

# Broomhill PE Curriculum - Topic Overview

At Broomhill we have KS1 have 2 PE lessons per week for each year group & offer a wide range of topics over their time in school. Including a PE lesson with the class teacher (B) and a Wednesday PE lesson with Arches coach (A).

	Continuous Elements	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Steps of Success Focus:	Concentrate, work hard and be proud of your achievements	Persevere, don't give up!	Try new things and do your best.	Consider, understand others and be polite.	Imagine - dream, believe and achieve.	Have fun and be happy in all that you do!
<p><b>FS2</b> (Red/Orange)</p>	<p><i>Active Emotional Social</i></p> <p>Health, Fitness and Healthy Lifestyle</p> <p>Large Apparatus</p> <p>Personal Challenges</p> <p>Weekly Forest School Provision</p> <p>Active Break &amp; Lunchtimes</p>	<p><b>Intro to PE Unit 1</b></p> <p>Outcomes:</p> <p>I use movement skills with developing balance and co-ordination.</p> <p>I can make independent choices.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I can demonstrate balance.</p> <p>I play co-operatively and take turns with others</p>	<p><b>Gymnastics Unit 1</b></p> <p>Outcomes:</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I can confidently and safely use a range of large and small apparatus.</p> <p>I can combine movements, selecting actions in response to the task and apparatus.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I work co-operatively with others and take turns.</p> <p>I am confident to try new challenges.</p>	<p><b>Dance Unit 1</b></p> <p>Outcomes:</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I am confident to try new challenges and perform in front of others.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I can combine movements, selecting actions in response to the task.</p> <p>I show respect towards others when providing feedback.</p>	<p><b>Ball Skills Unit 1</b></p> <p>Outcomes:</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I use ball skills with developing competence and accuracy.</p> <p>I play co-operatively and take turns with others.</p> <p>I can make independent choices.</p> <p>I persevere when trying new challenges.</p> <p>I play ball games with consideration of the rules.</p>	<p><b>Games Unit 1</b></p> <p>Outcomes:</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively, take turns and encourage others.</p> <p>I use ball skills with developing competence and accuracy.</p> <p>I use movement skills with developing balance and co-ordination.</p> <p>I play games honestly with consideration of the rules.</p> <p>I show an understanding of my feelings and can regulate my behaviour.</p>	<p><b>Fundamentals Unit 1</b></p> <p>Outcomes:</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I play games honestly with consideration of the rules.</p> <p>I am confident to try new challenges.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I use movement skills with developing balance and co-ordination when playing games.</p> <p>I play co-operatively, take turns and encourage others.</p>

