

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



Play competed vary and retactics, stratused in a gradituation. Gymnastics Can balance foot with competed and without the competed performance others using terms.	espond to ategies performance: Compare and contrast their performance over the unit e on one ontrol with at a partner foot with control with and without a partner on the ce of Evaluate:		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.
Year 4 Invasion gar (Basketball) Acquiring a developing develop th jumping, ca running ski combination Play competence Choose a va directions, s heights to o opponent.	(Football) Acquiring and developing skills: rowing, atching and 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 Swimming Swimming fluency: Swim 4 widths using both front and back	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 Acquiring and developing skills: Develop technique,	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 Evaluate: evaluate technique and adjust to	Outdoor challenge activities. Support and coach teammates or a partner in challenges Evaluate the performance and suggest ways to improve Dance (Aztecs) Perform dances using



	Swimming Water safety: floating on front and back Effective stroke action: Demonstrate an understanding of correct use of breaststroke	widths using a comfortable stroke Water safety: Complete surface dives from different start positions Swim in a long sleeve top	strokes Effective stroke action: Swim 2 widths using breast stroke leg actions efficiently	strength and control when jumping Demonstrate controlled symmetrical movements on larger gymnastic equipment	Gymnastics (New Unit) Acquiring and developing skills: Develop technique, strength and control when jumping Demonstrate controlled symmetrical movements on larger gymnastic equipment	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 Swimming fluency: Swim 2 lengths using front and back strokes	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 breast stroke arms and legs	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 travelling, flight and balances	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 Gymnastics (New Unit): Work cooperatively in a group to perform a simple routine involving travelling, flight and balances	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 dances by using, adapting and developing steps from the samba style.



	Effective stroke action: Develop stroke action including dolphin legs and fly.	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	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	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	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	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	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	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	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:	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.
	balances, rolls and jumps to produce a sequence. With smooth transitionsSequence a series of	Acquiring and developing skills: Improve strength and control in a set of fitness activities	Dance (Bollywood) Compose routines and dances by using, adapting	4 widths/2 lengths (25m) using stroke actions efficiently Effective stroke action:	Develop back stroke technique Water safety: Perform a straddle jump keeping	Analyse, modify and refine skills and techniques and know how these are applied



strong, controlled gymnastic moves with smooth transitions on larger equipment -Analyse their own performance and make improvements.	Evaluate: Set challenging goals and evaluate achievements	and developing steps, formations and patterns from the Bollywood style. Provide feedback and critically evaluate their own small dance.	Develop stroke action contrast breast and fly strokes	face clear of the water Perform surface dives, turns and backward roll.	Swimming Water safety: Perform a shout and signal rescue - Rookie lifeguard manoeuvres Swimming fluency: Develop all strokes techniques and distance.
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Strand	Objective
Swimming-Swimming fluency	Swim competently, confidently and proficiently over a distance of at least 25 metres.
Swimming-Effective stroke	Use a range of strokes effectively.
action	
Swimming-Water safety	Perform safe self-rescue in different water-based situations.
General PE	Use running, jumping, throwing and catching in isolation and in combination.
General PE	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
General PE	Develop flexibility, strength, technique, control and balance.
General PE	Perform dances using a range of movement patterns.
General PE	Take part in outdoor and adventurous activity challenges both individually and within a team.
General PE	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Swimming-Swimming fluency Swimming-Effective stroke action Swimming-Water safety General PE General PE General PE General PE General PE General PE



KEY SKILL THREADS I	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 partner in gymnastics Develop strength, technique and	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



	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 and techniques	Movement – application of skills	Play competitive games (Co-operation and	Analysis and evaluation
(Fluency, effective	5 1 6 9 9 9	Use running, jumping, throwing	competition)	Compare their performances
stroke action and	Develop flexibility, strength,	and catching in isolation and in	mandiffication and annual at a	with previous ones and
water safety)	technique, control and balance.	Perform dances using a range of movement patterns	modified where appropriate, and apply basic principles suitable for attacking and defending.	demonstrate improvement to achieve their personal best.
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: Swim 4 widths using both front and back strokes	Develop throwing, jumping, catching and running skills in combination Control and pass a ball accurately	gymnastic equipment. Perform dances using a range of movements: To replicate strong movements to fit within the 8 or 16 count	Use the skill of finding space to play competitively Choose a variety of directions, speeds and heights to out play an	Support and coach teammates or a partner in challenges Evaluate the performance and suggest ways to improve
Effective stroke	Hit a ball front and back hand	Lucius III II I	opponent	
action: Swim 2 widths using breast stroke leg actions efficiently	Improve strength and control in a set of fitness activities – improve technique of each exercise	Hitting a ball to from a partner Taking an effective fielding position		Compare performances and
	Develop effective techniques for			Compare performances and



