



PE Curriculum Overview





PE at Bridge Junior School

PE helps children move with confidence, enjoy being active and understand how physical activity supports a healthy life. Two lessons each week combine purposeful movement learning with experience of a broad range of sports.

Move with confidence

Children develop agility, balance and coordination, then learn to run, jump, throw, catch, travel and link movements with increasing control and fluency.

Experience many sports

Kathryn Ward, our sports coach, teaches a varied programme of games, athletics, gymnastics and specialist activities so children can apply skills in meaningful contexts.

Grow as a whole child

Teacher-led Real PE develops personal, social, cognitive, creative, physical, health and fitness skills, helping children persevere, cooperate, make decisions and improve.

By the end of Year 6, children understand how to participate safely and successfully, value active lifestyles and are ready to continue PE and sport at secondary school.



What we want our children to know...

Movement foundations

Children revisit and strengthen:

- agility, balance and coordination
- running, jumping, throwing and catching
- control, accuracy and fluency
- linking actions and sequences
- safe use of space and equipment
- warm-up, fitness and recovery
- personal best and improvement

Sports and healthy living

Children learn the rules, techniques and simple tactics needed for a broad range of sports. They understand how exercise affects the body, why safety matters and how regular activity supports health.

Whole-child development

Children learn to practise independently, cooperate and lead, respond creatively, make decisions, evaluate performance, accept feedback and persevere when activity becomes challenging.



How we teach PE at Bridge...

Children have two PE sessions each week. One is teacher-led through Real PE; the other is led by Kathryn Ward, our sports coach, and focuses on applying skills through sport.





How we know that our children are doing well...

They move well

Children show improving agility, balance, coordination, control and fluency. They link movements and use skills safely in different activities.

They apply skills

Children transfer movement into sports and games, understand rules and begin to choose useful techniques and tactics.

They work with others

Children cooperate, communicate, take turns, support teammates and show respect, resilience and good sportsmanship.

They improve

Children compare performance, respond to feedback, practise purposefully and explain how they can improve or prepare safely.

What teachers check

Teachers and the sports coach use observation, questioning, pupil voice, demonstrations, game play and ongoing assessment to check movement, knowledge, participation and confidence.

What success looks like

Children enjoy taking part, move confidently, understand how to be active and healthy, work well with others and leave ready to continue PE and sport at Key Stage 3.



PE Curriculum at Bridge...

TERM PLAN

What are we teaching at Bridge?						
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 3	Gymnastics - Apparatus	Fundamentals	Ball Skills	Tag Rugby	Athletics	Rounders
	Real PE – Unit 1 Personal skills	Real PE – Unit 2 Social	Real PE – Unit 3 Cognitive	Real PE – Unit 4 Creative	Real PE – Unit 5 Physical	Dance
Year 4	Gymnastics – Floor and Apparatus	OAA	Football	Dodgeball	Athletics	Tennis
	Real PE – Unit 1 Personal	Real PE – Unit 2 Social	Real PE – Unit 3 Cognitive	Real PE – Unit 4 Creative	Real PE – Unit 6 Health and Fitness	Dance
	Swimming (12 weeks each class)	Swimming	Swimming	Swimming	Swimming	Swimming
Year 5	Sports Hall Athletics	Football	Netball	Cricket	Hockey	Tennis
	Real PE – Unit 1 Personal	Real PE – Unit 2 Social	Real PE – Unit 3 Cognitive	Real PE – Unit 4 Creative	Real PE – Unit 5 Physical	Dance
Year 6	Sports Hall Athletics	Tag Rugby	Basketball	Fencing	Athletics	Cricket
	Real PE – Unit 1 Personal	Real PE – Unit 2 Social	Real PE – Unit 3 Cognitive	Real PE – Unit 5 Physical	Real PE – Unit 6 Health and Fitness	Dance
Clubs	Y3/4 multi-sports– KW	Skippping Henry – Y3	Y5/6 gymnastics – KW	Skippping Henry – Y4	Y4 athletics – KW	Skippping Henry – Y5
	Y5 Multi-sports - KW	Y4/5 dodgeball -KW	Y3/4 badminton – KW	Y3 dodgeball - KW	Y5/6 athletics – KW	KS2 Dance - coach
	Y6 Boys and Girls football - coach	SEND club – KW Y6 Boys and Girls football coaching - coach	Dance club - AT	Y5/6 fencing - KW		Y5/6 badminton – KW

