Physical Activity Long Term Plan

Subject Intent:

At Brookvale Academy, the intent of the Physical Activity curriculum is to provide all pupils with opportunities to develop the knowledge, skills and confidence needed to lead healthy, active lifestyles. Through a broad range of sports, fitness activities and outdoor experiences, pupils develop physical competence, resilience and teamwork while embedding our core values of **confidence, creativity, curiosity, challenge and character**.

The curriculum offers a wide variety of activities designed to engage pupils, regardless of their starting point or previous experience. Pupils develop fundamental movement skills, coordination, balance, strength and fitness while learning the importance of physical activity for both physical health and emotional wellbeing. They are encouraged to challenge themselves, set personal goals and reflect on their progress, building confidence and resilience through success and perseverance.

We work closely with external providers to enrich the curriculum and broaden pupils' experiences. Opportunities such as freestyle gymnastics, rafting, archery and other specialist activities enable pupils to experience new challenges, discover personal strengths and develop a positive attitude towards participation in physical activity.

Alongside developing practical skills, pupils learn the importance of leadership, communication, cooperation and good sportsmanship. They are given opportunities to work independently and as part of a team, organise activities, take responsibility and support others. Competitive and non-competitive experiences allow pupils to achieve success while developing respect, self-discipline and determination.

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Pathway ONE

Priorities: Increased attendance, develop positive relationships, Develop simple learning behaviours

Our intent is to provide a supportive and motivating physical activity curriculum that encourages pupils to attend regularly and take part in PE with increasing confidence. Through simple, structured activities, pupils begin to build positive relationships with peers and staff, learning to follow instructions, cooperate and manage equipment safely. The focus is on developing readiness to learn, responding positively to encouragement and recognising the value of participation and effort. Pupils are supported to try new skills in a safe environment, gradually improving their engagement, listening skills and confidence in taking part in physical activity.

Pathway TWO

Priorities: Increased attendance, improved engagement and participation in lessons, develop wider relationships, progress in literacy/numeracy

Our intent is to provide a motivating and structured physical activity curriculum that supports pupils to improve their attendance and participate more consistently in PE lessons. Through a range of sports and practical activities, pupils develop increased effort, engagement and confidence while building wider positive relationships through teamwork, communication and shared success. Sessions encourage pupils to reflect on their performance using simple PE vocabulary and contribute to group discussions. Pupils are supported to develop resilience, try new tasks and respond positively to physical challenges, strengthening their readiness to learn and engage across the curriculum.

Pathway THREE

Priorities: consistently high attendance, consistently positive engagement and participation in lessons, appropriate positive social interactions, Academic progress.

Our intent is to deliver a high-quality and challenging physical activity curriculum that supports pupils in maintaining consistent attendance and participating in PE lessons with enthusiasm and focus. Pupils are encouraged to demonstrate sustained effort across all practical and theoretical aspects of the subject, showing strong teamwork, leadership and sportsmanship as they support peers in lessons and extracurricular activities. Learning is designed to deepen pupils' understanding of tactics, rules and techniques so they can apply them confidently to improve performance. Pupils reflect thoughtfully on their progress using subject-specific vocabulary and show commitment to personal improvement. They act as positive role models, demonstrating maturity, respect and responsibility in all areas of Physical Activity

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Autumn		Spring		Summer	
Football	**Fitness Circuits**	**Basketball/Handball**	**Rugby/Tag Rugby**	**Rounders/Cricket**	**Athletics**
1. Pupils will be able to control a ball with different parts of their body to keep possession. 2. Pupils will be able to pass a ball accurately to a teammate using different techniques. 3. Pupils will be able to dribble a ball while moving, changing direction, and keeping control. 4. Pupils will be able to shoot a ball towards a target with power and accuracy. 5. Pupils will be able to tackle or challenge an	1. Pupils will be able to identify and explain the components of fitness and how they relate to different sports. 2. Pupils will be able to take part in a variety of fitness activities and describe how they affect their body. 3. Pupils will be able to create and follow a personal fitness plan to improve their health and performance. 4. Pupils will be able to measure and track their	1. Pupils will be able to perform basic basketball skills such as dribbling, passing, and shooting with control and accuracy. 2. Pupils will be able to use space effectively to support their team in attack and defence. 3. Pupils will be able to apply simple strategies and tactics during small-sided games. 4. Pupils will be able to work effectively as part of a team,	1. Pupils will be able to demonstrate basic rugby skills such as passing, catching, and tackling safely and accurately. 2. Pupils will be able to support the ball carrier and create space during attacking play. 3. Pupils will be able to use defensive strategies such as forming a defensive line and making effective tackles. 4. Pupils will be able to follow the rules of the game	1. Pupils will be able to strike a ball with control and accuracy using the correct technique for rounders or cricket. 2. Pupils will be able to bowl or throw accurately to limit the batter's scoring opportunities. 3. Pupils will be able to field the ball effectively by stopping, catching, and	1. Pupils will be able to perform running, jumping, and throwing events with correct technique and improving consistency. 2. Pupils will be able to measure and record their performance accurately in different athletic events. 3. Pupils will be able to set personal goals and work to improve their performance over time. 4. Pupils will be able to explain

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opponent fairly to win the ball. AQA | Unit Award Scheme | Football Skills Unit 1 AQA | Unit Award Scheme | Basic Football Skills	fitness levels using appropriate methods, such as fitness tests. 5. Pupils will be able to reflect on their fitness progress and suggest ways to stay active and healthy outside of school. AQA | Unit Award Scheme | Exercising In A Gym Unit 2 Fitness Workout AQA | Unit Award Scheme | Parkour Freerunning Unit 1	showing communication, cooperation, and respect. 5. Pupils will be able to evaluate their own and others' performance and suggest ways to improve. AQA | Unit Award Scheme | Basic Handball Skills AQA | Unit Award Scheme | An Introduction To Handball	and show respect for teammates, opponents, and officials. 5. Pupils will be able to reflect on their performance and identify areas to improve their rugby skills and game understanding. AQA | Unit Award Scheme | Introduction To Rugby AQA | Unit Award Scheme | An Introduction To Touch Or Tag Rugby	returning it quickly. 4. Pupils will be able to make tactical decisions such as when to run, where to hit the ball, or how to position themselves in the field. 5. Pupils will be able to work as part of a team, showing communication, encouragement, and understanding of roles. AQA | Unit Award Scheme | Introduction To Rounders AQA | Unit Award Scheme | Introduction To Cricket	how different techniques and training methods can improve athletic performance. 5. Pupils will be able to demonstrate resilience, focus, and good sportsmanship during practice and competition. AQA | Unit Award Scheme | Athletics AQA | Unit Award Scheme | Athletics

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Core Key Stage End points

1. Pupils will be able to perform a range of fundamental skills, such as passing, dribbling, striking, running, jumping, and throwing, with increasing control, accuracy, and confidence across different sports.
2. Pupils will be able to apply simple strategies and tactics in games, using space, teamwork, and decision-making to contribute effectively in attack and defence.
3. Pupils will be able to demonstrate positive behaviours such as communication, cooperation, respect, and fair play when working with teammates and opponents.
4. Pupils will be able to assess and improve their own performance by setting goals, reflecting on progress, and identifying areas for development in both fitness and skill-based activities.
5. Pupils will be able to understand and apply knowledge of fitness, technique, and safe practice, using correct methods, following rules, and recognising how exercise affects the body.