

## PE Curriculum Long Term Plan (2 Year Cycle)

### **Believe: -**

Brigstock school is a place where children's belief in themselves, God and others enables them to grow and flourish. As God believe in us, so we believe in ourselves. Children and adults in our school adopt a belief in themselves that we all matter and we are all loved.

We know that our community is unique and offers us the opportunity to feel supported and safe.

### **Grow: -**

All children at Brigstock will have the opportunity to grow into whoever they want to be. They are given the tools to become and believe they can follow the aspirational path of their own choice.

We work together as a school community to build strong foundations to enable success and growth for all. Children are provided with many opportunities for extra curricular growth and aspirational experiences to gain a better understanding of the wider world.

### **Flourish: -**

As a school, we support children in continuing to believe in and challenge themselves in order for them to flourish in all they do, from the moment they join.

When children leave at the end of Year 6, we believe that all of our children are ready for their next steps. They are aware of their strengths and are equipped with the tools that they need to live life in all its fullness.

As a school, we support children in continuing to believe and challenge themselves in order for them to flourish in all they do. At Brigstock, our vision underpins everything that takes place in school and is followed children and adults in all they do. It is always at the forefront of our learning and drives our thinking and curriculum forward.

*"Jesus came to give us life, life in all its fullness"*

*John 10:10*

| 2026/2027 <span>Edit</span> |                             |                      |                             |                     |                       |                     |
|-----------------------------|-----------------------------|----------------------|-----------------------------|---------------------|-----------------------|---------------------|
|                             | TERM 1                      |                      | TERM 2                      |                     | TERM 3                |                     |
| Reception                   | Introduction to PE : Unit 1 | Ball Skills : Unit 1 | Dance : Unit 1              | Gymnastics : Unit 1 | Fundamentals : Unit 1 | Gymnastics : Unit 1 |
| Year 1                      | Fundamentals                | Dance                | Ball Skills                 | Team Building       | Net and Wall Games    | Athletics           |
| Year 2                      | Fitness                     | Gymnastics           | Striking and Fielding Games | Target Games        | Dance                 | Athletics           |
| Year 3                      | Handball                    | Swimming             | Gymnastics                  | Dance               | Tennis                | Hockey              |
|                             | Fundamentals Y3/4           | Netball              | Ball Skills Y3/4            | Fitness             |                       | Athletics           |
| Year 4                      | Fundamentals Y3/4           | Swimming             | Dance                       | Basketball          | Fitness               | Athletics           |
|                             | Rugby                       | Ball Skills Y3/4     | Football                    | Gymnastics          |                       | Rounders            |
| Year 5                      | Hockey                      | Fitness              | Gymnastics                  | Football            | Badminton Y5/6        | Tennis              |
|                             | Swimming                    | Volleyball Y5/6      | Basketball                  | Handball            |                       | Athletics           |
| Year 6                      | Swimming                    | Fitness              | Volleyball Y5/6             | Gymnastics          | Badminton Y5/6        | Athletics           |
|                             | Rugby                       | Netball              | Dance                       | Football            |                       | Rounders            |

NB: Year 1/2 will follow the Year 1 programme in cycle A and the year 2 programme in cycle B.

Year 3/4 will follow the Year 3 programme in cycle A and the year 2 programme in cycle B.

Year 5/6 will follow the Year 5 programme in cycle A and the year 2 programme in cycle B.