



PE



at Ashlands Primary School



INTENT

Our school believes that the delivery of high-quality physical education, experienced in a safe and supportive environment, is a unique and vital contributor to both a pupil's physical development and mental well-being. We aim to inspire pupils to develop an enjoyment and appreciation of the benefits of a healthy lifestyle, as well as supporting the children in their development of both individual and team building skills, so that they can develop a lifelong enjoyment of exercise and an understanding of its positive benefits.

IMPLEMENTATION

Our PE Curriculum is designed to be relevant and purposeful in providing a wide range of opportunities for every child in school, through which they can make progress in their skills, knowledge and understanding in games, gymnastics, dance, athletics, and outdoor education. Students are also encouraged to take on different roles and enjoy physical activity as performers, spectators, and referees. Our curriculum is delivered by highly qualified sports coaches and class teachers, who have regular training opportunities in order to build their own confidence in delivering high quality PE lessons.

Sport is not only taught during curriculum time but at lunchtime and as an after-school activity, with a range of clubs on offer to the children throughout the academic year. We celebrate competitive sport, with children in KS2 taking part in Ilkley Grammar School Primary Schools League where they train and compete in a variety of sports. Many children participate in the Wharfedale Schools Cross Country League where we have had considerable success and are host to one of the yearly events. Children are also encouraged to participate in non-competitive sports such as dance and gymnastics, and Year 5 complete Bike Ability in the Summer Term, with Years 3 & 4 taking part in weekly swimming lessons.

IMPACT

At Ashlands Primary School, we have developed a curriculum bespoke to the school which is progressive across the year groups, building on the skills and knowledge of the children year on year to ensure they leave our school with a diverse range of skills, knowledge and understanding of a range of sports. Along with an understanding of the positive benefits of physical activity and its impact on confidence, self-esteem, behaviour, and attitudes to learning.





PE Subject Overview

Our school believes that the delivery of high-quality physical education, experienced in a safe and supportive environment, is a unique and vital contributor to both a pupil's physical development and mental well-being. We aim to inspire pupils to develop an enjoyment and appreciation of the benefits of a healthy lifestyle, as well as supporting the children in their development of both individual and team building skills, so that they can develop a lifelong enjoyment of exercise and an understanding of its positive benefits.

Physical development is one of the three prime areas in the Early Years Development Framework. Skills are taught and developed through child-led learning and continuous provision available all day, every day.

Nursery	<p>Through continuous provision and structured activities, children will continue to develop their movement skills in order to become more confident, competent, creative and adaptive movers. They will learn to negotiate space and obstacles safely, with a consideration for themselves and others, demonstrate strength, balance and coordination when playing and will be encouraged to move energetically in different ways including running, jumping and dancing.</p> <p>I can climb apparatus safely using alternate feet I can balance on one leg in a static pose I can use equipment safely I can move in a variety of ways including hopping and skipping I understand the vocabulary of movement I can keep myself and others safe when moving around a space I can remember a short movement sequence or pattern</p>
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Reception	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	<p>Body Management</p> <p>Children will explore and develop their balance, flexibility and body management.</p> <p>Children will gain confidence in gross motor skills; able to stretch, reach and extend in a variety of ways.</p> <p>Children will be able to control their body and perform movements on command.</p>	<p>Dance</p> <p>Children will recognise actions can be performed to music; beat patterns and at different speeds.</p> <p>Children will perform a variety of dance actions both similar and contrasting.</p> <p>Children will copy, repeat and perform simple movement patterns.</p>	<p>Gymnastics</p> <p>Children will develop confidence in basic movements.</p> <p>Children will jump, slide, roll and move over and under apparatus.</p> <p>Children will develop coordination and gross motor skills.</p>	<p>Manipulation and Coordination</p> <p>Children will send and receive a variety of objects using different body parts.</p> <p>Children will work with others to control objects in a space.</p> <p>Children will coordinate body parts in different activities.</p>	<p>Cooperate and Solve Problems</p> <p>Children will organise and match items, images, colour and symbols.</p> <p>Children will work with a partner to listen, share ideas and question.</p> <p>Children will begin to work together and as part of a team.</p>	<p>Speed Agility Travel</p> <p>Children will change direction at speed through both choice and instructions.</p> <p>Children will perform actions demonstrating changes in speed.</p> <p>Children will follow instructions: Stop, start, pause, prepare etc ...</p>