	running different distances			demonstrate improvement
	Throw a range of implements into a target area with accuracy and consistency			Set challenging goals and evaluate achievements – what has helped to achieve goals
	Strike a ball with intent Throw the ball more accurately when			evaluate technique and adjust to be 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		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	
		of movement patterns	defending.	
Water safety: Dive,	Use the apparatus safely in order to	Work cooperatively in a group to	Participate in organised games	Evaluate each other's counter
retrieve and carry a	enhance their routines in a creative	perform a simple routine involving	using skills and tactics to help the	balances using technical terminology
sinker	manner. Show increasing control,	travelling, flight and balances in	team	
	fluency and flair during their	gymnastics		Evaluate: Can work out how well
Swimming fluency:	performance in gymnastics.		-apply a range of attacking	they have performed and described
Swim 2 lengths using		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	Evaluate: Set challenging goals and
Effective stroke	keeping the ball close to the stick	my performance accordingly	Apply knowledge of defensive	evaluate achievements
	Dayslan 2 passas in nathall	Compose routines and dances by using,	- Apply knowledge of defensive	evaluate achievements
action: Develop stroke	Develop 3 passes in netball	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	the samba style.	Predict what the opponent may do	refining performance
stroke legs and fly.	fitness activities	and same styles	and alter the tactic accordingly	
Swim 4 widths/2		Perform dances and routines	and after the tactic accordingly	Advise others in the team of the best
lengths using breast	Learn how to make and use a volley shot	expressively, using a range of		strategy based on the combined



stroke actions efficiently	Leap using one foot and landing on two, using arms as assistance Strike a ball with a rounders bat both accurately and for distance.	performance skills.		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 others.	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. Effective stroke action: Use a range of strokes effectively.	Hit a ball using a range of shots both accurately and for distance Improve strength and control in a set of fitness activities	equipment. Plan a course of action against an opponent based on their strengths and weaknesses Compose routines and dances by using, adapting and developing steps,	Advise others in the team of the best strategy based on the combined strengths and weaknesses of everyone.	Analyse their own performance and make improvements in gymnastics. Provide feedback and critically evaluate their own small dance.



To expl	plore sprinting techniques	formations and patterns from the	
		Bollywood style.	Set challenging goals and evaluate
To use	e a range of throwing techniques		achievements
to thro	ow different sized and shaped	To apply skills and tactics –	
objects	ts.	consider the positioning of a	Analyse own performance and act on
		returned ball to gain an advantage	improvements
Strike a	a ball with a rounders bat both		
accura	ately 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 Team (Year 5/6)	School Football Team (Year 5/6)	School Football Team (Year 5/6)	School Football team (Year 6 A Coaching; Year 3/4/5)	School Football team (Year 3/4/5)	School Football team (Year 3/4/5)
	Girls Football team (Year 5/6)	Girls Football team (Year 5/6)	Girls Football team (Year 5/6)	Girls Football (Year 6 Girls A coaching Year 3/4/5)	Girls Football (Year 3/4/5)	Girls Football (Year 3/4/5)
	Netball Team (Year 5/6)	Netball Team (Year 5/6)	Netball Team (Year 5/6)	Netball Team (Year 5/6)	Netball Team (Year 3/4/5)	Netball Team (Year 3/4/5)
	Football Team (Year 3/4)	Football Team (Year 3/4)	Football Team (Year 3/4)	Athletics (Year 3-6)	Athletics (Year 3-6)	Athletics (Year 3-6)
	Girls Football Team (Year 3/4)	Girls Football Team (Year 3/4)	Girls Football Team (Year 3/4)	Tennis Club (Year 3/4/5/6)	Tennis Club (Year 3/4/5/6)	
	Cross Country (Year 4-6)	Cross Country (Year4-6)	Cross Country (Year 4-6)		Cricket Club (Year 5/6)	Cricket Club (Year 5/6)



	Netball (Year 3-4)	Netball (Year 3-4)	Netball (Year 3-4)			
Tournaments/Cups/League/	BPSS Football	BPSS Football	BPSS Football	BPSS Football	BPSS Football	BPSS Athletic
Festival	League	League	League	League	League	Meet
7 55 77 4.	Zouguo	Zoagao	Louguo	league	l	,,,,co.
	BPSS Dick	BPSS Dick	BPSS Dick	BPSS Dick	BPSS Dick	Bishop Douglas
	Bailey Cup	Bailey Cup	Bailey Cup	Bailey Cup	Bailey Cup	Year 5
	, ,	, ,	, ,	, ,	' '	tournament
	BPSS Martins	BPSS Martins	BPSS Martins	BPSS Martins	BPSS Martins	
	Cup	Cup	Cup	Cup	Cup	
	BPSS Girls	BPSS Girls	BPSS Girls	BPSS Girls	BPSS Girls	
	League	League	League	League	League	
	BPSS Girls Cup	BPSS Girls Cup	BPSS Girls Cup	BPSS Girls Cup	BPSS Girls Cup	
	John King	John King	John King	John King	John King	
	Trophy	Trophy	Trophy	Trophy	Trophy	
	BPSS Netball	BPSS Netball	BPSS Netball	BPSS Netball		
	League	League	League	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		