



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

Coordination Sending Receiving Pass Catch Control Accuracy Technique Force Direction Agility Ball chasing Reaction Speed Change of direction Anticipation Decision-making Space Possession Evaluate Improve

Knowledge	Skills
- How coordination helps improve accuracy and control when sending and receiving. - Why body position, timing and awareness are important when receiving a ball. - How different types of passes can be used for different situations. - How agility helps players react quickly and move effectively to chase or intercept a ball. - Why anticipation and decision-making are important when responding to a moving ball. - How changing speed and direction can improve success when chasing and controlling a ball. - How teamwork and communication contribute to effective performance. - How to evaluate and improve their own skills.	- Send and receive a variety of balls with increasing accuracy and control. - Adjust the force and direction of passes depending on the situation. - Move quickly and efficiently to chase, intercept or collect a ball. - React to changing situations and make effective decisions. - Maintain control while moving at speed. - Apply sending, receiving and agility skills in competitive games. - Evaluate and refine their own performance.

Learning Objectives

1. Developing Sending and Receiving Skills Children develop passing and receiving techniques using different types of balls and distances. They focus on body position, timing, communication and controlling the ball successfully.	2. Improving Coordination and Technique Pupils practise sending and receiving under increasing pressure. They explore adjusting force, direction and speed to improve accuracy and maintain possession.	3. Introduction to Ball Chasing Children develop agility by reacting quickly to moving balls. They practise changing direction, accelerating, stopping safely and using anticipation to reach the ball effectively.	4. Combining Passing and Ball Chasing Pupils combine sending, receiving and chasing skills through partner and team challenges. They focus on moving into space, reacting to opponents and making quick decisions.	5. Applying Skills in Games Children apply coordination and agility skills in small-sided games. They focus on maintaining possession, creating space, intercepting passes and responding quickly to changing situations.	6. Review and Assessment Pupils complete skill challenges and game scenarios to demonstrate progress in sending, receiving and ball chasing. They evaluate their performance, identify strengths and set targets for future improvement.
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Learning Objectives/End Points

By the end of the unit, pupils will:

- Demonstrate accurate and controlled sending and receiving skills.
- Show agility when chasing, changing direction and responding to movement.
- Maintain control of their body and equipment during dynamic activities.
- Select appropriate techniques for different passing and receiving situations.
- Anticipate movement and make effective decisions during games.
- Understand how speed, space and positioning affect performance.
- Communicate effectively with teammates.
- Work cooperatively during paired and team activities.
- Encourage and support others during challenges.
- Show resilience when practising challenging skills.
- Demonstrate confidence when applying skills in games.
- Reflect on performance and identify areas for improvement.
- Understand how coordination, agility and reaction skills support physical performance.
- Recognise the importance of warm-ups and safe movement when performing high-speed activities.

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
- Sports rehabilitation assistant
- 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.