<p>Year 1</p>	<p><u>Teacher Led P.E. Gymnastics</u></p> <p>Children will use and link simple gymnastics actions and shapes.</p> <p>Children will apply basic strength to gymnastic actions.</p> <p>Children will begin to carry apparatus safely.</p> <p><u>Teacher Led PE: Attack/Defend/Shoot</u></p> <p>Children will practise basic movements, including running, jumping etc,</p> <p>Children will begin to engage in competitive activities.</p> <p>Children will experience opportunities to improve fundamental movement skills.</p>	<p><u>Teacher Led PE: Hit/Catch/Run (Unit 1)</u></p> <p>Children will be able to hit objects with their hand or a bat.</p> <p>Children will learn to track and retrieve a rolling ball.</p> <p>Children will be able to throw and catch a variety of balls and objects.</p>	<p><u>PPA PE: Hit/Catch/Run (Unit 2)</u></p> <p>Children will continue to develop sending and receiving skills.</p> <p>Children will begin to learn about the roles of batter /fielder.</p> <p>Children will begin to consider simple tactics.</p> <p><u>PPA PE: Send/Return (Unit 1)</u></p> <p>Children will be able to send an object with increased confidence.</p> <p>Children will move towards a moving ball to return it.</p> <p>Children will increase their confidence in both sending and returning a variety of balls.</p>	<p><u>Teacher Led P.E.: Dance</u></p> <p>Children will respond to a range of stimuli.</p> <p>Children will explore space, direction, levels and speeds.</p> <p>Children will include different body parts within performances.</p>	<p><u>Teacher Led PE: Run/Jump/Throw (Unit 1)</u></p> <p>Children will begin to link running and jumping movements.</p> <p>Children will learn and refine a range of running styles.</p> <p>Children will develop throwing techniques to throw over longer distances.</p>	<p><u>Teacher Led P.E. O.A.A. (Unit 1)</u></p> <p>Children will follow simple instructions and trails.</p> <p>Children will begin to identify and match simple symbols.</p> <p>Children will work collaboratively.</p> <p><u>PPA P.E. Dodgeball/Athletics</u></p> <p>Children will apply their fundamental movement skills in game play.</p> <p>Children will participate in simple, fun competitions.</p> <p>Children will learn the basic rules of games.</p>

