

Broughton Community Schools

At Broughton Community Schools, we want every child to be

- Competent and confident physically;
- Competitive successfully; and
- Committed to maintaining a healthy, active lifestyle.

Experience has shown that the values our pupils develop in P.E and sport carry across into their academic work. Broughton Community Schools take our values from the Olympic/Paralympic values of **courage, determination, inspiration, equality and teamwork.**

Broughton Community Schools is committed to promoting the health and wellbeing of its pupils and staff through physical activity. Sport is just one of these elements of physical activity.

At Broughton; staff members, governors, families and pupils understand that competitive sport isn't an optional extra; it is key that competitive sport is viewed as part of a broad curriculum.

The drive to compete and excel in sport is encouraged throughout the school, this helps to shape each pupil's character, binds the school together as a whole and reinforces the drive to compete and excel academically.

We strive to maximise opportunities for pupils to experience a range of physical activity from yoga to fencing and we offer up to two fully funded sports trips throughout the year which in the past has included Wimbledon and Silverstone. The experiences that children gain from visiting venues with a historical and significant impact on sports is crucial in their understanding of physical activity and the impact that sports have.

We are launching our Broughton 30:30 physical activity strategy in September 2021, with the aim of ensuring that every Broughton pupil is not sat down longer than thirty minutes and is physically active for at least thirty minutes during the school day.

Our aim is every pupil leaves Broughton Community Schools with a sound understanding and secure knowledge of what a healthy, active lifestyle is and how they can maintain this.

Key Areas of focus for Physical Education

1. Fine and Gross Motor Skills
2. Competition and Challenge
3. Movement and Control
4. Team Work and Collaboration

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- 5. Health and Wellbeing
- 6. Safety including swimming

Key Focus	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fine and Gross Motor Skills	<p>Throwing – with different shaped balls e.g. tennis balls and balloons.</p> <p>Catching – catching balloons – focusing on using hands together and hand eye co-ordination</p>	<p>Throwing – how to throw long, high, accurately? Overarm, underarm, rolling.</p> <p>Catching – using a small basketball, catching an item that is not slow in speed. Different movements running skipping etc</p>	<p>Throwing javelins – how to throw far? What technique is the best? How do they know?</p> <p>Catching – focusing on different shaped balls, tennis balls, rugby balls, basketballs – begin to start catching with a partner (e.g. rugby)</p>	<p>Throwing -whilst moving can they throw a ball and move? What about throwing a frisbee? The best technique? How to throw a rugby ball effectively.</p> <p>Catching with a partner, bounce passes, chest passes</p>	<p>Throwing – different techniques for different sports, how to throw a shotput, javelin, discuss – how do they differ and why?</p> <p>Catching on move – with a partner focusing on basketball, netball</p>	<p>Throwing in American football, how does it differ to Rugby, explore the differences.</p> <p>Catching with equipment, lacrosse, catching on the move with multiple people</p>	<p>Applying the catching and throwing skills across different sports, fine tuning catching on the move – lacrosse, basketball, netball matches</p>

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Competition and Challenge	<p>To complete the task can you catch the balloon/ball, can you kick/pass football challenge in</p>	<p>How many times can you do the task i.e how many times can you catch without</p>	<p>Begin challenges with a partner how many times can you catch/pass tennis, rugby, football can you</p>	<p>Begin with larger groups add competition i.e defender (football) Start playing small sided</p>	<p>Larger groups Challenge of passing within big group can you keep ball of the floor.</p>	<p>Inter school sports competitions School sports fixtures vs other schools</p>	<p>Explore more 11v11 matches Larger groups for games. Add challenges within the</p>

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	holding equipment properly	dropping the ball. Start to count how many times with a partner. Slight competition in Athletics with relay races and running races.	beat your best score? which pair can get to 10 first. Athletics competition within Running races including use of hurdles. but also, who can throw the furthest using javelin's and shot puts.	games (football, netball, lacrosse, Basketball). Continue with races in Athletics.	Gym more routines equipment. Small sided games more match like. Athletics races but talk about what's needed to win race go faster.	Small sided games. Begin to play full size games 6v6 basketball 11v11 football. Athletics meets Small sided tag rugby games building up to full size games.	games. Inter school fixtures Out of school fixtures. Athletics meets and comps. Full size tag rugby games.
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Key Focus	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement and Control	Working on jumping, skipping, running, hopping and can we move in different ways changing direction Controlled movements i.e hopping bouncing and we moving o music and different sounds.	Working in gym on rolling different rolls i.e pencil teddy bear Start using some equipment how can we jump safety how do we land. How many different ways can we move across the mats and equipment.	Football- Working on can you stop control a ball with your foot. Other sports including tennis, lacrosse, hockey control of equipment when in use. Gym how to control a landing and adding more	Warm up/Cool down scientific reasons why we do them. Starting to work at movement when playing i.e catching, changing direction with ball or running.	Warm up/Cool Really Breaking down the scientific reasons why we do them such as getting blood to the muscle groups raising the heart rate. Also cooling down why lactic acid build up is not good.	Warm up/Cool breaking down scientific reasons why we do them, have more classroom-based lessons and look at different muscle groups and why they are so important to keep healthy when playing sport.	Warm up/Cool down scientific reasons why we do them. Classroom based lessons looking at muscle groups blood work using white bored write our own ideas on muscle groups and why they are so important in sport.

