



Brookburn's Physical Education Coverage



Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [*for example, front crawl, backstroke and breaststroke*]
- perform safe self-rescue in different water-based situations.

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin 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.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [*for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis*], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [*for example, through athletics and gymnastics*]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.



Brookburn's Physical Education Coverage



PE Curriculum Overview 2022-23

EYFS							
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Nursery *UKS to support all year*	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)
Reception *CITC to support all year*	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)	Fundamental Movement skills; Fine Motor (Indoors); Gross Motor (Outdoors)

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Net and Wall Skills 1	Gym	Dance	Target Games 2	Object Manipulation	Striking and Field 1
Yr 1 PPA	Movement skills 1	Invasion Game 1	Gym	Movement Skills 2	Net and Wall Games 2	Athletics
2	Net and Wall skills 2	Dance	Gym - Spin, Turn, Twist	Gym – Paths Ways	Athletics	Strike and Field 2
Yr 2 PPA	Movement skills 2	Invasion Games 2	Movement skills 3	Target Games 3	Target Games	Net and Wall Games skills 2
3	OAA	Gym	Dance	Gym	Tennis	Rounders
Yr 3 PPA	Football	Health Related Fitness	Tag Rugby	Handball	Cricket	Athletics
4	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Yr 4 PPA	Hockey	Tag Rugby	Handball	Cricket	OAA	Tennis
5	OAA	Gym	Dance	Tennis	Athletics	Rounders
Yr 5 PPA	Handball	Netball	Football	Cricket	Ultimate Frisbee	OAA
6	OAA	Dance	Gym	Cricket	Rounders	Athletics
Yr 6 PPA	Handball	Tag Rugby	Basketball	Danish Longball	Ultimate Frisbee	Tennis

Brookburn's Physical Education Coverage

