




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

At our school, we believe that high-quality physical education, delivered in a safe and supportive environment, plays a crucial role in promoting both physical development and mental well-being. Our aim is to inspire children to enjoy and value the benefits of a healthy, active lifestyle. Through a balanced approach that nurtures both individual growth and teamwork, we support pupils in building the confidence and skills needed for lifelong engagement in physical activity.

In the Early Years Foundation Stage, physical development is recognised as one of the three prime areas of learning. We foster this through a combination of child-led exploration and continuous provision, ensuring opportunities for movement and skill development are available throughout the day, every day.

Nursery

Through a blend of continuous provision and structured activities, children will further develop their movement skills, growing into confident, capable, creative, and adaptable movers. They will learn to navigate space and obstacles safely, showing awareness of both themselves and others. As they play, they will demonstrate strength, balance, and coordination, while being encouraged to move energetically in a variety of ways such as running, jumping, and dancing.

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

Reception	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Play, Move, Explore	**Move, Match, Magic**	**Explore, Evade, Escape**	**Search, Steal, Share**	**Crawl, Climb, Collect**	**Hands, Feet, Equipment**
Physical development	• Creating games and providing opportunities for play both indoors and outdoors • Support children to develop their core strength, stability, balance, spatial awareness coordination and agility. • Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. • Fine motor control and precision helps with hand-eye coordination, which is later linked to early literacy					

Personal, social and emotional development	• Children should be supported to manage emotions, develop a positive sense of self and set themselves simple goals • Have confidence in their own abilities • To persist and wait for what they want and direct attention as necessary					
Communication and language	• Quality of the conversations they have with adults and peers throughout the day in a language-rich environment is crucial. • By commenting on what children are interested in or doing and echoing back what they say with new vocabulary added, practitioners will build children's language effectively. • Children share their ideas with support and modelling from their teacher, and sensitive questioning that invites them to elaborate, children become comfortable using a rich range of vocabulary and language structures.					
Year 1	**AUTUMN 1**	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
	Agility, Balance, Coordination Master basic movements including agility, balance and coordination **Look, Run Avoid** Team games, developing simple tactics for attacking and defending.	**Throw, Prepare, Catch** Master basic movements including throwing and catching **Hands, Feet, equipment** Develop fundamental movement skills – object control	**Jump, Shape, Create** Develop fundamental movement skills – locomotion and stability **Fair, Share, Dare** Embed values such as fairness and respect.	**Duel, Win, Lose** Team games developing simple tactics for attacking and defending **Inspire, Create, Perform** Perform dances using simple movements patterns.	**Run, Jump. Throw** Master basic movements including running, jumping and throwing **React, Roll, Retrieve** Develop fundamental movement skills – locomotion and object control	**Target, Control, Combine** Master basic movements including throwing and coordination **Send, Receive, Return** Develop fundamental movement skills – object control
Year 2	**AUTUMN 1**	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
	Agility, Balance, Coordination Master basic movements including agility, balance and coordination	**Throw, Prepare, Catch** Master basic movements including throwing and catching	**Jump, Shape, Create** Develop fundamental movement skills – locomotion and stability	**Duel, Win, Lose** Team games developing simple tactics for attacking and defending	**Run, Jump. Throw** Master basic movements including running, jumping and throwing	**Target, Control, Combine** Master basic movements including throwing and coordination

	Look, Run Avoid Team games, developing simple tactics for attacking and defending.	**Hands, Feet, equipment** Develop fundamental movement skills – object control.	**Fair, Share, Dare** Embed values such as fairness and respect.	**Inspire, Create, Perform** Perform dances using simple movements patterns	**React, Roll, Retrieve** Develop fundamental movement skills – locomotion and object control	**Send, Receive, Return** Develop fundamental movement skills – object control.
Year 3	**AUTUMN 1**	**AUTUMN 2**	**SPRING !**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
	Swimming To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststrokes. To perform safe self-rescue in different water-based situations.	**Swimming** To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststrokes. To perform safe self-rescue in different water-based situations.	**Swimming** To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststrokes. To perform safe self-rescue in different water-based situations.	**Swimming** To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststrokes. To perform safe self-rescue in different water-based situations.	**Swimming** To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststrokes. To perform safe self-rescue in different water-based situations.	**Swimming** To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststrokes. To perform safe self-rescue in different water-based situations.
	Look Run Avoid Competitive games; principles of attacking and defending	**Jump Shape Create** Develop flexibility strength technique control and balance	**Inspire Create Perform** Perform dances using a range of movement patterns	**Fair Share Dare** Embed values such as fairness and respect	**Strike React Rally** Apply and develop a broader range of skills and use them in different ways	**Run Jump Throw** Use running, jumping and throwing in isolation and in combination
	Agility Balance Coordination Use running, jumping and catching in isolation and in combination	**Hand Feet Equipment** Apply and develop broader range of skills and use them in different ways	**Duel Win Lose** Competitive games; principles of attacking and defending	**Pass Position Patience** Competitive games; principles of attacking and defending	**Accuracy Power Distance** Develop strength technique, control and balance	**React Roll Retrieve** Apply and develop a broader range of skills and use them in different ways

Year 4	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Look Run Avoid Competitive games; principles of attacking and defending	**Fair Share Dare** Embed values such as fairness and respect	**Inspire Create Perform** Perform dances using a range of movement patterns	**Symmetry Balance Travel** Develop flexibility, strength, technique, control and balance	**Strike Reat Rally** Apply and develop a broader range of skills and use them in different ways	**Run Jump Throw** Use running, jumping and throwing in isolation and combination
	React Roll Retrieve Apply and develop a broader range of skills and use them in different ways	**Hands Feet Equipment** Apply and develop a broader range of skills and use them in different ways	**Duel Win Lose** Competitive games; principles of attacking and defending	**Pass Position Patience** Competitive games; principles of attacking and defending	**Accuracy Power Distance** Develop strength technique, control and balance	**Target Control Combine** Apply and develop a broader range of skills and use them in different ways
Year 5	**AUTUMN 1**	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
	Fair Share Dare Embed values such as fairness and respect	**Inspire Create Perform** Perform dances using a range of movement patterns	**Watch Move Connect** Use throwing and catching in isolation and combination	**Serve Set Slam** Play competitive games, modified where appropriate	**Aim Strike Retrieve** Apply and develop a broader range of skills and use them in different ways	**Speed Distance Strength** Demonstrate improvement to achieve their personal best
	Evade Invade Capture Competitive games; principles of attacking and defending	**Block Guard Support** Competitive games; principles of attacking and defending	**Symmetry Balance Travel** Develop, flexibility strength, technique, control and balance	**Explore Solve Challenge** Take part in outdoor adventurous activity challenges	**Run Jump Throw** Use running, jumping and throwing in isolation and in combination	**Lend Move Score** Competitive games; principles of attacking and defending

Year 6	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Symmetry Balance Travel Develop flexibility, strength, technique, control and balance	**Watch Move Connect** Use throwing and catching in isolation and combination	**Tag Rugby** Play competitive games and modified where appropriate	**Basketball** Play competitive games and modified where appropriate	**Athletics** Play competitive games and modified where appropriate	**Rounders** Play competitive games and modified where appropriate
	Inspire Create Perform Perform dance using a range of movement patterns	**Lend Move Score** Competitive games; principles of attacking and defending	**Hockey** Play competitive games and modified where appropriate	**Football** Play competitive games and modified where appropriate	**Mini Tennis** Play competitive games and modified where appropriate	**Cricket** Play competitive games and modified where appropriate