

BJS PE Curriculum

Year 3					
Term & Topic	Learning questions	Vocabulary	Skills	Enrichment	Global Citizen Links
Aut 1 FMS	<p>Be able to run for long distances</p> <p>Be able to change jumping technique</p> <p>Expand on hand-eye and foot eye coordination developed in previous years.</p> <p>Be able to feel and point out which muscles are working in different situations.</p> <p>Develop foot speed.</p> <p>Be able to demonstrate correct catching technique.</p>	<p>Running</p> <p>Hopping</p> <p>Jumping</p> <p>Speed</p> <p>Distance</p> <p>Throwing</p> <p>Balance</p> <p>Direction</p> <p>Coordination</p>	<p>Show balance, coordination and technique when running at different speeds, stopping with control</p> <p>Link running, hopping and jumping actions using different take offs and landing.</p> <p>Jump for distance and height with an awareness of technique</p> <p>Throw a variety of objects, changing action for accuracy and distance</p> <p>Demonstrate balance when performing other fundamental skills</p> <p>Show balance when changing direction in combination with other skills.</p>		<p>Perseverance: Show examples in lessons of athletes who have shown perseverance in their field. E.g. Michael Jordan/Lance Armstrong.</p> <p>Olympic values: excellence, respect and friendship Pick out examples in each lesson of children showing one of these traits.</p>

			Can co-ordinate their bodies with increased consistency in a variety of activities.		
Aut 2 Multi Skills	<p>Understand how to increase speed over a short distance.</p> <p>Be able to change the type of throw depending on distance.</p> <p>Learn how to bowl correctly at a target.</p> <p>Understand the importance of finding space.</p> <p>Learn how to correctly receive a ball.</p> <p>Learn the correct stance for batting.</p>	<p>Sprinting</p> <p>Distance</p> <p>Cross Country</p> <p>Pace</p> <p>Accuracy</p> <p>Throwing</p> <p>Speed</p>	<p>Beginning to run at speeds appropriate for the distance. e.g. sprinting and cross country</p> <p>Can perform a running jump with some accuracy</p> <p>Performs a variety of throws using a selection of equipment.</p> <p>Can use equipment safely and with good control.</p>		<p>Endurance</p> <p>For longer distance events or events that require pupils to participate for a longer period of time show examples of athletes that run over longer distance e.g Mo Farah</p> <p>Communication</p> <p>Show how teams communicate and promote communication amongst teammates.</p>
Spr 1 Gymnastics	<p>Learn and remember 5 gymnastics shapes.</p> <p>Learn 3 different balances.</p> <p>Travel in different ways on the floor and across a balance beam.</p> <p>Be able to perform a variety of jumps.</p> <p>Create and perform a basic routine.</p>	<p>Straddle</p> <p>Stretch</p> <p>Star</p> <p>Tuck</p> <p>Pike</p> <p>Balance</p> <p>Travel</p> <p>Routine</p>	<p>Be able to show all 5 gymnastics shapes with control.</p> <p>Be able to show balances both on and off equipment.</p> <p>Be able to travel with control.</p> <p>Show how to jump with start and finish.</p>		<p>Feedback and evaluating others performance.</p> <p>Can be done through the use of filming with ipads and coaching roles in lessons.</p>

			Copy and follow a routine.		
Spr 2 Cricket	<p>Be able to hold the bat correctly. Be able to hit the ball consistently. Begin to understand basic rules. Bowl accurately underarm. Catch and throw the ball consistently over a variety of distances. Be able to take part in a small sided match.</p>	<p>Batter Bowler Fielder Wicket</p>	<p>Strike the ball from a non-moving ball. Using correct grip.</p> <p>Be able to catch with 2 hands.</p> <p>Be able to bowl in an underarm action.</p> <p>Can use accuracy to ensure bowling is on target.</p>		<p>Teamwork Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.</p> <p>Rules and regulations: These will be in all lessons and children will be given roles as referees/umpires in lessons.</p> <p>Fairplay: Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.</p>