<p>Year 2</p>	<p>CHERRY 1 PPA PE: <u>Attack/Defend/Shoot</u></p> <p>Children will send and receive a ball using their feet.</p> <p>Children will refine ways to control their body and a range of equipment.</p> <p>Children will recall and being to link a combination of skills e.g. dribbling and passing.</p> <p>CHERRY 1 PPA PE: <u>Gymnastics</u></p> <p>Children will describe and explain how performers can transition and link elements.</p> <p>Children will perform basic actions with control at different speeds and levels.</p> <p>Children will develop flexibility in a range of shapes and balances.</p> <p>CHERRY 2 Teacher Led (Fri pm) either of the 2 above units</p>	<p>CHERRY 2 PPA PE: <u>Hit/Catch/Run (Unit 1)</u></p> <p>Children will develop hitting skills with a variety of bats.</p> <p>Children will practice feeding/bowling skills.</p> <p>Children will hit and run to score points in games; beginning to work collaboratively.</p> <p>CHERRY 2 PPA PE either GYM or A/D/S</p> <p>CHERRY 1 Teacher Led PE <u>Hit/Catch/Run (Unit 1)</u></p> <p>Children will develop hitting skills with a variety of bats.</p> <p>Children will practice feeding/bowling skills.</p> <p>Children will hit and run to score points in games; beginning to work collaboratively</p>	<p>Teacher Led PE: <u>Hit/Catch/Run (Unit 2)</u></p> <p>Children will continue to work on developing ways to score in different game play.</p>	<p>CHERRY 1 PPA PE: <u>Dance</u></p> <p>Children will describe and explain how performers can transition from shapes and balances.</p> <p>Children will challenge themselves to move imaginatively in response to music.</p> <p>Children will work as part of a group to create and perform collaboratively.</p> <p>CHERRY 1 PPA PE: <u>Send/Return (Unit 1)</u></p> <p>Children will be able to track the path of a ball over a net.</p> <p>Children will begin to hit and return a ball with some consistency.</p> <p>Children will play modified net/wall games including throwing, catching and sending over a net.</p> <p>CHERRY 2 Teacher Led (Fri pm) either of the 2 above units</p>	<p>CHERRY 2 PPA PE: <u>Run/Jump/Throw</u></p> <p>Children will throw and handle a variety of objects.</p> <p>Children will develop power, agility, coordination, balance.</p> <p>Children will negotiate obstacles showing increased control.</p> <p>CHERRY 2 PPA PE either DANCE or S/R (Unit 1)</p>	<p>Teacher Led P.E. <u>O.A.A</u></p> <p>Children will work as a team to give/ follow instructions.</p> <p>Children will solve problems collaboratively.</p> <p>Children will use a key to identify objects/symbols.</p> <p>Teacher Led P.E. <u>Dodgeball/Athletics</u></p> <p>Children will continue to build on their learnt skills in game play.</p> <p>Children will use a ball with accuracy and be involved in tactical play.</p> <p>Children will develop their collaborative and team playing skills.</p>
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<p>Year 3 3 APPLE</p>	<p><u>Teacher Led PE:</u> <u>Tag Rugby (4 weeks)</u></p> <p>Children will handle a rugby ball with confidence.</p> <p>Children will evade attackers using footwork and body control.</p> <p>Children will link skills to perform as a team within the basic game principles.</p> <p><u>Teacher Led PE:</u> <u>Netball (4 weeks)</u></p> <p>Children will perform basic netball skills such as passing and catching using recognised throws.</p> <p>Children will implement the basic rules of netball.</p>	<p><u>PPA PE:</u> <u>Gymnastics</u></p> <p>Children will modify actions using different pathways, directions and shapes.</p> <p>Children will relate strength and flexibility to actions.</p> <p>Children will begin to use basic compositional ideas; reflect and improve.</p> <p><u>PPA PE:</u> <u>Tennis</u></p> <p>Children will identify and describe some rules of tennis.</p> <p>Children will learn forehand hitting, developing accuracy.</p> <p>Children will begin to “rally”, working cooperatively with a partner.</p>	<p><u>Teacher Led PE:</u> <u>OAA (3 weeks)</u></p> <p>Children will work with others to solve problems.</p> <p>Children will use different strategies to solve problems.</p> <p>Children will both lead others and be led.</p> <p>Children will know the difference between competitive and collaborative activities.</p> <p><u>Teacher Led PE:</u> <u>Handball (3 weeks)</u></p> <p>Children will be able to show basic passing and catching skills. Learn basic defensive techniques. Implement the rules of handball.</p>	<p><u>Teacher Led PE:</u> <u>Swimming</u></p> <p>Children will be taught to swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Children will learn to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Children will perform safe self-rescue in different water-based situations.</p>	<p><u>PPA PE: Dance</u></p> <p>Children will practise and put together a performance.</p> <p>Children will include a prop in performance.</p> <p><u>PPA PE:</u> <u>Athletics (3 weeks)</u></p> <p>Children will control movement in response to instructions.</p> <p>Children will demonstrate agility and speed.</p> <p>Children will jump for height and distance.</p> <p>Children will throw with speed and power and apply appropriate force.</p> <p><u>PPA PE:</u> <u>Rounders (3 weeks)</u></p> <p>Children will be able to play simple rounders games.</p> <p>Children will apply some rules to games and develop and use simple rounders skills.</p> <p><u>Teacher Led PE:</u> <u>Swimming</u></p>	<p><u>Teacher Led PE:</u> <u>Swimming</u></p>
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<p>Year 3</p> <p>3 MAPLE</p>	<p><u>Teacher Led PE: Swimming</u></p> <p>Children will be taught to swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Children will learn to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Children will perform safe self-rescue in different water-based situations.</p>	<p><u>Teacher Led PE: Swimming</u></p>	<p><u>Teacher Led PE: Swimming</u></p> <p><u>PPA PE: Gymnastics</u></p> <p>Children will modify actions using different pathways, directions and shapes.</p> <p>Children will relate strength and flexibility to actions.</p> <p>Children will begin to use basic compositional ideas; reflect and improve.</p> <p><u>PPA PE: Tennis</u></p> <p>Children will identify and describe some rules of tennis.</p> <p>Children will learn forehand hitting, developing accuracy.</p> <p>Children will begin to “rally”, working cooperatively with a partner.</p>	<p><u>Teacher Led PE: Tag Rugby (4 weeks)</u></p> <p>Children will handle a rugby ball with confidence.</p> <p>Children will evade attackers using footwork and body control.</p> <p>Children will link skills to perform as a team within the basic game principles.</p> <p><u>Teacher Led PE: Netball (4 weeks)</u></p> <p>Children will perform basic netball skills such as passing and catching using recognised throws.</p> <p>Children will implement the basic rules of netball.</p>	<p><u>Teacher Led PE: OAA (3 weeks)</u></p> <p>Children will work with others to solve problems.</p> <p>Children will use different strategies to solve problems.</p> <p>Children will both lead others and be led.</p> <p>Children will know the difference between competitive and collaborative activities.</p> <p><u>Teacher Led PE: Handball (3 weeks)</u></p> <p>Children will be able to show basic passing and catching skills. Learn basic defensive techniques. Implement the rules of handball.</p>	<p><u>PPA PE: Dance</u></p> <p>Children will practise and put together a performance.</p> <p>Children will include a prop in performance.</p> <p><u>PPA PE: Athletics (3 weeks)</u></p> <p>Children will control movement in response to instructions.</p> <p>Children will demonstrate agility and speed.</p> <p>Children will jump for height and distance.</p> <p>Children will throw with speed and power and apply appropriate force.</p> <p><u>PPA PE: Rounders (3 weeks)</u></p> <p>Children will be able to play simple rounders games.</p> <p>Children will apply some rules to games and develop and use simple rounders skills.</p>

