

#### Intent

At Brookland Junior school we inspire and encourage all pupils to participate, succeed and excel in physical demanding activities to sustain and improve their health and fitness. Our children enjoy physical activity including competitive sports at a young age. This forms the basis for being regularly active throughout life. Children of all abilities thrive and progress to achieve their potential both as individuals and as a team. We give all Brookland children the skills and confidence to access a variety of sports, dance and gymnastics.

We believe that PE is a foundation for all children to grow and live healthy lifestyles, by giving everyone an opportunity to find the sport that they love through the range of sports that we provide through our tailored and progressive curriculum.

"You need to have a positive mindset to be a sportsperson. You have to have good sportsmanship, teamwork, determination and be inclusive. You also need to like competing and exercising."

#### **Implementation**

At Brooklands PE is taught through a structured curriculum building upon skills from the KS1 Infant curriculum and preparing for subsequent years. The key knowledge and skills of each topic are progressively mapped across the key stage to ensure that children develop an understanding of invasion games, dance, gymnastics, athletics, outdoor activities and swimming. The pupils are engaged in a broad range of sports every week for two hours, to engage children and to practise a range of skills that they can apply to sports and in competitions. Specialist platforms such as iMoves are utilised for dance units. Lessons are planned to utilise the grounds of the school, using the range of facilities that school provides including two playgrounds, a field and a swimming pool. For competitions and some after school training we also have the use of an Astro turf pitch located in the adjoining Secondary school. We access specialist coaches and tennis courts at the local Chandos Tennis Centre in year 5 and the swimming pool is run in conjunction with an external provider Swim Tank, the pupils receive swimming lessons for 1 and a half terms each year throughout the key stage.

"I feel confident with more sports and have improved my agility and stamina."

We ensure that our curriculum is further enhanced by providing a lunchtime 30 minute session for classes on rotation through All For Sport, which focuses on the skills that children are acquiring during their PE lesson, we have also collaborated with external providers to showcase athletes to inspire and engage children and increase the cultural capital of sports for everyone. This year we have invested in a new orienteering program, funded by the PE grant, that



focuses on creating and enhancing their cross curricular links through PE. Brookland Junior School provides opportunities for pupil feedback through our whole school meetings and pupil voice which can influence our PE provision.

Brooklands provides extensive extra-curricular clubs which further challenge and provide access to a range of physical activity. These clubs help foster the Brookland Values and Learning skills especially a spirit of teamwork as well as competitiveness, fairness and good sporting attitudes. The school is a member BPSS (Barnet Partnership of School Sport) who provide a range festivals and competitions throughout the year. Pupils have an opportunity to compete in a range tournaments and festivals, to help promote and challenge their abilities. The school regularly competes and has been successful in the Year 5/6 Mixed and Girls Football tournament, Year 3/4 Mixed Football tournament, Athletics Meets, Barnet Copthall Swimming Gala, Tennis Tournament and Cross Country.

A specialist SEN festival of Boccia provides an opportunity for those with SEND to take part in competitive sports and the Dance Festival celebrates Barnet dance performance, providing opportunities for children to represent the school, challenge their skills and show what they have learnt in class and in clubs. Access to the PE grant helps us maintain and improve our resources both physically and through specialist expertise.

#### **Impact**

At the end of the KS2 Brookland children understand how to maintain a healthy body and healthy mind and aware of the link between the two and significance for a healthy lifestyle. Children develop an understanding and the tools to how to be a leader, a good sportsman and team player. The school often achieves well in local competitions, winning trophies across a range of sports. The school's commitment to PE is shown in our Sports and Games Gold Award.

The vast majority of children will have made expected attainment or exceeded in PE, showing that they meet the National curriculum requirements for the end of KS2.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Team skills and Ball skills Acquiring and developing skills: throw under arm in isolation and combination.	Invasion games (form of basketball)  Acquiring and developing skills: throw and catch accurately to another player.	Football Acquiring and developing skills: develop technique and control of a ball with foot Applying skills and	Net and wall games Tennis  Acquiring and developing skills: hitting a ball fed accurately  Applying skills and tactics: Choose good	Athletics Acquiring and developing skills: Develop strength, technique and control when running Acquiring and	Striking and fielding (variation of cricket) Acquiring and developing skills: throwing a ball with some accuracy at a target. Striking a ball with a



