

# Beaucroft School PE Overview

**Rationale:** At Beaucroft School, it is our vision for every student to engage, enjoy and achieve, developing self-esteem and resilience in preparation for adulthood. We want our Beaucroft community to **THRIVE** and be **Thoughtful** and caring **Happy** and Safe **Resilient** **Independent** **Valued** **Empowered**. Physical Education at Beaucroft aims to offer a variety of physical experiences that are motivating and student-centered, to encourage prosocial feelings i.e., confidence and self-esteem. This is taught through child-led and semi-structured teaching and learning, enabling students to gain motor skills and understanding alongside social interactions of life skills such as co-operation and fair play.

## Topic Knowledge

## Skills Progression

## Curriculum Sequence

### Early Years

Pupils should learn to:  
Negotiate space and obstacles safely, with consideration for themselves and others.  
Demonstrate strength, balance and coordination when playing.  
Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Pupils will revise and refine skills of rolling, crawling, walking, jumping, running, hopping, skipping and climbing. Develop overall body-strength and core strength, balance, coordination and agility to participate in PE including, gymnastics, dance, sport, horse riding (where applicable) and swimming. Confidently and safely use a range of large and small apparatus, including basic ball skills indoors and outdoors, alone and in a group.

Music and Movement/dance  
Ball skills  
Gymnastics- using large apparatus  
Swimming  
Horse Riding  
Trampolining  
Outdoor and Adventurous Activities  
Physiotherapy and OT programmes and Learn to Move, move to learn programmes for specific pupils.

### Juniors

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending, perform dances using simple movement patterns

Invasion Games  
Swimming and Fitness  
Gymnastics  
Net and Wall games  
Dance  
Striking and Fielding  
Athletics  
Outdoor and Adventurous Activities  
Physiotherapy and OT programmes.

### Middle

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending, develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns, take part in outdoor and adventurous activity challenges both individually and within a team.

Invasion Games  
Swimming and Fitness  
Gymnastics  
Net and Wall games  
Dance  
Striking and Fielding  
Athletics  
Outdoor and Adventurous Activities  
Physiotherapy and OT programmes.

### Seniors

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to: use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics], perform dances using advanced dance techniques within a range of dance styles and forms, take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group, analyse their performances.

Invasion Games  
Swimming and Fitness  
Gymnastics  
Net and Wall games  
Dance  
Striking and Fielding  
Athletics  
Outdoor and Adventurous Activities  
Physiotherapy and OT programmes.