<p>Year 4</p>	<p><u>PPA PE:</u> <u>Gymnastics</u></p> <p>Children will become increasingly competent in performing skills.</p> <p>Children will use compositional ideas and sequences.</p> <p>Children will perform in time with a partner and group.</p> <p><u>PPA PE:</u> <u>Basketball</u></p> <p>Children will demonstrate basic skills such as dribbling, throwing, and shooting with increased confidence.</p> <p>Children will develop a range of ball handling skills.</p> <p>Children will use footwork rules in a game situation and explore basic marking skills.</p>	<p><u>Teacher Led P.E:</u> <u>(outdoors)</u> <u>Hockey</u></p> <p>Children will perform basic hockey skills.</p> <p>Children will increase their speed and endurance in game play.</p> <p>Children will develop tactics and apply them in competitive situations.</p>	<p><u>Teacher Led P.E:</u> <u>Tag Rugby (outdoors)</u></p> <p>Children will perform basic tag rugby skills.</p> <p>Children will increase speed and endurance in game play.</p> <p>Children will implement rules and develop tactics in competitive situations.</p>	<p><u>PPA P.E.:</u> <u>Badminton</u></p> <p>Children use forehand & backhand shots.</p> <p>Children explore and use different badminton skills.</p> <p>Children will practice some trick shots in isolation.</p> <p><u>PPA PE:</u> <u>Dance</u></p> <p>Children will work to include freeze frames in routines.</p> <p>Children will practise and perform a variety of different formations in dance.</p> <p>Children will sequence actions to show “flow”.</p>	<p><u>Teacher Led PE:</u> <u>Athletics (x3)</u></p> <p>Children will investigate different ways of completing running, jumping and throwing activities.</p> <p>Children will measure, time and compare runs, jumps and throws.</p> <p><u>OAA (x3)</u></p> <p>Children will work well in a group with defined and understood roles.</p> <p>Children will plan and refine strategies to solve problems.</p> <p>Children will identify the relevance of and use maps, compass, and symbols.</p> <p>Children will identify what they do well and suggest what they could do to improve.</p>	<p><u>Teacher Led PE:</u> <u>Cricket</u></p> <p>Children will apply a range of cricket skills.</p> <p>Children will choose and use a range of simple tactics.</p> <p>Children will consolidate and apply existing skills with consistency.</p>