	Active Classrooms & Learning						
Y1 (A) (Yellow & Blue)	Active Emotional Social  Health, Fitness and Healthy Lifestyle  Large Apparatus  Personal Challenges	<b>Ball Skills</b> Outcomes: I am beginning to catch with two hands. I am beginning to dribble a ball with my hands and feet. I am beginning to understand simple tactics. I can roll and throw with some accuracy towards a target. I can say when someone was successful. I can track a ball that is coming towards me. I can work co-operatively with a partner.	<b>Gymnastics</b> Outcomes: I am confident to perform in front of others. I can link simple actions together to create a sequence. I can make my body tense, relaxed, stretched and curled. I can recognise changes in my body when I do exercise. I can remember and repeat actions and shapes. I can say what I liked about someone else's performance. I can use apparatus safely and wait for my turn.	<b>Dance</b> Outcomes: I am beginning to use counts. I can copy, remember and repeat actions. I can move confidently and safely. I can use different parts of the body in isolation and together. I can work with others to share ideas and select actions. I choose appropriate movements for different dance ideas. I say what I liked about someone else's performance. I show some sense of dynamic and expressive qualities in my dance.	<b>Team Building</b> Outcomes: I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others' ideas. I can suggest ideas to solve tasks. I can work with a partner and a small group. I understand the rules of the game.	<b>Net &amp; Wall</b> Outcomes: I can hit a ball using a racket. I can throw a ball to land over the net and into the court area. I can track balls and other equipment sent to me. I can use a ready position to move to the ball. I know how to score points. I recognise changes in my body when I do exercise. I show honesty and fair play when playing against an opponent.	<b>Striking &amp; Fielding</b> Outcomes: I can catch a beanbag and a medium-sized ball. I can roll a ball towards a target. I can hit a ball using my hand. I can track a ball that is coming towards me. I know how to score points. I understand the rules and I am beginning to use these to play honestly and fairly. I understand when I am successful.
Y1 (B) (Yellow & Blue)	Weekly Forest School Provision  Active Break & Lunchtimes  Active Classrooms & Learning	<b>Fundamentals</b> Outcomes: I can change direction when moving at speed. I can recognise changes in my body when I do exercise. I can run at different speeds. I can select my own actions in response to a task. I can show hopping and jumping movements. I can work co-operatively with others to complete tasks. I show balance and co-ordination when static and moving at a slow speed.	<b>Yoga</b> Outcomes: I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together. I can say what I liked about someone else's flow. I can show an awareness of space when travelling. I can work with others to create poses.	<b>Fitness</b> Outcomes: I can recognise changes in my body when I do exercise. I can share my ideas with other people in the class. I can talk about what exercise does to my body. I recognise how exercise makes me feel. I try my best in the challenges I am set. I understand why it is important to warm up.	<b>Sending &amp; Receiving</b> Outcomes: I am beginning to send and receive a ball with my feet. I can catch a ball with some success. I can recognise changes in my body when I do exercise. I can roll a ball towards a target. I can throw a ball to a partner. I can track a ball that is coming towards me. I can work co-operatively with a partner	<b>Invasion</b> Outcomes: I am beginning to dribble a ball with my hands and feet. I can change direction to move away from a defender. I can recognise space when playing games. I can send and receive a ball with hands and feet. I can use simple rules to play fairly. I move to stay with another player when defending. I recognise changes in my body when I do exercise. I understand when I am a defender and when I am an attacker.	<b>Athletics</b> Outcomes: I am able to throw towards a target. I am beginning to show balance and co-ordination when changing direction. I am developing overarm throwing. I can recognise changes in my body when I do exercise. I can run at different speeds. I can work with others and make safe choices. I try my best. I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.

<p><b>Y2 (A)</b></p> <p>(Green)</p>	<p><i>Active Emotional Social</i></p> <p><b>Health, Fitness and Healthy Lifestyle</b></p> <p><b>Large Apparatus</b></p> <p><b>Personal Challenges</b></p>	<p><b>Ball Skills</b></p> <p>Outcomes: I am beginning to provide feedback using key words. I am beginning to understand and use simple tactics. I can dribble a ball with my hands and feet with some control. I can roll and throw a ball to hit a target. I can send and receive a ball using both kicking and throwing and catching skills. I can track a ball and collect it. I can work co-operatively with a partner and a small group</p>	<p><b>Gymnastics</b></p> <p>Outcomes: I am beginning to provide feedback using key words. I am proud of my work and confident to perform in front of others. I can perform the basic gymnastic actions with some control and balance. I can plan and repeat simple sequences of actions. I can use directions and levels to make my work look interesting. I can use shapes when performing other skills. I can work safely with others and apparatus.</p>	<p><b>Dance</b></p> <p>Outcomes: I am beginning to provide feedback using key words. I can copy, remember, repeat and create dance phrases. I can describe how my body feels during exercise. I can show a character and idea through the actions and dynamics I choose. I can use counts to stay in time with the music. I can work with a partner using mirroring and unison in our actions. I show confidence to perform.</p>	<p><b>Team Building</b></p> <p>Outcomes: I can follow instructions carefully. I can say when I was successful at solving challenges. I can share my ideas and help to solve tasks. I can work co-operatively with a partner and a small group. I show honesty and can play fairly. I understand how to use, follow and create a simple diagram/map.</p>	<p><b>Net &amp; Wall</b></p> <p>Outcomes: I can defend space on my court using the ready position. I can describe how my body feels during exercise. I can hit a ball over the net and into the court area. I can throw accurately to a partner. I can use simple tactics to make it difficult for an opponent. I know how to score points and can remember the score. I show good sportsmanship when playing against an opponent.</p>	<p><b>Striking &amp; Fielding</b></p> <p>Outcomes: I am beginning to provide feedback using key words. I am developing underarm and overarm throwing skills. I can hit a ball using equipment with some consistency. I can track a ball and collect it. I can use simple tactics. I know how to score points and can remember the score. I understand the rules of the game and can use these to play fairly in a small group.</p>
<p><b>Y2 (B)</b></p> <p>(Green)</p>	<p><b>Weekly Forest School Provision</b></p> <p><b>Active Break &amp; Lunchtimes</b></p> <p><b>Active Classrooms &amp; Learning</b></p>	<p><b>Fundamentals</b></p> <p>Outcomes: I am beginning to provide feedback using key words. I am beginning to turn and jump in an individual skipping rope. I can describe how my body feels during exercise. I can show balance when changing direction. I can show hopping, skipping and jumping movements with some balance and control. I can work co-operatively with a partner and a small group. I show balance and co-ordination when running at different speeds.</p>	<p><b>Yoga</b></p> <p>Outcomes: I am beginning to provide feedback using key words. I can copy, remember and repeat yoga flows. I can describe how my body feels during exercise. I can move from one pose to another thinking about my breath. I can use clear shapes when performing poses. I can work with others to create simple flows showing some control.</p>	<p><b>Fitness</b></p> <p>Outcomes: I can describe how my body feels during exercise. I can show hopping and jumping movements with some balance and control. I persevere with new challenges. I show determination to continue working over a longer period of time. I understand that running at a slower speed will allow me to run for a longer period of time. I work with others to turn a rope and encourage others to jump at the right time.</p>	<p><b>Sending &amp; Receiving</b></p> <p>Outcomes: I am beginning to provide feedback using key words. I am beginning to trap and cushion a ball that is coming towards me. I can accurately throw and kick a ball to a partner. I can catch a ball passed to me, with and without a bounce. I can roll a ball to hit a target. I can track a ball and stop it using my hands and feet. I can work co-operatively with a partner and a small group. I can work safely to send a ball towards a partner using a piece of equipment.</p>	<p><b>Invasion</b></p> <p>Outcomes: I can describe how my body feels during exercise. I can dodge and find space away from the other team. I can move with a ball towards goal. I can sometimes dribble a ball with my hands and feet. I can stay with another player to try and win the ball. I know how to score points and can remember the score. I know who is on my team and I can attempt to send the ball to them.</p>	<p><b>Athletics</b></p> <p>Outcomes: I show balance and co-ordination when running at different speeds. I can jump and land with control. I can use an overarm throw to help me to throw for distance. I can work with others, taking turns and sharing ideas. I can identify good technique. I can describe how my body feels during exercise. I try my best.</p>