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			<p>movement on gym equipment. Can we hold a balance also mirror imaging and start to look at rolls. Start looking at small gym routines and dance.</p>		<p>Pairing with catching, children using movement around a large area whilst catching – focus on special awareness Really focusing on controlling movements</p> <p>Starting to practise movement and control while performing in dance and gym.</p>	<p>Perfecting routines in Gym, drummercise and dance.</p> <p>Working on the controlling movement and using them in a game/match environment.</p>	<p>Applying all the controlling movements to each sport. And putting them in to a match.</p> <p>Performing a routine within dance, drummercise and gym.</p>
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Teamwork and Collaboration	<p>Learn through play, building different friendships groups. Working together to solve puzzles and other tasks</p>	<p>Starting to work with a partner catching, passing different objects. Starting talking to each other saying “ready”</p>	<p>Really working on communication and why it is important when playing sport saying ready when wanting to receive the ball starting to say names when playing games</p>	<p>Working in larger groups and working together to pal demo a routine in dance and gym.</p> <p>Communication skill why this is important.</p>	<p>Working in small sided games still really focusing on the communication and why it is still so important within sport</p> <p>Team work in practising</p>	<p>Starting out to play full team activities working on teamwork, communication.</p> <p>Working in groups to plan prepare a routine in gym</p>	<p>Can play in full team activities with communication. and teamwork shown. And using different types of communication like non-verbal.</p>

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			and starting to look at non-verbal communication with games like benchball. Starting to work in larger groups.	Larger groups and we pass catch, commutate within group. Working more on non-verbal communication like clapping within bench ball.	routines for dance and gym.	and dance also starting to look at whole class routines with these subjects and drummercise.	Can work together to plan/demo own games routines. Also, whole class routines within gym, dance and drummercise.
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Key Focus	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	Introducing cosmic yoga. Importance of brushing teeth healthy food.	Yoga work on different stretches and balances. Talk about why its important to warm up/ cool down. Healthy food choices balanced diet. Importance of cleaning teeth.	Wellbeing lessons and why wellbeing is so important. Yoga and breathing techniques starting to look at different poses and partner poses. Healthy lifestyle lessons eating the right food to lead a active lifestyle.	Wellbeing lessons working with AB looking at different aspects of wellbeing. Yoga can do partner poses can we start working on group poses and a whole yoga routine. Importance of warm up cool down and focusing more	Getting more into the science of why its important to be active and larger focus on muscles groups when we play sport. Yoga starting to look at group poses and full routines. Wellbeing and mindfulness lessons really focusing on the importance of	Yoga full routine part/group balance can work through a full routine by themselves. Mindfulness And wellbeing lessons with AB Starting to focus more on the science of the body during pe and introduce some classroom-based lessons like body	Yoga full lesson with correct breathing poses can fully prepare and plan full routine. Wellbeing and mindfulness greater focus on clearing the mind. In depth knowledge of the different muscles groups and importance of warming up

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			Importance of being active /warm up cool down why this is important for the body.	on the body terms muscles bones. Healthy lifestyle lessons on eating a balanced diet and why this is important for sport.	wellbeing for young adults.	mapping naming muscle groups and bones.	cooling down when playing sport. Classroom based lessons on the body, expanding our knowledge of muscle groups bone structure.
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Key Focus	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Safety including swimming	Talk more about Safety when playing with equipment and others.	Should be using equipment the right way and safety talk about why we use the equipment this way.	Using equipment in larger groups outside and in in the right safe way.	Swimming lessons Throughout the school year with 2 water safety lessons as well. Starting to show can work in a larger group with equipment in a safe way.	Swimming lessons Throughout year with 2 water safety lessons as well. Starting to focus on setting up own equipment and how to use in safe way.	Water safety Assembly on the dangers of open water. Can show how to move around space and use equipment in a safe environment. And how to set up and put away equipment. Can collect and set equipment themselves in a safe way.	Water safety Assembly Can show how to move use equipment in a safe environment. And can set up a lesson in a safe way. Can collect and set equipment themselves in a safe way. Have pe monitors.