Varitaciuse situ  Gyr Car foo and  Eva Cor per	ry competively: ry and respond to ctics, strategies ed in a game uation.  mnastics n balance on one of with control with d without a partner aluate: mment on the rformance of ners using technical rms	Evaluating performance: Compare and contrast their performance over the unit  Circuits Acquiring and developing skills: Improve strength and control in a set of fitness activities  Evaluate: Set challenging goals and evaluate achievements – how does achievement make you feel	tactics: Vary skills in response to player position as an attacker or defender.  Dance (Disco) Perform dances using a range of movements: to the count of a beat.	Swimming Water safety: safe entry into the pool Swimming fluency: Swim using arms and legs on their front 1 width Swim 1 width on front and back correctly	developing skills: Develop and use accurate throwing skills  Swimming Effective stroke action: Demonstrate an understanding of correct use of breast stroke  Water safety: Safe jump into the pool and submerge briefly Swim in a short sleeve top	Play competitively: Vary skills and actions to be a competitive when fielding in a game.  Swimming Swimming fluency: Swim 1 length using a recognisable stroke on their front. Water safety:To use floating and sculling skills.
(Ba Acc dev dev jum run cor Pla Cho dire	rasion games rasketball) quiring and veloping skills: velop throwing, mping, catching and mining skills in mbination ray competitively: cose a variety of ections, speeds and ghts to out play an	Invasion games (Football) Acquiring and developing skills: control and pass a ball accurately  Play competitively: making tactical choices when passing the ball Use the skill of finding space to play competitively	Net and wall games (Tennis) Acquiring and developing skills: hit a ball forehand and back hand  Applying skills and tactics: hitting a ball to from a partner	Athletics Acquiring and developing skills: -develop effective techniques for running different distances -throw a range of implements into a target area with accuracy and consistency  Gymnastics	Striking and fielding (variation of Cricket) Acquiring and developing skills: -strike a ball with intent -throw the ball more accurately when bowling and fielding  Applying skills and tactics: Taking an effective fielding position	Outdoor challenge activities. Support and coach teammates or a partner in challenges Evaluate the performance and suggest ways to improve
		Swimming	Swimming fluency:	Acquiring and		Dance



	Swimming Water safety: floating on front and back  Effective stroke action: Demonstrate an understanding of correct use of breaststroke	Swimming fluency: Swim 2 lengths/4 widths using a comfortable stroke  Water safety: Complete surface dives from different start positions Swim in a long sleeve top	Swim 4 widths using both front and back strokes  Effective stroke action: Swim 2 widths using breast stroke leg actions efficiently	developing skills: Develop technique, strength and control when jumping  Demonstrate controlled symmetrical movements on larger gymnastic equipment	Evaluate: evaluate technique and adjust to be more effective  Circuits Improve strength and control in a set of fitness activities — improve technique of each exercise  Set challenging goals and evaluate achievements — what has helped to achieve goals	Perform dances using a range of movements: To replicate strong movements to fit within the 8 or 16 count  Evaluate: compare performances and demonstrate improvement
Year 5	(Invasion games) Netball skills Acquiring and developing skills: -Develop 3 passes in netball  Play competively:: -apply a range of attacking strategies: change pace, direction and dodge - Apply knowledge of defensive skill of marking  Swimming Swimming fluency:	Invasion games (Hockey) Acquiring and developing skills: Dribble a ball around a line of cones, keeping the ball close to the stick Play competively: Participate in organised games using skills and tactics to help the team  Swimming Effective stroke action: Swim 2 widths using	Invasion games (Rugby) Evaluate: Can work out how well they have performed and described using the appropriate terms  Applying skills and tactics Predict what an opponent might do during a game or activity and alter my performance accordingly	Net and wall games (Tennis) Acquiring and developing skills: learn how to make and use a volley shot  Play competitively: Predict what the opponent may do and alter the tactic accordingly  Gymnastics Work cooperatively in a group to perform a simple routine involving	Athletics Acquiring and developing skills: Leap using one foot and landing on two, using arms as assistance  Evaluate: Work as part of team, evaluating and refining performance  Circuits Acquiring and developing skills: Improve strength and control in a set of	Striking and fielding Acquiring and developing skills: Directing the ball by hitting in a certain direction  Applying skills and tactics Predict where a ball may be going and intercept and return accurately  Dance (Samba)  Compose routines and



