



## Bradford Bulls Foundation Primary PE Curriculum 2020/21

This document sets out the Bradford Bulls Foundation's:

- PE delivery programme for the standard KS1 and KS2 academic year
- Inter-school competitions
- Community links programme using our current and connections with Community Rugby League Clubs and other organisations

All the sessions:

- are delivered by qualified coaches who have advanced DBS checks, safeguarding training and first aid training
- are detailed into the specific needs of each class
- allow for flexible planning and can be adapted where required – e.g. we realise the need to fit swimming lessons in
- will be summarised with an evaluation of the lesson

### Autumn Term 1 - Football

Linking into the start of the football season we will be delivering **football** sessions with an emphasis on passing and receiving, running and developing ABCs (Agility, Balance and Co-ordination).

All our sessions will be delivered with a pupil first approach and will be designed to encourage personal development, teamwork and risk taking (pushing themselves).

The sessions will be fully inclusive, regardless of ability, and open to all to engage and take part.

Towards the end of the term we will host football festivals at local community clubs to engage the pupils in after-school activities and onto playing regularly outside of school.

### Autumn Term 2 – Creative Dance

Term 2 will have a **creative dance** theme, potentially linking into any Christmas productions the school may be preparing for.

The sessions will be delivered with production themes in mind. As an example, a rainforest themed programme would look like this:



- Week 1 – water – fluid movements with a high focus on creativity and balance
- Week 2 – animals – focus on co-ordination of body parts, running and jumping
- Week 3 – trees – focus on balance, teamwork
- Week 4 – weather and outside influences – focus on agility and basic movements
- Week 5 – all above – focus on developing simple movement patterns
- Weeks 6-8 would revisit any areas of movement that need improvement

Delivery would be very flexible to allow for the busy periods in the run-up to Christmas.

We would then invite dance groups, including our very own cheerleaders, The Bullettes, into school to perform alongside your students and offer an exit-route into after school activities.

All schools would also be invited to our Christmas Carol concert to perform at Odsal Stadium.

### **Spring Term 1 – Tag Rugby League**

**Tag Rugby League, a non-contact version of the sport,** will link in well with the start of the junior Rugby League season and Rugby League festivals at community clubs.

A typical programme would be:

- Week 1 – an introductory week focusing on hand eye co-ordination
- Week 2 – teamwork; passing and moving with the ball
- Week 3 – focus on communication through a series of games
- Week 4 – evasion, through a range of team games
- Week 5 – gain a general understanding of Tag Rugby League rules through small-sided games
- Weeks 6 & 7 - playing Tag Rugby League

We would host inter-school festivals at community clubs and at Odsal Stadium and invite community clubs to attend and help with running the day, again providing connections for after-school participation.

### **Spring Term 2 – Non-Sport**

**Non-sport** activities, focusing on outdoor activities such as orienteering through a range of hunts and local school walks and a survival course to include building shelters, cooking etc.

These outdoor activities would focus on teamwork, communication and participation in individual and team activities.

All equipment would be provided at no extra cost.



### **Summer Term 1 - Multi-Sports**

In term 4 we would use ball and racket sports to develop sending and receiving skills, hand eye co-ordination, teamwork, agility and balance.

We'd also introduce pupils to new up-and-coming sports, such as extreme frisbee, to broaden their knowledge and opportunities for participation:

- Week 1 – Tennis
- Week 2 – Baseball
- Week 3 – Badminton
- Week 4 – Rounders
- Week 5 – Extreme Frisbee
- Week 6 – Free week to choose different sports – any of the above

We would invite various sporting clubs in to offer an exit route into the community game.

We would also host festivals alongside other schools for pupils to experience the competitive side of these games.

### **Summer term 2 - Athletics**

In term 6 we would deliver Athletics in the form of Track and field events; these would be individual based and team-based events and would link in well with school sports days:

- Week 1 – Shot put and javelin - focusing on power, co-ordination and competition
- Week 2 – Discus and javelin - focusing on hand eye and hand foot co-ordination
- Week 3 – Long jump and triple jump – with a focus on balance, co-ordination, agility and speed
- Week 4 – Sprint and distance running – focus would be on resilience, agility, speed and endurance
- Week 5 - Discus and hammer throw – focus on hand eye co-ordination and power
- Weeks 6-8 – Mini Olympics