# Broomhill Infant School: Progression Overview in PE, School Sport and Physical Activity



## Competition

Children will be introduced to competition:  
Intra School Competition / Annual Sports Day  
/ Cluster School Festivals & Competitions



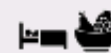
## Dance

Children will start to explore different cultures through Dance



## Hygiene

Children will learn about the importance of Hygiene & Well-being



## Health

Children will learn about the importance of Mindfulness, Healthy Eating, Sleep, Wellbeing

## The Journey Starts

Foundation Stage children get to grips with settling into PE



## Personal Challenge/Whole School Events

Opportunities during lunch and events eg. Sponsored Skip for all children



Early Years

FS2

Gymnastics: Balance & Control

Dance: Movement to Music

Games:

Catching, Throwing, Rolling, Jumping, Running, Kicking, Agility



## Fundamental Movement Skills

Balance, Locomotive & Ball Skills developed over early Years and KS1



## The Body

Children will learn about their bodies & how exercise has an effect

Key Stage 1

Year 1

Gymnastics: Jump, Balance, Shapes

Dance: Rhythm and Control

Games:

Run, Dodge, Pass + Receive, Bat + ball, Jump, Throw

## Community Clubs

Children will be encouraged to join local clubs – Exit Routes / Sign-posting



OAA



Pupils take part in regular Forest Schools and OAA including a residential trip



## Cluster competition & Festivals

Interschool opportunities provided by Arches SSP

Year 2

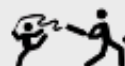
Gymnastics: Jump, Roll, Balance, Sequences

Dance: Perform Dance Sequences

Games:

Throw + catch, Attack + Defend, Run, Jump, Kick, Dodge,

## Sports Specific Skills



Children will learn specific sports skills within lessons applying them in different scenarios and related sports



## Leadership

Y2 children have the opportunity to be Sports Leaders on the playground at break & lunch



## End of KS1

Children will leave Broomhill Infants with a love of PE, physical activity & sport. They will have had a physically active time at Broomhill Infants and engaged in sporting opportunities. This will set them to continue leading a healthy lifestyle in KS2 and beyond.