	Swim 2 lengths using front and back strokes  Effective stroke action: Develop stroke action including dolphin legs and fly.	breast stroke arms and legs Water Safety: Tread water for 2 minutes/1 minute with clothing Swim with long leg and sleeve clothing Perform a range of jumps into deep water	Swimming Effective stroke action: Swim 4 widths/2 lengths using breast stroke actions efficiently Water safety: Dive, retrieve and carry a sinker	travelling, flight and balances  Use the apparatus safely in order to enhance their routines in a creative manner. Show increasing control, fluency and flair during their performance.  Evaluate each other's counter balances using technical terminology	fitness activities Evaluate: Set challenging goals and evaluate achievements	dances by using, adapting and developing steps from the samba style.  Perform dances and routines expressively, using a range of performance skills.
Year 6	Invasion games (Netball) Acquiring and developing skills: Combine the 3 passes with footwork  To play competitively applying attack and defensive skills  (PGL outdoor activities) Orienteering  Gymnastics -Use a range of balances, rolls and jumps to produce a sequence. With smooth	Hockey Acquiring and developing skills: To keep control of the ball whilst moving in a variety of directions.  Play competitively: Take into count a range of strategies, tactics and routes to success in a game considering the strengths and weaknesses of others.  Circuits Acquiring and developing skills: Improve strength and	Invasion games (Rugby) Acquiring and developing skills Pass the ball by using a swing pass and intercept a ball when passed Play competitively: Plan a course of action against an opponent based on their strengths and weaknesses  Dance	Net and wall games (Tennis) Acquiring and developing skills: Hit a ball using a range of shots both accurately and for distance  To apply skills and tactics – consider the positioning of a returned ball to gain an advantage  Swimming Swimming fluency: Swim 4 widths/2 lengths (25m) using stroke actions efficiently	Athletics Acquiring and developing skills: To explore sprinting techniques To use a range of throwing techniques to throw different sized and shaped objects.  Analyse own performance and act on improvements  Swimming Effective stroke action: Develop back stroke technique	Striking and fielding (Rounders) Acquiring and developing skills: Strike a ball with a rounders bat both accurately and for distance.  Play competitively: Advise others in the team of the best strategy based on the combined strengths and weaknesses of everyone.  Analyse, modify and refine skills and



smooth tra larger equi -Analyse th	a series of itrolled Evaluate: Set challenging goals and evaluate achievements neir own ce and make	(Bollywood) Compose routines and dances by using, adapting and developing steps, formations and patterns from the Bollywood style.  Provide feedback and critically evaluate their own small dance.	Effective stroke action: Develop stroke action contrast breast and fly strokes	Water safety: Perform a straddle jump keeping face clear of the water Perform surface dives, turns and backward roll.	techniques and know how these are applied  Swimming Water safety: Perform a shout and signal rescue - Rookie lifeguard manoeuvres  Swimming fluency: Develop all strokes techniques and distance.
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### National Curriculum

Number	Strand	Objective				
1.	Swimming-Swimming fluency	Swim competently, confidently and proficiently over a distance of at least 25 metres.				
2.	2. Swimming-Effective stroke Use a range of strokes effectively.					
	action					
3.	Swimming-Water safety	Perform safe self-rescue in different water-based situations.				
4.	4. General PE Use running, jumping, throwing and catching in isolation and in combination.					
5.	General PE	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.				
6.	General PE	Develop flexibility, strength, technique, control and balance.				
7.	General PE	Perform dances using a range of movement patterns.				
8.	General PE	Take part in outdoor and adventurous activity challenges both individually and within a team.				
9.	General PE	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.				



KEY SKILL THREADS	FOR YEAR 3			
Swimming  (Fluency, effective stroke action and water safety)	Acquiring and developing skills and techniques  Develop flexibility, strength, technique, control and balance.	Movement - application of skills Use running, jumping, throwing and catching in isolation and in combination.  Perform dances using a range of movement patterns	Play competitive games (Co-operation and competition)  modified where appropriate, and apply basic principles suitable for attacking and defending.	Analysis and evaluation  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Water safety: safe entry into the pool To use floating and sculling skills. Swimming fluency: Swim 1 width on front and back correctly Effective stroke action: Swim 1 length using a recognisable stroke on their front.	Throw under arm in isolation and combination.  Throw and catch accurately to another player.  Develop and use accurate throwing skills  Develop technique and control of a ball with foot  Hitting a ball fed accurately  Can balance on one foot with control with and without a	Applying skills and tactics:  Vary skills in response to player position as an attacker or defender.  Choose good places to receive a ball.  Vary skills and actions to be a competitive when fielding  Perform dances using a range of movements: to the count of a beat.	Vary and respond to tactics, strategies used in a game situation.  Vary skills and actions to be a competitive when fielding in a game.	Comment on the performance of others using technical terms in gymnastics.  Set challenging goals and evaluate achievements – how does achievement make you feel  Compare and contrast their performance over the unit



