



NC Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Intent	Implementation	Impact
At Broadway Junior School we believe that a high quality and enjoyable physical education programme is a vital part of a child's development. We aim to develop each child's physical confidence and skills enabling them to lead healthy lifestyles. Through the curriculum we offer the children opportunities to compete both against themselves and others, in order to build self- confidence, resilience and a sense of fair-play. The curriculum is designed to enable all children to participate including those who are more able, as well as those with additional needs. The P.E. and Sports premium has been used and will continue be used to promote and develop these aims, as well as support teaching and support staff in their professional development.	At Broadway Junior School we teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to participate in physical activities. These opportunities are supplemented by extra-curricular activities and by participation in competitions against other schools under the Sunderland Schools Games umbrella. These competitions allow children to put skills from PE lessons and extra-Curricular clubs into practise, allow them to experience a range of new sports. We aim to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.	Our curriculum aims to improve the wellbeing and fitness of all children at Broadway Junior School, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

Key Vocabulary

Send Receive Pass Catch Accuracy Control Force Direction Target Ready position Counter balance Stability Centre of gravity Weight transfer Lean Coordination Communication Teamwork Technique Evaluate

Knowledge	Skills
- How to send and receive a variety of equipment with increasing accuracy and control. - Why body position and a ready stance improve successful catching and passing. - How changing force and direction affects the accuracy of a pass. - What counter balance is and how leaning against a partner can improve stability. - Why communication and trust are important when working with a partner. - How balance, coordination and teamwork contribute to successful performance. - How to evaluate and improve their own and others' performances.	- How to send and receive a variety of equipment with increasing accuracy and control. - Why body position and a ready stance improve successful catching and passing. - How changing force and direction affects the accuracy of a pass. - What counter balance is and how leaning against a partner can improve stability. - Why communication and trust are important when working with a partner. - How balance, coordination and teamwork contribute to successful performance. - How to evaluate and improve their own and others' performances.

Learning Objectives

1. Introduction to Sending, Receiving and Counter Balance. Children practise basic sending and receiving techniques while exploring simple counter balance activities with a partner. They learn the importance of body position, communication and trust.	2. Accuracy and Control Pupils develop accurate passing and catching using different equipment and distances. They continue to refine partner counter balances by maintaining control and steady body positions.	3. Force, Direction and Weight Transfer Children investigate how changing the force and direction of a pass affects success. They explore transferring weight during counter balance tasks to improve stability and coordination.	4. Movement and Partner Challenges Pupils combine movement with sending and receiving activities before completing increasingly challenging counter balance tasks. They focus on teamwork, communication and maintaining control while moving.	5. Applying Skills in Games and Challenges Children apply their sending and receiving skills within small-sided games while using counter balance in cooperative challenges. They make decisions, adapt techniques and support their partners to achieve success.	6. Review and Assessment Pupils complete a range of skill stations and partner challenges demonstrating accurate sending, controlled receiving and effective counter balance. They evaluate their progress and identify targets for future improvement.
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Learning Objectives/End Points

By the end of the unit, pupils will:

- Demonstrate accurate sending and receiving skills.
- Maintain stability while performing counter balance activities.
- Apply coordination and body control during movement challenges.
- Select appropriate passing techniques for different tasks.
- Understand how body position and weight transfer improve balance and performance.
- Work cooperatively with a range of partners.
- Communicate clearly and support others during activities.
- Demonstrate resilience when learning new skills.
- Show confidence when attempting increasingly challenging tasks.
- Reflect on personal performance and identify improvements.
- Understand how balance, coordination and teamwork contribute to overall physical development.
- Recognise the importance of warming up before activity and using correct techniques to prevent injury.

Careers

Linking Curriculum Learning to Careers

Discuss how the skills developed in this unit are used in a range of careers, including:

- Professional athlete
- Sports performer
- Gymnast
- Footballer
- Dancer
- Athletics competitor
- Professional sports person
- Stunt performer
- PE teacher
- Sports coach
- Athletics coach
- Football coach
- Gymnastics coach
- Dance teacher
- Sports instructor
- Personal trainer
- Physiotherapist
- Sports therapist
- Exercise instructor
- Fitness instructor
- Occupational therapist
- Exercise and health professional

Transferable skills such as Coordination Balance Agility Concentration Decision-making Problem-solving Resilience Determination Confidence Teamwork Communication Leadership Self-evaluation Listening Adaptability Goal-setting Perseverance

Learning from Career and Labour Market Information

Explore information about careers such as professional athlete, sports coach, PE teacher, physiotherapist, sports therapist, fitness instructor, sports journalist, referee, sports scientist and leisure centre worker. Discuss the different roles people play within the sporting and physical activity sector.

Addressing the Needs of Each Pupil

Encourage pupils to recognise their individual strengths, interests and areas for development. Personal Best activities allow pupils to set realistic goals and recognise that success can mean improving their own performance rather than competing against others.

Linking Curriculum Learning to Careers

Make explicit links between balance, coordination, agility, movement control, teamwork, resilience and evaluation and future careers. For example, coaches analyse performance, physiotherapists understand movement, PE teachers teach technique, athletes practise skills and sports officials make quick decisions.

Encounters with Employers and Employees

Provide opportunities to meet or hear from professionals such as a PE teacher, sports coach, athlete, physiotherapist, fitness instructor, referee or sports centre employee. Pupils can ask questions about their work, skills and career journey.

Experiences of Workplaces

Explore different sporting workplaces including schools, sports centres, leisure centres, gyms, stadiums, athletics tracks, swimming pools, physiotherapy clinics, outdoor activity centres and community sports facilities.