How the two lessons work together

Real PE secures transferable movement and whole-child skills. Miss Ward's coaching gives children regular opportunities to apply them through a broad and increasingly demanding range of sports. Swimming, clubs and competition extend the taught curriculum.



OVERVIEW

What children learn about in each year group...

Year 3

Sports coaching

Gymnastics and apparatus · Fundamentals · Ball Skills · Tag Rugby · Athletics · Rounders

Real PE

Personal, social, cognitive, creative and applying-physical learning, followed by Dance.

What develops

Children strengthen balance, agility and coordination, gain control of equipment and begin to use simple rules and tactics in games.

Wider experience

Children encounter archery and can take part in clubs, festivals and age-appropriate competition.

Year 4

Sports coaching

Gymnastics · Outdoor Adventurous Activities · Football · Dodgeball · Athletics · Tennis

Real PE

Personal, social, cognitive, creative and health-and-fitness learning, followed by Dance.

What develops

Children perform with greater control, link actions, solve challenges with others and apply skills more consistently in games.

Swimming

Every class receives a 12-week swimming programme, including effective strokes and essential water-safety learning.



What children learn about in each year group...

Year 5

Sports coaching

Sports Hall Athletics · Football · Netball · Cricket · Hockey · Tennis

Real PE

Personal, social, cognitive, creative and applying-physical learning, followed by Dance.

What develops

Children refine technique, sustain performance and use space, rules and tactics to make better decisions in competitive situations.

Growing independence

Children evaluate their own and others' performance, respond to feedback and take greater responsibility within teams.

Year 6

Sports coaching

Sports Hall Athletics · Tag Rugby · Basketball · Fencing · Athletics · Cricket

Real PE

Personal, social, cognitive, applying-physical and health-and-fitness learning, followed by Dance.

What develops

Children combine skills fluently, transfer learning between activities and select techniques and tactics with growing precision.

Ready for Key Stage 3

Children lead and support others, prepare safely for activity, understand fitness and approach competition with confidence and respect.



AL LINKS

The wider PE offer at Bridge...

PE extends beyond two weekly lessons. Inclusive clubs, specialist experiences and competition help children find activities they enjoy and build habits for an active life.

1

Swimming and water safety

Year 4 children receive a 12-week programme to build confidence, use effective strokes and learn safe self-rescue.

2

Clubs for different interests

Free clubs widen participation through activities such as multi-sports, football, dodgeball, badminton, gymnastics, athletics and dance.

3

Competition for all

Children take part in personal and team competition within school and through the local School Sport and Physical Activity Network.

4

Specialist experiences

Archery in Year 3, fencing in Year 6 and external coaches introduce children to activities they may not otherwise experience.

5

Inclusive participation

Activities and opportunities are adapted so pupils can participate, develop from their starting point and represent the school.

6

Leadership

Children learn to organise, guide and encourage others, accept decisions, compete fairly and represent Bridge with respect.



Vocabulary for new to English learners...

These high-utility words help pupils understand instructions, join in safely, describe movement and communicate with others during PE.

ACTION WORDS

run	kick
walk	strike
jump	balance
land	turn
throw	stop
catch	

MOVEMENT WORDS

fast	sideways
slow	still
high	control
low	sequence
forward	repeat
backward	

SPACE AND BODY

space	head
body	shape
arm	level
leg	direction
hand	distance
foot	

EQUIPMENT

ball	bench
cone	net
bat	goal
racket	bib
hoop	whistle
mat	

GAME WORDS

team	defend
partner	pass
turn	target
rule	practice
score	safe
attack	

SPEAKING STEMS

My turn.
Your turn.
Pass to me.
I am ready.
I can improve by...



