



Physical Education Curriculum 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.

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 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 and we also enter both boys' and girls' teams in a football league within the Wharfe Valley. 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.

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.

