

# 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 PE lesson with the class teacher (A) and a Wednesday PE lesson with Arches coach (B).

	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 (B) (Red/Orange)	<p><i>Active Emotional Social</i></p> <p>Health, Fitness and Healthy Lifestyle</p> <p>Large Apparatus</p> <p>Personal Challenges</p> <p>Forest School</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>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>	<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>Athletics</b></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>

<b>FS2 (A)</b>  (Red/Orange)	<b>Provision</b>  <b>Active Break &amp; Lunchtimes</b>  <b>Active Classrooms &amp; Learning</b>	<b>Intro to PE Unit 2</b> 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.	<b>Gymnastics Unit 2</b> 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.	<b>Dance Unit 2</b> 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.	<b>Fundamentals Unit 2</b> 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.	<b>Ball Skills Unit 2</b> 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.	<b>Games Unit 1</b> 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.
<b>Y1 (A)</b>  (Yellow & Green)	<b>Active Emotional Social</b>  <b>Health, Fitness and Healthy Lifestyle</b>  <b>Large Apparatus</b>  <b>Personal Challenges</b>	<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>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>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>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>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>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.
<b>Y1 (B)</b>	<b>Forest School</b>	<b>Fundamentals</b> Outcomes: I can change direction when moving at speed. I can recognise changes	<b>Gymnastics</b> Outcomes: I am confident to perform in front of others.	<b>Fitness</b> Outcomes: I can recognise changes in my body when I do exercise.	<b>Team Building</b> Outcomes: I can communicate	<b>Invasion</b> Outcomes: I am beginning to dribble a ball with my hands and feet.	<b>Target Games</b> Outcomes: I can recognise changes

(Yellow & Green)	<b>Provision</b>  <b>Active Break &amp; Lunchtimes</b>  <b>Active Classrooms &amp; Learning</b>	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.	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.	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.	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.	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.	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.
<b>Y2 (A)</b>  (Blue)	<b>Active Emotional Social</b>  <b>Health, Fitness and Healthy Lifestyle</b>  <b>Large Apparatus</b>  <b>Personal Challenges</b>	<b>Ball Skills</b> 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	<b>Yoga</b> 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.	<b>Dance</b> 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.	<b>Sending &amp; Receiving</b> 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.	<b>Net &amp; Wall</b> 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.	<b>Athletics</b> 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.
<b>Y2 (B)</b>  (Blue)	<b>Forest School Provision</b>  <b>Active Break &amp; Lunchtimes</b>	<b>Fundamentals</b> 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	<b>Gymnastics</b> 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	<b>Fitness</b> 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	<b>Team Building</b> 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	<b>Invasion</b> 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	<b>Target Games</b> Outcomes: I am able to select the appropriate skill for the situation. I can throw, roll, kick or strike a ball to a target with some success. I can work co-operatively with a

	<p>Active Classrooms &amp; Learning</p>	<p>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>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>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>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>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>partner and a small group. I understand the principles of a target game and can use different scoring systems when playing games. I understand what good technique looks like and can use key words in the feedback I provide.</p>
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# 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



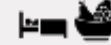
## Dance

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

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

Interscholar opportunities provided by Arches SSP

Year 2

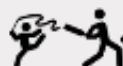
Gymnastics: Jump, Roll, Balance, Sequences

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.