	partner in gymnastics  Develop strength, technique and control when running  Throwing a ball with some accuracy at a target.  Striking a ball with a bat			
	Improve strength and control in a set of fitness activities			
KEY SKILL THREAD	S FOR YEAR 4			
Swimming	Acquiring and developing skills	Movement – application of	Play competitive games	Analysis and evaluation
(7)	and techniques	skills	(Co-operation and	
(Fluency, effective		Use running, jumping, throwing	competition)	Compare their performances
stroke action and	Develop flexibility, strength,	and catching in isolation and in		with previous ones and
water safety)	technique, control and balance.	combination.	modified where appropriate,	demonstrate improvement to
			and apply basic principles	achieve their personal best.
		Perform dances using a range of movement patterns	suitable for attacking and defending.	
Water safety: floating	Develop technique, strength and control	Demonstrate controlled	Making tactical choices when	Outdoor Education/challenge
on front and back	when jumping in gymnastics.	symmetrical movements on larger	passing the ball	activities:
Swimming fluency:	Develop throwing, jumping, catching	gymnastic equipment.	Use the skill of finding space to play	Support and coach teammates or a
Swim 4 widths using	and running skills in combination	Perform dances using a range of	competitively	partner in challenges
both front and back strokes	Control and pass a ball accurately	movements: To replicate strong movements to fit within the 8 or 16	Choose a variety of directions, speeds and heights to out play an	Evaluate the performance and suggest ways to improve
Effective stroke	Hit a ball front and back hand	count	opponent	3.00
action: Swim 2 widths using breast stroke leg	Improve strength and control in a set of fitness activities – improve technique of	Hitting a ball to from a partner		



actions efficiently	each exercise	Taking an effective fielding position		
	Develop effective techniques for			Compare performances and
	running different distances			demonstrate improvement
	Throw a range of implements into a			Set challenging goals and evaluate
	target area with accuracy and			achievements – what has helped to
	consistency			achieve goals
	Strike a ball with intent			evaluate technique and adjust to be more effective
	Throw the ball more accurately when			more effective
	bowling and fielding			
KEY SKILL THREAD	S FOR YEAR 5			
Swimming	Acquiring and developing skills and techniques	Movement – application of skills	Play competitive games (Co-operation and	Analysis and evaluation
(Fluency, effective	and recrimques	Use running, jumping, throwing	competition)	Compare their performances
stroke action and	Develop flexibility, strength,	and catching in isolation and in		with previous ones and
water safety)	technique, control and balance.	combination.	modified where appropriate,	demonstrate improvement to
			and apply basic principles	achieve their personal best.
		Perform dances using a range	suitable for attacking and	
144 1 51		of movement patterns	defending.	
Water safety: Dive,	Use the apparatus safely in order to enhance their routines in a creative	Work cooperatively in a group to	Participate in organised games	Evaluate each other's counter balances using technical terminology
retrieve and carry a sinker	manner. Show increasing control,	perform a simple routine involving travelling, flight and balances in	using skills and tactics to help the	balances using teermeal terminology
Sifiker	fluency and flair during their	gymnastics	team	Evaluate: Can work out how well
Swimming fluency:	performance in gymnastics.	gyiiiidstics	-apply a range of attacking	they have performed and described
Swim 2 lengths using	performance in gymnastics.	Predict what an opponent might do	strategies: change pace, direction	using the appropriate terms
front and back strokes	Dribble a ball around a line of cones,	during a game or activity and alter	and dodge	
F.C	keeping the ball close to the stick	my performance accordingly		Evaluate: Set challenging goals and evaluate achievements
Effective stroke		Campana na utima and damaa bu usin -	- Apply knowledge of defensive	evaluate achievements
action: Develop stroke	Develop 3 passes in netball	Compose routines and dances by using, adapting and developing steps from	skill of marking	Work as part of team, evaluating and
action including breast	Improve strength and control in a set of	adapting and developing steps nom	Predict what the opponent may do	



stroke legs and fly.	fitness activities	the samba style.	and alter the tactic accordingly	refining performance
Swim 4 widths/2 lengths using breast stroke actions efficiently	Learn how to make and use a volley shot  Leap using one foot and landing on two, using arms as assistance  Strike a ball with a rounders bat both accurately and for distance.	Perform dances and routines expressively, using a range of performance skills.		Advise others in the team of the best strategy based on the combined strengths and weaknesses of everyone.  Analyse, modify and refine skills and techniques and know how these are applied
KEY SKILL THREAD	S FOR YEAR 6			
Swimming  (Fluency, effective stroke action and water safety)	Aquiring and developing skills and techniques  Develop flexibility, strength, technique, control and balance.	Movement - application of skills Use running, jumping, throwing and catching in isolation and in combination.  Perform dances using a range of movement patterns	Play competitive games (Co-operation and competition)  modified where appropriate, and apply basic principles suitable for attacking and defending.	Analysis and evaluation  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Water safety: Perform safe self-rescue in different water-based situations.  Swimming fluency: Swim competently, confidently and	Combine the 3 passes with footwork  To keep control of the ball whilst moving in a variety of directions.  Pass the ball by using a swing pass and intercept a ball when passed	Use a range of balances, rolls and jumps to produce a sequence. With smooth transitions in gymnastics.  Sequence a series of strong, controlled gymnastic moves with smooth transitions on larger	To play competitively applying attack and defensive skills  Take into count a range of strategies, tactics and routes to success in a game considering the strengths and weaknesses of	Outdoor Education/challenge activities at PGL:  Support and coach teammates with specific advice in challenges  Work as team to complete challenges
proficiently over a distance of at least 25 metres.	Hit a ball using a range of shots both accurately and for distance	equipment.  Plan a course of action against an opponent based on their strengths	Advise others in the team of the best strategy based on the	Analyse their own performance and