Sum 1 Athletics	<p>Understand how to generate power Be able to complete all jumps with control.</p> <p>Be able to run over different distances. Learn correct throwing technique for the javelin.</p> <p>Improve running technique over a short distance.</p> <p>Improve technique over long distances. Be able to jump for distance.</p>	<p>Speed Reaction Time Power Accuracy Field Track</p>	<p>Apply and develop a broad range of athletic skills in different ways.</p> <p>Show control, coordination when running, throwing and jumping.</p> <p>Choose an appropriate running speed for shorter distances.</p> <p>Combine basic jump actions to form a jump combination, using a controlled jumping technique</p>	<p>Olympic values: excellence, respect and friendship Pick out examples in each lesson of children showing one of these traits.</p> <p>Giving good feedback to others</p> <p>Olympic games</p>
Sum 2 Tennis	<p>Be able to control a moving ball. Being able to hit the ball over the net. Be able to perform a forehand. Being able to serve the ball to start a point. Being able to hit a volley.</p>	<p>Forehand Volley Net Baseline Serve Out Fault</p>	<p>Perform basic skills for the game with control and accuracy including hitting a ball towards a target.</p> <p>Perform a basic forehand action with control and accuracy.</p> <p>Begin to apply basic movements in a range of activities and in combination.</p> <p>Keep a rally going using a range of shots.</p> <p>Compete with others – keeping and following the rules of the game</p>	<p>Rules and regulations: These will be in all lessons and children will be given roles as referees/umpires in lessons.</p> <p>Fairplay: Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.</p>

Year 4					
Aut 1 FMS	<p>Be able to run for long distances</p> <p>Be able to change jumping technique</p> <p>Expand on hand-eye and foot eye coordination developed in previous years.</p> <p>Be able to feel and point out which muscles are working in different situations.</p> <p>Develop foot speed.</p> <p>Be able to demonstrate correct catching technique.</p>	<p>Running</p> <p>Hopping</p> <p>Jumping</p> <p>Speed</p> <p>Distance</p> <p>Throwing</p> <p>Balance</p> <p>Direction</p> <p>Coordination</p> <p>Agility</p> <p>Spatial Awareness</p> <p>Control</p>	<p>Consistently show balance, coordination and technique when running at different speeds, stopping with control and showing spatial awareness.</p> <p>Show hopping and jumping actions including running as a transition in between take off and landing while maintaining balance.</p> <p>Jump for distance showing balance and control.</p> <p>Throw with accuracy and power towards a target.</p> <p>Demonstrate balance when performing fundamental skills.</p> <p>Show agility, ability to change direction at speed.</p>		<p>Perseverance: Show examples in lessons of athletes who have shown perseverance in their field. E.g. Michael Jordan/Lance Armstrong.</p> <p>Olympic values: excellence, respect and friendship Pick out examples in each lesson of children showing one of these traits.</p>
Aut 2 Multi Skills	<p>Be able to perform different movements with control over set distances.</p> <p>Be able to change the type of throw depending on distance.</p>	<p>Sprinting</p> <p>Distance</p> <p>Cross Country</p> <p>Pace</p> <p>Accuracy</p> <p>Throwing</p> <p>Speed</p>	<p>Understand pace and how it is used across different distances.</p> <p>Can perform a running jump for distance</p>		<p>Endurance For longer distance events or events that require pupils to participate for a longer period of time show examples of</p>

