

## Physical Education

<b>Intent</b>	At Brotherton and Byram Academy we have PE at the heart of our learning. We are constantly striving to improve the children's physical education and literacy. Over the year we offer a broad and wide range of activities and sports to help our children improve in every aspect of their PE journey; including physical, cognitive, emotional and social. The Physical Education (PE) curriculum is created in line with the National Curriculum with objectives further divided into each phase within the school. Our intent is that all children access high quality P.E. provision throughout the school, allowing them to showcase key knowledge and skills through a broad and varied transferable skills curriculum where we focus on developing the whole child from four learning domains and children can explore a variety of activities and modified sports. This facilitates pupils to achieve the school aims and values.
<b>Implementation</b>	Children receive PE lessons from Nursery through to Year 6, with Pupils from Year 1 to Year 6 receiving two PE lessons per week (a minimum of two hours in total). In the EYFS, children access outside play provision independently every day as well as a focused P.E session every week. In KS2, Physical Education also includes swimming lessons which continue throughout the academic year. Also, Year 4 pupils participate in a residential trip to gain additional opportunities of outdoor and adventurous activities.
<b>Impact</b>	The Impact is that each child can see a clear end purpose and journey for every unit of P.E. they take part in. They will be confident and competent movers, and have the knowledge to lead healthy lifestyles.