	Improve strength and control in a set of	and weaknesses	combined strengths and	make improvements in gymnastics.
Effective stroke	fitness activities		weaknesses of everyone.	
action: Use a range of		Compose routines and dances by using,		Provide feedback and critically
strokes effectively.	To explore sprinting techniques	adapting and developing steps,		evaluate their own small dance.
		formations and patterns from the		
	To use a range of throwing techniques	Bollywood style.		Set challenging goals and evaluate
	to throw different sized and shaped			achievements
	objects.	To apply skills and tactics –		
		consider the positioning of a		Analyse own performance and act on
	Strike a ball with a rounders bat both	returned ball to gain an advantage		improvements
	accurately and for distance			
				Analyse, modify and refine skills and
				techniques and know how these are
				applied



### School Sport Clubs Intent

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Clubs	School Football	School Football	School Football	School Football	School Football	School Football
	Team (Year	Team (Year	Team (Year 5/6)	team (Year 6 A	team (Year	team (Year
	5/6)	5/6)		Coaching; Year 3/4/5)	3/4/5)	3/4/5)
	Girls Football	Girls Football	Girls Football	Girls Football	Girls Football	Girls Football
	team (Year 5/6)	team (Year 5/6)	team (Year 5/6)	(Year 6 Girls A coaching Year 3/4/5)	(Year 3/4/5)	(Year 3/4/5)
	Netball Team	Netball Team	Netball Team	Netball Team	Netball Team	Netball Team
	(Year 5/6)	(Year 5/6)	(Year 5/6)	(Year 5/6)	(Year 3/4/5)	(Year 3/4/5)
	Football Team	Football Team	Football Team	Athletics (Year	Athletics (Year	Athletics (Year
	(Year 3/4)	(Year 3/4)	(Year 3/4)	3-6)	3-6)	3-6)
	Girls Football	Girls Football	Girls Football	Tennis Club	Tennis Club	
	Team (Year	Team (Year	Team (Year 3/4)	(Year 3/4/5/6)	(Year 3/4/5/6)	
	3/4)	3/4)				



	Cross Country (Year 4-6 ) Netball (Year 3-4)	Cross Country (Year4-6) Netball (Year 3-4)	Cross Country (Year 4-6) Netball (Year 3-4)		Cricket Club (Year 5/6)	Cricket Club (Year 5/6)
Tournaments/Cups/League/ Festival	BPSS Football League	BPSS Football League	BPSS Football League	BPSS Football League	BPSS Football League	BPSS Athletic Meet
	BPSS Dick Bailey Cup	BPSS Dick Bailey Cup	BPSS Dick Bailey Cup	BPSS Dick Bailey Cup	BPSS Dick Bailey Cup	Bishop Douglas Year 5 tournament
	BPSS Martins Cup	BPSS Martins Cup	BPSS Martins Cup	BPSS Martins Cup	BPSS Martins Cup	
	BPSS Girls League	BPSS Girls League	BPSS Girls League	BPSS Girls League	BPSS Girls League	
	BPSS Girls Cup	BPSS Girls Cup	BPSS Girls Cup	BPSS Girls Cup	BPSS Girls Cup	
	John King Trophy	John King Trophy	John King Trophy	John King Trophy	John King Trophy	
	BPSS Netball League	BPSS Netball League	BPSS Netball League	BPSS Netball League	Tennis Tournament	



Cross Country	Boccia 'Come	Cross Country			
	Try it Session'			Cricket League	
		BPSS Football	BPSS Football		
		Year 5/6	Year 3/4 team		
		tournament			
			Barnet Dance		
		BPSS Girls	Festival		
		Football Year			
		5/6 Tournament			
		BPSS Netball			
		Tournament			