<p>Year 5</p>	<p>5 HAWTHORN <u>PPA P.E: Dance</u></p> <p>Children will perform different styles of dance fluently and clearly.</p> <p>Children will refine and improve dances.</p> <p>Children will adapt compositions to include the use of space, rhythm and expression.</p> <p>5 HAWTHORN <u>PPA PE: Hockey</u></p> <p>Children will combine basic hockey skills to apply them in a game.</p> <p>Children will play effectively in different positions.</p> <p>Children will increase strength and power of passes.</p> <p>5 CEDAR <u>Teacher led (outdoors) Hockey</u></p> <p>Children will combine basic hockey skills to apply them in a game.</p> <p>Children will play effectively in different positions.</p>	<p>5 CEDAR <u>PPA PE: Netball</u></p> <p>Children will use all the passes taught tactically in game play.</p> <p>Children will increase speed and agility.</p> <p>Children will make choices about how/where to shoot and pass.</p> <p>5 CEDAR <u>PPA P.E: Dance</u></p> <p>Children will perform different styles of dance fluently and clearly.</p> <p>Children will refine and improve dances.</p> <p>Children will adapt compositions to include the use of space, rhythm and expression.</p> <p>5 HAWTHORN <u>Teacher Led Netball</u></p> <p>Children will use all the passes taught tactically in game play.</p> <p>Children will increase speed and agility.</p> <p>Children will make choices about</p>	<p><u>Teacher Led PE: Football (outdoors)</u></p> <p>Children will be able to show basic control skills.</p> <p>Children will send and receive a ball with accuracy, building attacking play.</p> <p>Children will implement the basic rules of football.</p>	<p>5 HAWTHORN <u>PPA PE: Tennis</u></p> <p>Children will be introduced to volley and overhead shots, applying into games.</p> <p>Children will play with others to score and defend points in competition.</p> <p>Children will further explore tennis service rules</p> <p>5 HAWTHORN <u>PPA P.E: Gymnastics</u></p> <p>Children will create longer and more complex sequences and develop symmetry.</p> <p>Children will compare & critique performances, identifying areas to improve.</p> <p>Children will take the lead in a group to instruct and perform</p> <p>5 CEDAR <u>Teacher led (outdoors) Tennis</u></p> <p>Children will be introduced to volley</p>	<p>5 CEDAR <u>PPA P.E: Athletics</u></p> <p>Children will sustain pace over short and longer distances.</p> <p>Children will run as part of a relay team.</p> <p>Children will perform a range of jumps and throws.</p> <p>5 CEDAR <u>PPA PE: Rounders</u></p> <p>Children will recognise how fitness applies to rounders.</p> <p>Children will collaborate with a team to choose, use and adapt to games.</p> <p>Children will link together a range of skills and use in combination.</p> <p>5 HAWTHORN <u>Teacher Led either Athletics or Rounders</u></p>	<p><u>Teacher Led PE: OAA</u></p> <p>Children will explore communicating in range of challenging activities.</p> <p>Children will develop and use trust to complete the task and perform under pressure.</p> <p>Children will navigate and solve problems from memory.</p>
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Year 6	<p><u>Teacher Led PE: Football (outdoors)</u></p> <p>Children will implement a range of strategies to attack and defend.</p> <p>Children will perform a wider range of skills.</p> <p>Children will suggest, plan and lead simple drills.</p> <p>Children will recognise and describe good performances.</p>	<p><u>6 BIRCH</u> <u>PPA P.E: Dance</u></p> <p>Children will work collaboratively to include more complex compositional ideas.</p> <p>Children will understand and talk about different styles of dance.</p> <p>Children will use appropriate language and terminology.</p> <p><u>6 BIRCH</u> <u>PPA PE</u> <u>Basketball</u></p> <p>Children will apply aspects of fitness to their game: strength and power.</p> <p>Children will choose and implement a range of strategies to play</p>	<p><u>6 CHESTNUT</u> <u>PPA PE: Badminton</u></p> <p>Children will develop a wider range of shots: inc drop and smash.</p> <p>Children will begin to use more sophisticated tactics.</p> <p>Children will begin to play with fluency with a partner.</p> <p><u>6 CHESTNUT</u> <u>PPA P.E: Dance</u></p> <p>Children will work collaboratively to include more complex compositional ideas.</p> <p>Children will understand and talk about different styles of dance.</p>	<p><u>6 BIRCH</u> <u>PPA P.E: Gymnastics</u></p> <p>Children will demonstrate accuracy, consistency, and clarity of movement.</p> <p>Children will arrange own apparatus to enhance work and vary compositional ideas.</p> <p>Children will experience flight on and off of high apparatus.</p> <p><u>6 BIRCH/6 CHESTNUT</u> <u>Teacher led PE: Cricket (outdoors)</u></p> <p>Children will apply and play within cricket rules.</p>	<p><u>Teacher Led PE: OAA</u></p> <p>Children will work collaboratively to complete tasks.</p> <p>Children will undertake more complex tasks and take responsibility for a role.</p> <p>Children will use knowledge of physical activities to suggest design ideas and amendments to games.</p>	<p><u>6 CHESTNUT</u> <u>PPA P.E: Athletics</u></p> <p>Children will apply strength and flexibility to throwing, running and jumping.</p> <p>Children will accurately and confidently judge across a variety of activities.</p> <p>Children will work in collaboration to demonstrate improvement.</p> <p><u>6 CHESTNUT</u> <u>PPA P.E: Gymnastics</u></p> <p>Children will demonstrate accuracy, consistency, and clarity of movement.</p> <p>Children will arrange own apparatus to</p>

