trikes, scooters, balance bikes and trim trails. Reception and Nursery have 1 movement (PE) session in the hall per week.

### KS1

During KS1, children will be taught to:  
Master basic movements, including running, jumping, throwing and catching, whilst developing their agility, balance and coordination, beginning to apply these in a range of activities.  
Participate in team games, developing simple tactics for attacking and defending.  
Perform dances using simple movement patterns.

### LKS2

In LKS2, children will:

Use running, jumping, throwing and catching in isolation and in combination.  
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending, for example, through netball, football, hockey and tennis.  
Develop flexibility, strength, technique, control and balance through activities such as gymnastics and athletics.  
Perform dances using a range of movement patterns.  
Participate in outdoor and adventurous activities, both individually and within a team.

### UKS2

In UKS2, children will:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending, for example, through netball, football, hockey and tennis.
- Develop flexibility, strength, technique, control and balance through activities such as gymnastics and athletics.
- Perform dances using a range of movement patterns.
- Participate in outdoor and adventurous activities, both individually and within a team.
- Compare their performances with their previous ones and demonstrate improvement to achieve their personal best.

## Whole School PE topics

Year group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	Lesson one	Attacking and defending	Football	Gymnastics	Net and wall (tennis)	Run, Jump and throw	Sports day activities
	Lesson two	Multi- skills	Coach- balloon activities	Coach- Athletics	Dance and Movement	Striking and fielding (cricket)	
Year 1/2	Lesson one	Attacking and defending	Dance and movement	Gymnastics	Net and wall (tennis)	Run, Jump and throw	Sports day activities
	Lesson two	Multi- skills	Coach- balloon activities	Coach- Athletics	Football	Striking and fielding (cricket)	
Year 2	Lesson one	Attacking and defending	Dance and movement	Gymnastics	Net and wall (tennis)	Run, Jump and throw	Sports day activities
	Lesson two	Multi- skills	Football	Coach- Athletics	Coach- balloon activities	Striking and fielding (cricket)	
KS1 personal best	My Personal Best	<u>Healthy Me</u> Self-belief <u>Thinking Me</u> Curiosity <u>Social Me</u> Gratitude	<u>Healthy Me</u> Self-belief <u>Thinking Me</u> Curiosity <u>Social Me</u> Gratitude	<u>Healthy Me</u> Honesty <u>Thinking Me</u> Imagination <u>Social Me</u> Empathy	<u>Healthy Me</u> Honesty <u>Thinking Me</u> Imagination <u>Social Me</u> Empathy	<u>Healthy Me</u> Courage <u>Thinking Me</u> Concentration <u>Social Me</u> Fairness	<u>Healthy Me</u> Courage <u>Thinking Me</u> Concentration <u>Social Me</u> Fairness
Year 3	Lesson one	Attacking and defending	Dance and movement	Multi-skills	Tennis	Tag rugby	striking and fielding
	Lesson two	Coach - OAA	dodgeball	Coach- Athletics	Coach – gymnastics	Netball	Rounders
Year 3/4	Lesson one	Attacking and defending	Dance and movement	Multi-skills	Tennis	Tag rugby	Striking and fielding
	Lesson two	Year 3 – Coach OAA Year 4 – swimming	Year 3 - dodgeball Year 4 – swimming	Netball	Coach- Athletics	Coach - gymnastics	Rounders
Year 4	Lesson one	Attacking and defending	Dance and movement	Multi-skills	gymnastics	Tag rugby	Striking and fielding
	Lesson two	Swimming	Swimming	Netball	Coach- Athletics	Coach- OAA	dodgeball
Y5 (2 classes)	Lesson one	Attacking and defending	Dance and movement	Tennis	Cricket	gymnastics	rounders
	Lesson two	Coach- strength and conditioning	Coach	Coach- football	Coach- Athletics	Swimming	Swimming
Y6 (2 classes)	Lesson one	Attacking and defending	Orienteering	Gymnastics	Rounders	Tennis	Cricket
	Lesson two	Coach - sports leaders	Coach - strength and conditioning	Swimming	Swimming	Coach- athletics	Coach - football
KS2 Personal Best	My Personal Best	<u>Healthy Me</u> Resilience <u>Thinking Me</u> Resourcefulness <u>Social Me</u> Trust	<u>Healthy Me</u> Integrity <u>Thinking Me</u> Reflection <u>Social Me</u> Respect	<u>Healthy Me</u> Self-discipline <u>Thinking Me</u> Problem solving <u>Social Me</u> Communication	<u>Healthy Me</u> Self-motivation <u>Thinking Me</u> Evaluation <u>Social Me</u> Encouragement	<u>Healthy Me</u> Responsibly <u>Thinking Me</u> Decision making <u>Social Me</u> Co-operation	<u>Achieving My Personal Best</u>

## Enrichment

We promote a language rich PE curriculum, where vocabulary is modelled by the teacher and regularly retrieved so that children become fluent.

Children can take part in regular extra-curricular activities: Athletics, Football, Basketball, Netball and Dance.

External sports coaches will lead activities and clubs.

Regular sporting competitions.

Celebrating key sporting events: World Cup, Olympics, Paralympics

Sports Leaders who lead games on the playground

End of year Sports Day celebrations

School Games Gold Award 2022-2023

## The impact of Brougham Primary School's Physical Education Curriculum

