



Physical Education at Brushwood Junior School

Year 3

	Autumn Term		Spring Term		Summer Term	
	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Topics to be covered	Ball skills and Orienteering Invasion games - PE2/1.1b PE2/1.1e	Ball skills and Orienteering Invasion games – PE2/1.1b PE2/1.1e	Gymnastics and Dance PE2/1.1d PE2/1.1f	Gymnastics and Mindfulness PE2/1.1c PE2/1.1d PE2/1.1f	Ball skills Tennis and Rounders PE2/1.1b PE2/1.1e	Ball skills Athletics and Cricket PE2/1.1a PE2/1.1b PE2/1.1e
Knowledge/ skills being development	Passing and receiving, spatial awareness, intercepting and possession. To follow a map, use different clues and symbols to find objects, to navigate a route and plan a route for someone else taking safety into account and avoiding danger.	Passing and receiving, intercepting, spatial awareness, safety with equipment, following rules and develop coordination. To follow a map, use different clues and a compass to find objects, to navigate a route and plan a route for someone else taking safety into account and avoiding danger.	Balance, shapes, ways of travelling, jumps, rolls. Sense of rhythm, movement, spatial awareness, learning and remembering sequences.	Balance, shapes, ways of travelling, jumps, rolls, apparatus use and identifying muscle groups. Flexibility, relaxation, breathing techniques, yoga positions and sequences.	Striking and fielding skills, spatial awareness, safety with equipment, fair play and teamwork and hand to eye coordination. How to hold a tennis racket. Hit the ball with some control, moving to find space.	Striking and fielding skills, spatial awareness, safety with equipment, fair play and teamwork. Jumping, throwing techniques, running and stamina development.



Physical Education at Brushwood Junior School

Year 4

	Autumn Term		Spring Term		Summer Term	
	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Topics to be covered	Invasion Games and Swimming PE2/1.2a PE2/1.1b PE2/1.1e	Tag Rugby and Swimming PE2/1.2a PE2/1.1b PE2/1.1e	Gymnastics and Swimming PE2/1.2a PE2/1.2c PE2/1.1d PE2/1.1f	Dance and Swimming PE2/1.1c PE2/1.1d PE2/1.1f PE2/1.2a PE2/1.2c	Tennis and Swimming PE2 PE2/1.1d PE2/1.1f PE2/1.1e	Athletics and Swimming PE2/1.1a PE2/1.1b PE2/1.1e PE2/1.1f
Knowledge/skills being development	Throwing and catching accurately, keeping ball possession, finding space, learning tactics and understanding them. Water confidence and entering and exiting the water safely.	Learning the rules of Handball, passing and receiving, teamwork, scoring a goal. Learning the rules of Tag Rugby, tagging, backwards pass, teamwork, passing and carrying the ball correctly. Learning and developing front and back crawl, and breast stroke, stroke development, achieving 10m without use of safety equipment	Compare and improve work, move and used actions with coordination and control. Stoke development, improving stamina, style and technique, picking up objects from the bottom of the pool and jumping into water.	Sense of rhythm, movement, spatial awareness, learning and remembering sequences. Stoke development, improving stamina, style and technique, picking up objects from the bottom of the pool and jumping into water.	Hit the ball with growing control, moving to find space, forehand and backhand shots. Reaching 25m in front and back crawl, treading water and sculling.	Stamina building by running for longer distances, 50m sprints, relay, throwing in different ways, using different athletic equipment. Reaching 25m in front and back crawl, treading water and sculling.



Year 5

Physical Education at Brushwood Junior School

	Autumn Term		Spring Term		Summer Term	
	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Topics to be covered	Netball and Football PE2/1.1b PE2/1.1e	Tag Rugby and Basketball PE2/1.1b PE2/1.1e	Gymnastics and Dance PE2/1.1d PE2/1.1f	Dodgeball and Health related exercise PE2/1.1b PE2/1.1e	Tennis and Cricket PE2/1.1b	Athletics and Rounders PE2/1.1a PE2/1.1b
Knowledge/ skills being development	Learning England Netball rules, using appropriate equipment, positions, defending and attacking skills, using different passes, using the most appropriate pass, to keep possession and finding space. Pass, dribble and shoot with growing control, marking opponents, looking at ways of improving their game.	Developing ball skills required in Tag Rugby, tagging, backwards pass, attacking and defending Introducing the rules of Basketball, highlighting the difference between netball and basketball, dribbling, moving with the ball, double dribble rules and beginning to play a game.	More complex or extended sequences, combining action, balance and shape, produce, accurate, clear and consistent movements. Adapt the use of space and rhythm in dance, reflecting style of dance, producing controlled movements and give and receive constructive feedback.	To develop throwing, catching, dodging skills and spatial awareness. Learning the rules of the game and playing it with a competitive but fair spirit. Focus on good sportsmanship. To all pupils understand the meaning of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.	Learning to serve and volley, keeping a game going through a consistent rally. To develop accuracy in batting, fielding and bowling, developing an understanding of all positions and rules, play the games more fluently.	To learn the lanes, positions and routine of a relay around the track, to be controlled with jumps, to throw with accuracy and introducing the bullnose javelin. To develop accuracy in batting, fielding and bowling, developing an understanding of all positions and rules, play the games more fluently.



Physical Education at Brushwood Junior School

Year 6

	Autumn Term		Spring Term		Summer Term	
	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Topics to be covered	Netball and Hockey PE2/1.1b PE2/1.1e	Tag Rugby and Basketball PE2/1.1b PE2/1.1e	Gymnastics and Dance PE2/1.1d PE2/1.1f	Handball and Health related exercise PE2/1.1c PE2/1.1d PE2/1.1f	Tennis and Cricket PE2/1.1b	Athletics and SAQ PE2/1.1a PE2/1.1b
Knowledge/skills being development	Using the England Netball rules correctly, playing a game using full rules, using the most appropriate pass, and to keep possession of the ball. Pass, dribble and shoot with growing control, marking opponents, looking at ways of improving their game and quicksticks.	Playing by the rules of Tag Rugby, backwards pass, teamwork and showing sportsmanship when carrying out competitive games. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous activities and demonstrate improvement to achieve their personal best.	Learning and practising a given sequence, observing and assessing a partner's sequence. Understanding when apparatus is appropriate to use. Expressively and sensitively choose their own music, style and dance, discuss dance with understanding of the appropriate terminology and performing creatively and showing individuality.	Learning the rules of Handball, passing and receiving, teamwork, scoring a goal. Pupils will be able to participate in circuits that will enhance their fitness. They will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.	Putting skills into a game scenario, keeping a continuous game going, learning a level of tactics with a competitive game and playing doubles. To develop accuracy in batting, fielding and bowling, to understand and show knowledge of positions and rules, playing the game fluently and showing sportsmanship when carrying out competitive games.	To use the lanes, positions and routine of a relay around the track, to perform the triple jump, to throw with accuracy, demonstrate stamina and use learnt skills. To develop an understanding of agility, changing direction without loss of balance, strength or speed, improving body alignment, reducing injuries and training muscles to perform desired activities.