Movement and sport progression...

Stage	Development focus	Movement and sport	Learning behaviours
Year 3	Fundamental movement	Develop balance, agility and coordination; run, jump, throw, catch and travel with control	Follow instructions, practise safely and keep trying
	Ball skills and simple games	Send, receive, strike and control equipment; use space and simple attacking or defending ideas	Take turns, encourage others and describe success
Year 4	Control and sequences	Repeat longer movement sequences with clearer shapes, balance and changes of speed or direction	Challenge self and explain a next step
	Apply skills in games	Use techniques more consistently in football, dodgeball, tennis and athletics	Cooperate, solve problems and respond to feedback
	Swimming and OAA	Develop effective strokes, safe self-rescue, navigation, teamwork and outdoor problem-solving	Manage risk, communicate and persevere
Year 5	Technique and consistency	Refine sport-specific skills and sustain controlled performance in increasingly demanding situations	Practise purposefully and evaluate performance
	Tactics and decisions	Use space, rules, patterns of play and attacking or defending principles to make useful choices	Give and receive helpful feedback
	Performance and teamwork	Link skills fluently in games, athletics and dance; adapt to different roles	Organise roles and support a group
Year 6	Fluency and transfer	Combine skills accurately and transfer agility, balance and coordination across sports	Set targets and respond positively to challenge
	Leadership and competition	Select tactics, lead warm-ups or activities and perform effectively in competitive situations	Motivate others, compete fairly and show respect
	Ready for Key Stage 3	Explain fitness, prepare safely and choose ways to maintain an active lifestyle	Take responsibility and learn independently



How Real PE develops the whole child...

Real PE area	Focus	Lower Key Stage 2	Upper Key Stage 2
Personal and Social	Take responsibility	Stay on task, keep trying and begin to recognise strengths and next steps	Set appropriate targets, persevere through challenge and take ownership of improvement
	Work with others	Take turns, listen, encourage and cooperate within a pair or small group	Organise roles, guide others and give or receive sensitive feedback
Applying Physical	Control movement	Perform and repeat movements with control, balance and clear body shapes	Perform a broad range of skills consistently and effectively
	Link and combine	Link actions with changes of level, direction and speed	Combine skills fluently and accurately in sport-specific contexts
	Transfer skills	Apply familiar movement skills in games, athletics, gymnastics and dance	Transfer learning confidently into challenging or competitive situations
Cognitive and Creative	Recognise and respond	Follow rules, order actions and explain what is working well	Read developing situations and make effective decisions
	Adapt and create	Explore ideas, compare movement and create simple sequences or rules	Adapt tactics or movement and use creativity to solve problems or engage others
	Evaluate	Describe strengths and identify a manageable improvement	Analyse performance and use criteria and feedback to refine it
Health and Fitness	Understand exercise	Explain why activity, warm-up and cool-down matter and describe body changes	Explain fitness components and how different activity supports health
	Prepare safely	Use equipment appropriately, move safely and recognise simple risks	Select suitable preparation and identify hazards when planning activity
	Active for life	Recognise activities that make the body work and support wellbeing	Plan and monitor activity and make informed choices for an active lifestyle



THE LINKS

PE beyond school...

Be active together

Walk, cycle, dance, visit a park or play an active game together. Regular, enjoyable movement matters more than expensive equipment.

Practise a small skill

Try throwing and catching, balancing, skipping, dribbling or aiming at a safe target. Short, repeated practice helps control and confidence grow.

Find an activity to enjoy

Explore free or low-cost local opportunities such as parks, swimming, community clubs and holiday activities. Let children try different things.

Watch and talk

When watching sport or dance, notice movement, teamwork, rules and tactics. Talk about respect, effort, improvement and how participants respond to setbacks.

Build confidence

Praise effort, practice and courage. Help children compare with their own previous performance, not only with others, and make activity feel safe and enjoyable.

Useful questions

What felt easier today? What did you improve? How did you help someone? What could you practise next? Which activities make you feel good?