

**Brandon Primary Academy**  
**Physical Education Curriculum Overview**

|                                                                   | Autumn 1                                                                                                                                                      | Autumn 2                                                                                                          | Spring 1                                                                                                            | Spring 2                                                                                                                                                                                   | Summer 1                                                                                                                                                                               | Summer 2                                                                                                               |
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| <b>EYFS</b>                                                       |                                                                                                                                                               |                                                                                                                   |                                                                                                                     |                                                                                                                                                                                            |                                                                                                                                                                                        |                                                                                                                        |
| <b>Nursery</b>                                                    | <b>Physical development – see EYFS framework</b>                                                                                                              |                                                                                                                   |                                                                                                                     |                                                                                                                                                                                            |                                                                                                                                                                                        |                                                                                                                        |
| <b>Reception</b>                                                  | <b>Physical development – see EYFS framework</b>                                                                                                              |                                                                                                                   |                                                                                                                     |                                                                                                                                                                                            |                                                                                                                                                                                        |                                                                                                                        |
| <b>Key Stage 1</b>                                                |                                                                                                                                                               |                                                                                                                   |                                                                                                                     |                                                                                                                                                                                            |                                                                                                                                                                                        |                                                                                                                        |
| <b>Year 1</b>                                                     | Movement and balance on feet 1<br>Explore movement through stories                                                                                            | Movement and balance on the floor 1<br>Explore movement through stories                                           | Linking movement and balance 1<br>Developing sequences of movement to music                                         | Ball manipulation – hand and foot 1<br>Using different sized balls to stop, send and receive on the floor, developing to off the floor                                                     | Ball manipulation – without hands or feet 1<br>Using different sized balls to stop, send and receive on the floor with a push, developing to longer range. No air born balls.          | The Olympics<br>Activities in preparation for Sports Day (combination of taught skills)                                |
| <i>Enrichment activities, classroom tasks and daily exercise.</i> |                                                                                                                                                               |                                                                                                                   |                                                                                                                     |                                                                                                                                                                                            |                                                                                                                                                                                        |                                                                                                                        |
| <b>Year 2</b>                                                     | Movement and balance on feet 2<br>Explore movement through warm up games including attacking and defending to develop an awareness of understanding of games. | Movement and balance on the floor 2<br>Explore movement through floor games and develop core strength             | Linking movement and balance 2<br>Developing sequences of movement to music including the manipulation of apparatus | Ball manipulation – hand and foot 2<br>Using different sized balls to stop, send and receive using throwing and kicking with increasing accuracy, developing into games for understanding. | Ball manipulation – without hands or feet 2<br>Using different sized balls to stop, send and receive with rackets, bats and sticks, developing into games for understanding.           | Quidditch<br>Activities in preparation for Sports Day (combination of taught skills including team games)              |
| <i>Enrichment activities, classroom tasks and daily exercise.</i> |                                                                                                                                                               |                                                                                                                   |                                                                                                                     |                                                                                                                                                                                            |                                                                                                                                                                                        |                                                                                                                        |
| <b>Lower Key Stage 2</b>                                          |                                                                                                                                                               |                                                                                                                   |                                                                                                                     |                                                                                                                                                                                            |                                                                                                                                                                                        |                                                                                                                        |
| <b>Year 3</b>                                                     | Agility, Balance and Coordination development through games and activities                                                                                    | Invasion Games – Dodgeball<br>Throwing and catching skill development ending with learning the sport of dodgeball | Contemporary Dance<br>Learning a sequence to music                                                                  | Ball, bat and racket development<br>Developing the ability to serve, hit and return using matching apparatus                                                                               | Invasion Games – Capture the Castle<br>Running development (short distance, long distance, agility, leading to understanding of attack vs defence and tactical organisation of a team) | Outdoor and Adventurous Activities – Problem Solving<br>Problem solving through a variety of team-building activities. |

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|             | Agility, Balance and Coordination development through games and activities                                                                                 |                                                                                                                                                                                       |                                                                                                                                                                               |                                                                                                                                                                                             |                                                                                                                                                                                                            |                                                                                                                                                                                                            |
|             | Swimming, enrichment activities, classroom tasks and daily exercise.                                                                                       |                                                                                                                                                                                       |                                                                                                                                                                               |                                                                                                                                                                                             |                                                                                                                                                                                                            |                                                                                                                                                                                                            |
| Year 4      | Invasion Games – Netball<br>Throwing for purpose. Skill development ending in netball-style games.                                                         | Invasion Games – Hockey<br>Striking for purpose. Skill development ending in hockey-style games.                                                                                      | Dance – Charleston and Lindi Hop<br>Development of rhythm and beat and balance with a partner.                                                                                | Ball, bat and racket development<br>Developing the ability to play games with the correct matching apparatus.                                                                               | Running and Jumping<br>Running at speed, running over obstacles and hurdles, running as part of a team in relay races, sack races, hopping etc.                                                            | Quidditch<br>Activities in preparation for Sports Day (combination of taught skills, including striking with ball and racquets)                                                                            |
|             | Swimming, enrichment activities, classroom tasks and daily exercise.                                                                                       |                                                                                                                                                                                       |                                                                                                                                                                               |                                                                                                                                                                                             |                                                                                                                                                                                                            |                                                                                                                                                                                                            |
| Key Stage 2 |                                                                                                                                                            |                                                                                                                                                                                       |                                                                                                                                                                               |                                                                                                                                                                                             |                                                                                                                                                                                                            |                                                                                                                                                                                                            |
| Year 5      | Invasion Games – Netball (Team Throwing Games)<br><br>Throwing for purpose within a given sport. Skill development ending in netball-style games.          | Striking and Fielding – Cricket and Rounders<br><br>Striking, throwing and catching for purpose within a given sport. Skill development ending in cricket and netball-style games.    | Dance<br><br>Development of rhythm and beat including the use of apparatus, tucks and leaps building up to sequences and patterns of movement that are suited to given music. | Gymnastics<br><br>Development of leaping and jumping using apparatus.                                                                                                                       | Athletics<br><br>Athletics practice with a focus on event specific skills, including running, jumping, throwing.                                                                                           | Outdoor and Adventurous Activity<br><br>Outdoor adventurous activity based around team-building and orienteering.                                                                                          |
|             | Increased enrichment activities, classroom tasks and health-related exercise.                                                                              |                                                                                                                                                                                       |                                                                                                                                                                               |                                                                                                                                                                                             |                                                                                                                                                                                                            |                                                                                                                                                                                                            |
| Year 6      | Residential preparation<br><br>Team-building activities aimed to aid agility, balance and coordination development, involving problem solving and tactics. | Country Dance<br><br>Development of rhythm and beat including the use of apparatus, tucks and leaps building up to sequences and patterns of movement that are suited to given music. | Health-related exercise<br><br>Health-related exercise such as Boxercise that aims to show children the benefits of exercise in the build up to SATs.                         | Health-related exercise<br><br>Can we run from Brandon to London?<br>Health-related exercise such as Boxercise that aims to show children the benefits of exercise in the build up to SATs. | Invasion Games<br><br>Invasion games with a detailed focus of sport specific skills and tactics in games such as hockey and tag rugby, which leads to children leading and officiating their own sessions. | Invasion Games<br><br>Invasion games with a detailed focus of sport specific skills and tactics in games such as hockey and tag rugby, which leads to children leading and officiating their own sessions. |
|             | Increased enrichment activities, residential trips, classroom tasks and health-related exercise.                                                           |                                                                                                                                                                                       |                                                                                                                                                                               |                                                                                                                                                                                             |                                                                                                                                                                                                            |                                                                                                                                                                                                            |