	<p>Learn how to bowl correctly and accurately at a target.</p> <p>Understand how to find space.</p> <p>Learn how to correctly receive a ball.</p> <p>Be able to use the correct stance for batting.</p>		<p>Performs a variety of throws for distance using a selection of equipment.</p> <p>Can use equipment safely and with good control.</p>		<p>athletes that run over longer distance e.g Mo Farah</p> <p>Communication Show how teams communicate and promote communication amongst teammates.</p>
Spr 1 Gymnastics	<p>Learn and remember 7 gymnastics shapes.</p> <p>Learn 4 different balances.</p> <p>Travel in different ways on the floor and across a balance beam.</p> <p>Be able to perform a variety of jumps with shape.</p> <p>Create and perform a basic routine.</p>	<p>Straddle</p> <p>Stretch</p> <p>Star</p> <p>Tuck</p> <p>Pike</p> <p>Balance</p> <p>Travel</p> <p>Routine</p>	<p>Be able to show all 7 gymnastics shapes with control.</p> <p>Be able to show balances both on and off equipment.</p> <p>Be able to travel with control.</p> <p>Show how to jump with start and finish including a shape.</p> <p>Copy and follow a routine.</p>		<p>Feedback and evaluating others performance. Can be done through the use of filming with ipads and coaching roles in lessons.</p>
Spr 2 Cricket	<p>Be able to hold the bat correctly.</p> <p>Be able to hit the ball consistently.</p> <p>Begin to understand basic rules.</p> <p>Bowl accurately overarm.</p> <p>Catch and throw the ball consistently over a variety of distances.</p> <p>Be able to take part in a small sided match.</p>	<p>Batter</p> <p>Bowler</p> <p>Fielder</p> <p>Wicket</p> <p>Wicket Keeper</p> <p>Stumps</p> <p>Out</p>	<p>Strike the ball using the correct batting technique.</p> <p>Be able to catch with both 1 hand and 2 hands.</p> <p>Be able to bowl in an overarm action.</p> <p>Can use accuracy to ensure bowling is on target.</p>		<p>Teamwork Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.</p>

					<p>Rules and regulations: These will be in all lessons and children will be given roles as referees/umpires in lessons.</p> <p>Fairplay: Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.</p>
Sum 1 Athletics	<p>Understand how to generate power Be able to complete all jumps with control.</p> <p>Be able to run over different distances. Learn correct throwing technique for the javelin.</p> <p>Improve running technique over a short distance.</p> <p>Improve technique over long distances. Be able to jump for distance.</p>	<p>Speed Reaction Time Power Accuracy Field Track</p>	<p>Apply and develop a broad range of athletic skills in different ways.</p> <p>Show control, coordination and consistency when running, throwing and jumping.</p> <p>Choose an appropriate running speed to meet the demand of the task.</p> <p>Combine basic jump actions to form a jump combination, using a controlled jumping technique</p>		<p>Olympic values: excellence, respect and friendship Pick out examples in each lesson of children showing one of these traits.</p> <p>Giving good feedback to others</p> <p>Olympic games</p>

Sum 2 Tennis	<p>Be able to control a moving ball. Being able to hit the ball over the net. Be able to perform a backhand. Be able to perform a forehand. Being able to serve the ball to start a point. Being able to hit a volley.</p>	<p>Forehand Volley Net Baseline Serve Out Fault Backhand Accuracy</p>	<p>Perform basic skills for the game with control and accuracy including hitting a ball consistently over the net.</p> <p>Perform a basic forehand and backhand action with control and accuracy.</p> <p>Begin to apply basic movements in a for a volley.</p> <p>Keep a rally going using a range of shots.</p> <p>Compete with others – keeping and following the rules of the game</p>		<p>Rules and regulations: These will be in all lessons and children will be given roles as referees/umpires in lessons.</p> <p>Fairplay: Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.</p>
Year 5					
Aut 1 Rugby	<p>Improve passing to a partner, stationary and dynamic.</p> <p>Practice how to score a try and the decision making involved to increase probability.</p> <p>Practice the body position to make a successful tackle.</p>	<p>Passing Tackling Drop Kick Agility Try Penalty Tactics</p>	<p>Ensuring passing is sideways or backwards. Develop the ability to pass when moving forward.</p> <p>Developing the ability to place the ball over the try line showing speed and control.</p>		<p>Teamwork Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.</p> <p>Winning and losing</p>

