

## Curriculum Map for Physical Education at Brookside School

EYFS						
Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
A	<b>Introduction to PE – Unit 1</b> <ul style="list-style-type: none"> <li>Develop and refine ball skills including throwing and catching.</li> </ul>	<b>Fundamentals – Unit 1</b> <ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills e.g. balancing, running, jumping, changing direction.</li> </ul>	<b>Dance – Unit 1</b> <ul style="list-style-type: none"> <li>Develop the overall body strength and coordination needed to engage successfully in dance activities.</li> </ul>	<b>Gymnastics – Unit 1</b> <ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills- jumping, rocking, rolling and travelling.</li> <li>Progress towards a more fluent style of moving, with developing control and grace.</li> </ul>	<b>Games – Unit 1</b> <ul style="list-style-type: none"> <li>Further develop and refine a range of ball skills e.g. throwing and striking a ball.</li> </ul>	<b>Ball Skills – Unit 1</b> <ul style="list-style-type: none"> <li>Further develop a range of ball skills e.g. rolling, aiming, bouncing and kicking.</li> </ul>
B	<b>Introduction to PE – Unit 2</b> <ul style="list-style-type: none"> <li>Develop and refine ball skills including throwing and catching.</li> </ul>	<b>Fundamentals – Unit 2</b> <ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills e.g. hopping, galloping, skipping, sliding, balancing, running, jumping, changing direction.</li> </ul>	<b>Dance – Unit 2</b> <ul style="list-style-type: none"> <li>Develop the overall body strength and coordination needed to engage successfully in dance activities.</li> <li>Develop coordination and copying and performing actions.</li> </ul>	<b>Gymnastics – Unit 2</b> <ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills- balancing, jumping, rocking, rolling, barrel roll, straight roll and forward roll and travelling.</li> </ul>	<b>Games – Unit 2</b> <ul style="list-style-type: none"> <li>Further develop and refine a range of skills e.g. running, changing direction and striking a ball.</li> </ul>	<b>Ball Skills – Unit 2</b> <ul style="list-style-type: none"> <li>Further develop and refine a range of ball skills e.g. rolling, tracking, aiming, bouncing, dribbling with feet and kicking.</li> </ul>
Year 1						
Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
A	<b>Ball Skills</b> <ul style="list-style-type: none"> <li>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</li> </ul>	<b>Sending and Receiving</b> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns</li> <li>Master basic movements including running, jumping, throwing and catching, as</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns</li> </ul>	<b>Striking and Fielding</b> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</li> </ul>

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	<ul style="list-style-type: none"> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>ordination, and begin to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> </ul>		<ul style="list-style-type: none"> <li>begin to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>begin to apply these in a range of activities</li> </ul>
B	<p style="text-align: center;"><b>Fundamentals</b></p> <ul style="list-style-type: none"> <li>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</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Invasion</b></p> <ul style="list-style-type: none"> <li>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</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns</li> <li>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</li> </ul>	<p style="text-align: center;"><b>Dance</b></p> <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns</li> </ul>	<p style="text-align: center;"><b>Net and Wall</b></p> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>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</li> </ul>
<b>Year 2</b>						
Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
A	<p style="text-align: center;"><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>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</li> </ul>	<p style="text-align: center;"><b>Sending and Receiving</b></p> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-</li> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns</li> <li>Master basic movements including running, jumping, throwing and catching, as</li> </ul>	<p style="text-align: center;"><b>Dance</b></p> <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns</li> </ul>	<p style="text-align: center;"><b>Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</li> </ul>

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	<ul style="list-style-type: none"> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>ordination, and begin to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> </ul>		<ul style="list-style-type: none"> <li>co-ordination, and begin to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>begin to apply these in a range of activities</li> </ul>
B	<p style="text-align: center;"><b>Fundamentals</b></p> <ul style="list-style-type: none"> <li>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</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Invasion</b></p> <ul style="list-style-type: none"> <li>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</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns</li> <li>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</li> </ul>	<p style="text-align: center;"><b>Dance</b></p> <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns</li> </ul>	<p style="text-align: center;"><b>Net and Wall</b></p> <ul style="list-style-type: none"> <li>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</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>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</li> </ul>
<b>Year 3</b>						
Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
A	<p style="text-align: center;"><b>Football</b></p> <ul style="list-style-type: none"> <li>Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul> <p style="text-align: center;"><b>Swimming</b></p>	<p style="text-align: center;"><b>Netball</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>compare their performances with</li> </ul>	<p style="text-align: center;"><b>Dance</b></p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns</li> <li>compare their performances with</li> </ul>	<p style="text-align: center;"><b>Tennis</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul> <p style="text-align: center;"><b>Swimming</b></p>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul>