BB Physical Education Knowledge and Skills Progression Overview							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Units	<ul style="list-style-type: none"> <li>- Gymnastics</li> <li>- Ball Skills</li> <li>- Dance</li> <li>- Fundamentals</li> <li>- Games</li> <li>- Multiskills</li> </ul>	Games Invasion Games - <i>Developing dribbling skills</i> Athletics - <i>Indoor Athletics. Developing throwing, running, footwork patterns and combinations</i>	Games Invasion Games - <i>Developing Dribbling skills</i> Athletics - <i>Indoor Athletics. Developing throwing, running, footwork patterns and combinations</i>	Invasion Games - <i>Developing Dribbling Skills</i> Indoor Athletics - <i>Developing throwing, running, footwork patterns and combinations</i> OAA - <i>Orienteering/Problem Solving/Team Building</i>	Invasion Games - <i>Developing Dribbling Skills</i> Indoor Athletics - <i>Developing throwing, running, footwork patterns and combinations</i> OAA - <i>Orienteering/Problem Solving/Team Building</i>	Invasion Games - <i>Developing Dribbling Skills</i> Indoor Athletics - <i>Developing throwing, running, footwork patterns and combinations</i> OAA - <i>Orienteering/Problem Solving/Team Building</i>	Invasion Games - <i>Developing Dribbling Skills</i> Indoor Athletics - <i>Developing throwing, running, footwork patterns and combinations</i> OAA - <i>Orienteering/Problem Solving/Team Building</i>
Games	<ul style="list-style-type: none"> <li>- Catch a large ball</li> <li>- Move a balloon with hands</li> <li>- Chase or dodge others safely</li> <li>- Experiment catching and kicking a variety of equipment</li> <li>- Accept playing with others</li> </ul>	<ul style="list-style-type: none"> <li>- throw underarm</li> <li>- explore ways to strike a ball move and stop safely during play</li> <li>- throw &amp; catch</li> <li>- throw and kick in different ways</li> </ul>	can recognise underarm and overarm -I can throw and catch a variety of equipment, eg: beanbag -I can throw at a target and catch in a variety of ways -I can use hitting, kicking, throwing or rolling in a game -I can move into space during game situations	<ul style="list-style-type: none"> <li>- I can apply underarm and overarm effectively</li> <li>- I can pass and catch/control with a partner or whilst using a target</li> <li>- I can move (dribble) and stop a ball safely and under control with my hands/feet or equipment</li> <li>- I can use a racket/bat and ball with some accuracy</li> <li>- I can comment on tactics</li> </ul>	<ul style="list-style-type: none"> <li>-apply throwing and catching techniques whilst moving</li> <li>-control a ball in a game situation</li> <li>-recognise attacking and defending</li> <li>-use a racket/bat and ball accurately</li> <li>-talk about and use tactics to be put into a game</li> </ul>	<ul style="list-style-type: none"> <li>- I can use forehand and backhand in racket games - I can throw and catch; both in isolation and collaboration - I can use a number of techniques to pass, dribble and shoot - I can use attacking strategies - I can choose appropriate PE vocabulary to evaluate</li> </ul>	<ul style="list-style-type: none"> <li>- I am able to throw and catch in isolation and combination</li> <li>- I can choose the correct technique during striking games</li> <li>- I can pass, shoot and dribble effectively</li> <li>- I can use attacking and defending when required in a game</li> <li>- I can choose appropriate vocabulary to evaluate performance</li> </ul>
Gym /Dance	Explore a variety of ways to move - Go under or over apparatus - Roleplay to different dances - Stop/start to music or sounds Explore ways of moving with their body	<ul style="list-style-type: none"> <li>- make their body curled, tense stretched and relaxed</li> <li>- control their body when travelling and balancing</li> <li>- perform dances using simple movement patterns to music</li> <li>- copy dance moves</li> <li>- perform a basic sequence</li> <li>- understand how to land a jump safely</li> <li>- use their body to attempt to roll</li> </ul>	-I can recognise and perform a variety of jumps -I can recognise and perform a variety of rolls -I can demonstrate balance in a variety of situations -I can think of more than one way to create a sequence to a set of rules -I can perform dance using movement patterns	<ul style="list-style-type: none"> <li>- I can adapt sequences of moves to suit different types of apparatus</li> <li>- I can use a stimulus to translate ideas into a movement</li> <li>- can compare and contrast sequences</li> <li>- I can understand how music affects performance</li> <li>- I continue to explore a variety of different balances, jumps and ways of travelling</li> </ul>	<ul style="list-style-type: none"> <li>-work with partners to create, repeat and improve a sequence</li> <li>- show a variety of shapes</li> <li>- use appropriate PE vocabulary in my lessons</li> <li>-apply my knowledge of rolls, jumps, balances and ways of travelling to work in a controlled way</li> <li>-movements to communicate an idea</li> </ul>	<ul style="list-style-type: none"> <li>- I can make complex extended routines using my knowledge of gymnastics or dance moves - I can combine action balance and shape in routines - My routines show clarity, fluency and accuracy - I can perform to different audiences -I can choose appropriate PE vocabulary to evaluate performance</li> </ul>	I can plan and create an individual, paired or group routine - I can perform consistently to different audiences - I can develop sequences in a specific style and link them to timings - I can analyse, modify and refine my own routine and critique that of others - I can choose appropriate PE vocabulary to evaluate and support others
Physical	<ul style="list-style-type: none"> <li>- Walk and move around safely and confidently</li> <li>- Move fast/slow safely and with obstacles</li> <li>- Balance on one foot</li> <li>- Jump two feet to two feet</li> </ul>	<ul style="list-style-type: none"> <li>- walk, jog and run safely</li> <li>- hop on the spot for a set number without falling</li> <li>- jump safely and controlled</li> <li>- climb the wall bars safely</li> </ul>	-I can travel safely in different directions using a variety of body parts -I can hop on the spot for a set number without falling -I can jump and land safely from a variety of heights -I can climb the wall bars safely	<ul style="list-style-type: none"> <li>- I can exercise without getting out of breath and giving up most of the time</li> <li>- I can perform a variety of jumps from various heights with a controlled landing</li> <li>- I can jog for a set amount of time</li> <li>- I can travel safely in different directions at various speeds</li> <li>- I can explore a number of ways to climb safely</li> </ul>	<ul style="list-style-type: none"> <li>-pace myself in order to take full part in fitness sessions or physical activity</li> <li>- jog and sprint for set distances</li> <li>-hold my own body weight in various positions</li> <li>-show agility and balance during sessions</li> </ul>	<ul style="list-style-type: none"> <li>- I can exercise demonstrating stamina - I can hold my own bodyweight during fitness sessions confidently - I can jump and throw for distance - I can be well balanced whilst travelling in a variety of ways - I can swim</li> </ul>	<ul style="list-style-type: none"> <li>- I can exercise demonstrating stamina</li> <li>- I can show agility at a variety of speeds and directions</li> <li>- I can balance using my own body weight during fitness sessions</li> <li>- I can jump and throw for distance</li> <li>- I can swim 25 metres</li> </ul>
Social/Personal	Say how exercise makes them feel - Understand that equipment is to be used safely - Understand why we need to keep safe in PE Are of not being aggressive to others Aware of boundaries set	<ul style="list-style-type: none"> <li>- behave appropriately in PE</li> <li>- participate in PE without getting upset</li> <li>- start to understand PB</li> <li>- pick out good movers in PE and explain why</li> <li>- get changed independently</li> <li>- work well independently</li> <li>- understand and accept challenge against others</li> </ul>	-I can behave appropriately in PE -I can understand winning and losing in PE without getting upset -I can start to understand PB I understand why we wear PE kits -I can describe and comment on performance	I can behave appropriately in PE - I can choose an appropriate partner to work with - I can get changed and organise myself independently - I can suggest ways in which I can improve my performance - I can use equipment respectfully and safely	<ul style="list-style-type: none"> <li>- choose an appropriate group or partner to work with</li> <li>-understand how to help others</li> <li>-be responsible for my PE kit</li> <li>-respect the school equipment</li> <li>- suggest ways in which others can improve their performance</li> </ul>	<ul style="list-style-type: none"> <li>- I can understand how others feel during sport - I can behave appropriately with a variety of different coaches and sports leaders - I can give and receive feedback to each other thoughtfully - I can organise and use PE equipment both safely and to help the session</li> </ul>	<ul style="list-style-type: none"> <li>- I can understand the importance of each member of the team</li> <li>- I can take on a leadership role</li> <li>- I can understand how to collaborate well</li> <li>- I can accept challenge and PB</li> <li>- I can feedback positively and constructively to my peers</li> <li>- I can make tactical suggestions to improve performance</li> </ul>