	<p>Kick the ball to different targets</p> <p>Practice defending tactics.</p> <p>Take part in small sided rugby match.</p>		<p>Being able to make a tackle whilst bending knees and taking the tag with a low body position.</p> <p>Kick to gain territory. Know the difference between kicks and show how different kicks use different techniques.</p>		<p>Ensure pupils are good winners/losers. Shake hands at the end of each lesson/game. Show examples in sport.</p>
Aut 2 Basketball	<p>Understand the difference between bounce pass and chest pass.</p> <p>Dribble the ball with one hand, being able to change speed and direction.</p> <p>Being able to retrieve the ball when defending.</p> <p>Understand how to hold the ball when shooting.</p> <p>Know where to aim when shooting.</p> <p>Be able to take part in small sided matches.</p>	<p>Passing</p> <p>Dribbling</p> <p>Attacking</p> <p>Defending</p> <p>Shooting</p> <p>Lay up</p> <p>Hoop</p> <p>Chest Pass</p> <p>Bounce pass</p>	<p>Complete a chest pass and bounce pass using the correct technique.</p> <p>Use agility to keep control of the ball when moving and show correct body position.</p> <p>Show correct body position when defending (low stance) and show how to gain possession.</p> <p>Use correct technique to shoot.</p> <p>Take part in small sided games showing speed when attacking (include shot clock).</p>		<p>Teamwork</p> <p>Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.</p> <p>Winning and losing</p> <p>Ensure pupils are good winners/losers. Shake hands at the end of each lesson/game. Show examples in sport.</p>
Spr 1 Gymnastics	<p>Learn and remember nine key gymnastics shapes.</p> <p>Learn 5 different gymnastics balances.</p>	<p>Straddle</p> <p>Stretch</p> <p>Star</p> <p>Tuck</p> <p>Pike</p> <p>Dish</p>	<p>Be able to remain in control when going from one balance to another.</p> <p>Be able to show all nine key gymnastics shapes with control.</p>		<p>Feedback and evaluating others performance.</p> <p>Can be done through the use of filming with ipads</p>

	<p>Travel in different ways both on and off the apparatus.</p> <p>Create and perform a routine.</p> <p>Perform a variety of different vaults.</p> <p>Perform a sequence of movements using a variety of high difficulty equipment.</p>	<p>Arch</p> <p>Front Support</p> <p>Back Support</p> <p>Balance</p> <p>Travel</p> <p>Routine</p>	<p>Be able to perform a roll, shape and balance in a routine.</p> <p>Complete a sequence both with a partner and without.</p>		<p>and coaching roles in lessons.</p>
Spr 2 World sports	<p>Show a basic understanding of Kabaddi</p> <p>Understand basic volleyball rules and techniques.</p> <p>Show a basic understanding of Danish long ball.</p> <p>Show a basic understanding of American football.</p>	<p>Kabaddi</p> <p>Volleyball</p> <p>Spike</p> <p>Block</p> <p>Overhead</p> <p>Forearm</p> <p>Danish Long ball</p> <p>American football</p> <p>Quarterback</p> <p>Wide Receiver</p> <p>Running Back</p>	<p>Be able to show different variations of evasion using agility.</p> <p>Use side step as an evasion technique.</p> <p>Show different techniques for volleyball including serving, passing (forearm underhand passing), setting (overhead passing), attack options (hitting/spiking), blocking (from attack and defend positions), and defensive skills (rolling & sliding).</p> <p>Know how to kick the ball into space in Danish long ball.</p> <p>Understand the different positions in American football.</p> <p>Show the correct technique for passing and receiving.</p>		<p>Global issues:</p> <p>Discuss with children about the issues that some of these global sports might face e.g. poverty/social issues.</p> <p>Understanding different cultures.</p> <p>Show how different cultures play different sports across the world.</p>