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	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>Perform safe self-rescue in different water-based situations.</li> </ul>	<ul style="list-style-type: none"> <li>Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul>	<p>previous ones and demonstrate improvement to achieve their personal best.</p> <p style="text-align: center;"><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>Perform safe self-rescue in different water-based situations.</li> </ul>	<p>previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>Perform safe self-rescue in different water-based situations.</li> </ul>	
B	<p style="text-align: center;"><b>Hockey</b></p> <ul style="list-style-type: none"> <li>Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul> <p style="text-align: center;"><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul>	<p style="text-align: center;"><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p style="text-align: center;"><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> </ul>	<p style="text-align: center;"><b>Dance</b></p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p style="text-align: center;"><b>Cricket</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> </ul> <p style="text-align: center;"><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul>

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	<ul style="list-style-type: none"> <li>Perform safe self-rescue in different water-based situations.</li> </ul>		<ul style="list-style-type: none"> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>Perform safe self-rescue in different water-based situations.</li> </ul>		<ul style="list-style-type: none"> <li>Perform safe self-rescue in different water-based situations.</li> </ul>	
<b>Year 4</b>						
Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
A	<p style="text-align: center;"><b>Football</b></p> <ul style="list-style-type: none"> <li>Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul> <p style="text-align: center;"><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>Perform safe self-rescue in different water-based situations.</li> </ul>	<p style="text-align: center;"><b>Netball</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p style="text-align: center;"><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively [for example, front</li> </ul>	<p style="text-align: center;"><b>Dance</b></p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p style="text-align: center;"><b>Tennis</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul> <p style="text-align: center;"><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>Perform safe self-rescue in different water-based situations.</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul>

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			<p>crawl, backstroke and breaststroke</p> <ul style="list-style-type: none"> <li>• Perform safe self-rescue in different water-based situations.</li> <li>•</li> </ul>			
B	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>• Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• Perform safe self-rescue in different water-based situations.</li> </ul>	<p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> <li>• Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• Perform safe self-rescue in different water-based situations.</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Perform dances using a range of movement patterns</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• Perform safe self-rescue in different water-based situations.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance</li> <li>• Develop flexibility, strength, technique, control and balance</li> </ul>
	Year 5					

## Curriculum Map for Physical Education at Brookside School

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
A	<p style="text-align: center;"><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Netball</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p style="text-align: center;"><b>Badminton</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul>	<p style="text-align: center;"><b>Rounders</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul>
B	<p style="text-align: center;"><b>Tennis</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul>	<p style="text-align: center;"><b>Hockey</b></p> <ul style="list-style-type: none"> <li>Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Dance</b></p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p style="text-align: center;"><b>OAA</b></p> <ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	<p style="text-align: center;"><b>Cricket</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul>
<b>Year 6</b>						
Year	Term 1	Term 2	Term 3	Term 4	Term5	Term 6
A	<p style="text-align: center;"><b>Tennis</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul>	<p style="text-align: center;"><b>Netball</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified</li> </ul>	<p style="text-align: center;"><b>Dance</b></p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns</li> <li>compare their performances with previous ones and demonstrate</li> </ul>	<p style="text-align: center;"><b>OAA</b></p> <ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	<p style="text-align: center;"><b>Rounders</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul>

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		where and apply basic principles suitable for attacking and defending	improvement to achieve their personal best.			
B	<p style="text-align: center;"><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> <li>• Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Hockey</b></p> <ul style="list-style-type: none"> <li>• Play competitive games, modified where and apply basic principles suitable for attacking and defending</li> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p style="text-align: center;"><b>Badminton</b></p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance</li> </ul>	<p style="text-align: center;"><b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance</li> </ul>