

Broomhill PE Curriculum - Topic Overview

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

	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!
FS2 (A) (Red)	<p><i>Active Emotional Social</i></p> <p>Health, Fitness and Healthy Lifestyle</p> <p>Large Apparatus</p> <p>Personal Challenges</p>	<p>Intro to PE Unit 1</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>Gymnastics Unit 1</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</p>	<p>Dance Unit 1</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</p>	<p>Fundamentals Unit 1</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>	<p>Ball Skills Unit 1</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>Athletics</p> <p>Outcomes:</p> <p>I am able to throw towards a target.</p> <p>I am beginning to show balance and co-ordination when changing direction.</p> <p>I am developing overarm throwing.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can run at different speeds.</p> <p>I can work with others and make safe choices.</p> <p>I try my best.</p> <p>I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.</p>

			turns. I am confident to try new challenges.	feedback. :			
FS2 (B) (Red)	Forest School Provision Active Break & Lunchtimes Active Classrooms & Learning	Intro to PE Unit 2 Outcomes: I use movement skills with developing balance and co-ordination. I can make independent choices. I follow instructions involving several ideas or actions. I can negotiate space safely with consideration for myself and others. I play co-operatively and take turns with others. I understand the rules and can explain why it is important to follow them.	Gymnastics Unit 2 Outcomes: I can negotiate space safely with consideration for myself and others. I can confidently and safely use a range of large and small apparatus. I can combine movements, selecting actions in response to the task and apparatus. I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. I follow instructions involving several ideas or actions. I work co-operatively with others and take turns. I am confident to try new challenges.	Dance Unit 2 Outcomes: I can negotiate space safely with consideration for myself and others. I am confident to try new challenges and perform in front of others. I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. I follow instructions involving several ideas or actions. I can combine movements, selecting actions in response to the task. I show respect towards others when providing feedback.	Fundamentals Unit 2 Outcomes: I can negotiate space safely with consideration for myself and others. I am confident to try new challenges, deciding on the skills I use to complete the task. I use movement skills with developing balance and co-ordination. I follow instructions involving several ideas or actions. I play co-operatively, take turns and congratulate others. I play games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour.	Ball Skills Unit 2 Outcomes: I play co-operatively and take turns with others. I use ball skills with developing competence and accuracy. I persevere when trying new challenges. I follow instructions involving several ideas or actions. I can negotiate space safely with consideration for myself and others. I play ball games with consideration of the rules.	Games Unit 1 Outcomes: I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and encourage others. I use ball skills with developing competence and accuracy. I use movement skills with developing balance and co-ordination. I play games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour.
Y1 (A) (Yellow & Green)	Active Emotional Social Health, Fitness and Healthy Lifestyle Large Apparatus	Ball Skills 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.	Gymnastics 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.	Dance 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.	Sending & Receiving 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.	Net & Wall 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	Athletics 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.

	Personal Challenges	I can work co-operatively with a partner.	I can say what I liked about someone else's performance. I can use apparatus safely and wait for my turn.	I say what I liked about someone else's performance. I show some sense of dynamic and expressive qualities in my dance.	I can work co-operatively with a partner	exercise. I show honesty and fair play when playing against an opponent.	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.
Y1 (B) (Yellow & Green)	Forest School Provision Active Break & Lunchtimes Active Classrooms & Learning	Fundamentals 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.	Yoga 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.	Fitness 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.	Team Building 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.	Invasion 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.	Target Games Outcomes: I can recognise changes in my body when I do exercise. I can use an overarm throw aiming towards a target. I can roll a ball towards a target. I can use an underarm throw aiming towards a target. I can work co-operatively with a partner. I understand what good technique looks like.
Y2 (A) (Blue)	Active Emotional Social Health, Fitness and Healthy Lifestyle Large Apparatus	Ball Skills 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.	Gymnastics 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.	Dance 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	Sending & Receiving 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	Net & Wall 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.	Athletics 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>Personal Challenges</p>	<p>I can work co-operatively with a partner and a small group</p>	<p>I can use shapes when performing other skills. I can work safely with others and apparatus.</p>	<p>and unison in our actions. I show confidence to perform.</p>	<p>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>I show good sportsmanship when playing against an opponent.</p>	
<p>Y2 (B)</p> <p>(Blue)</p>	<p>Forest School Provision</p> <p>Active Break & Lunchtimes</p> <p>Active Classrooms & Learning</p>	<p>Fundamentals</p> <p>Outcomes:</p> <p>I am beginning to provide feedback using key words.</p> <p>I am beginning to turn and jump in an individual skipping rope.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show balance when changing direction.</p> <p>I can show hopping, skipping and jumping movements with some balance and control.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I show balance and co-ordination when running at different speeds.</p>	<p>Yoga</p> <p>Outcomes:</p> <p>I am beginning to provide feedback using key words.</p> <p>I can copy, remember and repeat yoga flows.</p> <p>I can describe how my body feels during exercise.</p> <p>I can move from one pose to another thinking about my breath.</p> <p>I can use clear shapes when performing poses.</p> <p>I can work with others to create simple flows showing some control.</p>	<p>Fitness</p> <p>Outcomes:</p> <p>I can describe how my body feels during exercise.</p> <p>I can show hopping and jumping movements with some balance and control.</p> <p>I persevere with new challenges.</p> <p>I show determination to continue working over a longer period of time.</p> <p>I understand that running at a slower speed will allow me to run for a longer period of time.</p> <p>I work with others to turn a rope and encourage others to jump at the right time.</p>	<p>Team Building</p> <p>Outcomes:</p> <p>I can follow instructions carefully.</p> <p>I can say when I was successful at solving challenges.</p> <p>I can share my ideas and help to solve tasks.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I show honesty and can play fairly.</p> <p>I understand how to use, follow and create a simple diagram/map.</p>	<p>Invasion</p> <p>Outcomes:</p> <p>I can describe how my body feels during exercise.</p> <p>I can dodge and find space away from the other team.</p> <p>I can move with a ball towards goal.</p> <p>I can sometimes dribble a ball with my hands and feet.</p> <p>I can stay with another player to try and win the ball.</p> <p>I know how to score points and can remember the score.</p> <p>I know who is on my team and I can attempt to send the ball to them.</p>	<p>Target Games</p> <p>Outcomes:</p> <p>I am able to select the appropriate skill for the situation.</p> <p>I can throw, roll, kick or strike a ball to a target with some success.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I understand the principles of a target game and can use different scoring systems when playing games.</p> <p>I understand what good technique looks like and can use key words in the feedback I provide.</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

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

Dance



Children will start to explore
different cultures through Dance



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



Hygiene

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



Health

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

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

Gymnastics: Jump, Balance, Shapes

Dance: Rhythm and Control

Games:

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



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.