Sum 1 Athletics	<p>Understand how to generate power Be able to complete all jumps with control.</p> <p>Be able to run over different distances. Learn correct throwing technique for the javelin.</p> <p>Improve running technique over a short distance.</p> <p>Improve technique over long distances. Be able to jump for distance.</p>	<p>Speed Reaction Time Power Accuracy Field Track Endurance</p>	<p>Beginning to build a variety of running techniques and use with confidence.</p> <p>Can perform a running jump with more than one component. e.g. hop skip jump (triple jump)</p> <p>Beginning to record peers performances, and evaluate these.</p> <p>Demonstrates accuracy and confidence in throwing activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p>	<p>Olympic values: excellence, respect and friendship Pick out examples in each lesson of children showing one of these traits.</p> <p>Giving good feedback to others</p> <p>Olympic games</p>
Sum 2 Cricket	<p>Be able to bowl the ball using the correct technique.</p> <p>Be able to use the correct batting stance.</p> <p>Be able to catch the ball consistently when fielding.</p> <p>Learn tactics that can be used in a game.</p>	<p>Batter Bowler Fielder Wicket Wicket Keeper Stumps Out Wide No Ball Boundaries</p>	<p>Be able to bowl in an overarm action showing accuracy.</p> <p>Strike the ball using the correct batting technique for defending.</p> <p>Be able to catch from a variety of distances.</p> <p>Be able to organise a field to ensure batting score is kept low.</p>	<p>Teamwork Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.</p> <p>Rules and regulations:</p>

	Be able to take part in a small sided game.		Show a variety of different shots by adjusting body position.		<p>These will be in all lessons and children will be given roles as referees/umpires in lessons.</p> <p>Fairplay: Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.</p>
Year 6					
Aut 1 Rugby	<p>Improve passing to a partner, stationary and dynamic.</p> <p>Practice how to score a try and the decision making involved to increase probability.</p> <p>Practice the body position to make a successful tackle.</p> <p>Kick the ball to different targets</p> <p>Practice defending tactics.</p>	<p>Passing</p> <p>Tackling</p> <p>Grubber Kick</p> <p>Drop Kick</p> <p>Agility</p> <p>Try</p> <p>Penalty</p> <p>Conversion</p> <p>Territory</p> <p>Tactics</p>	<p>Ensuring passing is sideways or backwards. Passing at speed with a variety of distances.</p> <p>Being able to score a try using different team tactics.</p> <p>Being able to make a tackle at speed to stop an attack, showing the correct technique.</p> <p>Kick to gain territory. Being able to kick as part of an attacking play.</p>		<p>Teamwork Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.</p> <p>Rules and regulations: These will be in all lessons and children</p>

	Take part in small sided rugby match.				<p>will be given roles as referees/umpires in lessons.</p> <p>Fairplay: Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.</p>
Aut 2 Basketball	<p>Understand the difference between bounce pass and chest pass.</p> <p>Dribble the ball with one hand, being able to change speed and direction.</p> <p>Being able to retrieve the ball when defending.</p> <p>Understand how to hold the ball when shooting.</p> <p>Know where to aim when shooting.</p> <p>Be able to take part in small sided matches.</p>	<p>Passing</p> <p>Dribbling</p> <p>Attacking</p> <p>Defending</p> <p>Shooting</p> <p>Free Throw</p> <p>Lay up</p> <p>Hoop</p> <p>3 Pointer</p> <p>Chest Pass</p> <p>Bounce pass</p>	<p>Complete a chest pass and bounce pass using the correct technique at speed.</p> <p>Being able to move with the ball at speed.</p> <p>Show correct body position when defending (low stance) and show how to gain possession.</p> <p>Show how to shoot both a lay up and free throw.</p> <p>Take part in small sided games showing speed when attacking (include shot clock).</p>		<p>Teamwork Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.</p> <p>Rules and regulations: These will be in all lessons and children will be given roles as referees/umpires in lessons.</p> <p>Fairplay:</p>

					Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.
Spr 1 Gymnastics	<p>Learn and remember nine key gymnastics shapes.</p> <p>Learn 5 different gymnastics balances.</p> <p>Travel in different ways both on and off the apparatus.</p> <p>Create and perform a routine.</p> <p>Perform a variety of different vaults.</p> <p>Perform a sequence of movements using a variety of high difficulty equipment.</p>	<p>Straddle</p> <p>Stretch</p> <p>Star</p> <p>Tuck</p> <p>Pike</p> <p>Dish</p> <p>Arch</p> <p>Front Support</p> <p>Back Support</p> <p>Balance</p> <p>Travel</p> <p>Routine</p> <p>Handstand</p> <p>Cartwheel</p>	<p>Perform shapes as jumps with control and being able to land successfully.</p> <p>Show balance both with a partner and without.</p> <p>Be able to perform a forward roll to straddle.</p> <p>Start to work towards completing a handstand and cartwheel.</p> <p>Complete a sequence both with a partner and without.</p>		<p>Feedback and evaluating others performance.</p> <p>Can be done through the use of filming with ipads and coaching roles in lessons.</p>
Spr 2 World sports	<p>Show a basic understanding of Kabaddi</p> <p>Understand basic volleyball rules and techniques.</p> <p>Show a basic understanding of Danish long ball.</p>	<p>Kabaddi</p> <p>Volleyball</p> <p>Spike</p> <p>Block</p> <p>Overhead</p> <p>Forearm</p> <p>Danish Long ball</p> <p>American football</p>	<p>Be able to show different variations of evasion using agility.</p> <p>Use side step as an evasion technique.</p> <p>Show different techniques for volleyball including serving, passing (forearm underhand</p>		<p>Global issues:</p> <p>Discuss with children about the issues that some of these global sports might face e.g. poverty/social issues.</p>

	<p>Show a basic understanding of American football.</p>	<p>Quarterback Wide Receiver Running Back</p>	<p>passing), setting (overhead passing), attack options (hitting/spiking), blocking (from attack and defend positions), and defensive skills (rolling & sliding).</p> <p>Know how to kick the ball into space in Danish long ball.</p> <p>Understand the different positions in American football.</p> <p>Show the correct technique for passing and receiving.</p>		<p>Understanding different cultures. Show how different cultures play different sports across the world.</p>
<p>Sum 1 Athletics</p>	<p>Understand how to generate power Be able to complete all jumps with control. Be able to run over different distances. Learn correct throwing technique for the javelin. Improve running technique over a short distance. Improve technique over long distances. Be able to jump for distance.</p>	<p>Speed Reaction Time Power Accuracy Field Track Endurance Triple Jump Javelin Pace</p>	<p>Beginning to build a variety of running techniques and use with confidence.</p> <p>Can perform a running jump with more than one component. e.g. hop skip jump (triple jump)</p> <p>Beginning to record peers performances, and evaluate these.</p> <p>Demonstrates accuracy and confidence in throwing activities.</p> <p>Describes good athletic performance using correct vocabulary.</p>		<p>Olympic values: excellence, respect and friendship Pick out examples in each lesson of children showing one of these traits. Giving good feedback to others Olympic games</p>

			Can use equipment safely and with good control.		
Sum 2 Cricket	<p>Be able to bowl the ball using the correct technique.</p> <p>Be able to use the correct batting stance.</p> <p>Be able to catch the ball consistently when fielding.</p> <p>Learn tactics that can be used in a game.</p> <p>Be able to take part in a small sided game.</p>	<p>Batter</p> <p>Bowler</p> <p>Fielder</p> <p>Wicket</p> <p>Wicket Keeper</p> <p>Stumps</p> <p>Out</p> <p>Wide</p> <p>No Ball</p> <p>Boundaries</p> <p>Crease</p> <p>Drive</p> <p>Cover</p> <p>LBW</p>	<p>Be able to bowl in an overarm action showing a variety of pace.</p> <p>Strike the ball using the correct batting technique into space.</p> <p>Be able to throw accurately and quickly to get out an opponent.</p> <p>Be able to organise a field to ensure batting score is kept low.</p> <p>Show a how to bat against a variety of different bowling paces.</p>		<p>Teamwork</p> <p>Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.</p> <p>Rules and regulations:</p> <p>These will be in all lessons and children will be given roles as referees/umpires in lessons.</p> <p>Fairplay:</p> <p>Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.</p>