		<p>defensively and offensively.</p> <p>Children will grasp more technical aspects of the game.</p> <p>6 CHESTNUT Teacher Led PE: <u>Basketball</u></p> <p>Children will apply aspects of fitness to their game: strength and power.</p> <p>Children will choose and implement a range of strategies to play defensively and offensively.</p> <p>Children will grasp more technical aspects of the game.</p>	<p>Children will use appropriate language and terminology.</p> <p>6 BIRCH Teacher Led PE <u>Badminton</u></p> <p>Children will develop a wider range of shots: inc drop and smash.</p> <p>Children will begin to use more sophisticated tactics.</p> <p>Children will begin to play with fluency with a partner.</p>	<p>Children will attempt a small range of recognised shots.</p> <p>Children will use a range of tactics for attacking & defending.</p> <p>Children will play in the role of bowler, batter and fielder.</p>		<p>enhance work and vary compositional ideas.</p> <p>Children will experience flight on and off of high apparatus.</p> <p>6 BIRCH Teacher Led P.E: <u>Athletics</u></p> <p>Children will apply strength and flexibility to throwing, running and jumping.</p> <p>Children will accurately and confidently judge across a variety of activities.</p> <p>Children will work in collaboration to demonstrate improvement.</p> <p>Teacher Led PE after SATs Rounders</p> <p>Children will apply rounders rules consistently.</p> <p>Children will play games using standard rounders pitch layout.</p>
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						<p>Children will use a range of tactics for attacking & defending.</p> <p>Children will play in the role of bowler, batter and fielder.</p>