



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

Play, Move, Explore

AUTUMN 2

**Move, Match,
Magic**

SPRING 1

**Explore, Evade,
Escape**

SPRING 2

**Search, Steal,
Share**

SUMMER 1

**Crawl, Climb,
Collect**

SUMMER 2

**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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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.			
	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	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				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 – 4 Week of each	AUTUMN 2 -	SPRING 1 3 Week of each	SPRING 2 -	SUMMER 1 3 Week of each	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	Symmetry Balance Travel	Tag Rugby	Basketball	Athletics	Rounders

	Develop flexibility, strength, technique, control and balance	Develop flexibility, strength, technique, control and balance	Play competitive games and modified where appropriate	Play competitive games and modified where appropriate	Play competitive games and modified where appropriate	Play competitive games and modified where appropriate
	Inspire Create Perform Perform dance using a range of movement patterns	Inspire Create Perform Perform dance using a range of movement patterns	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
	Chestnut - 4 Weeks of each	Birch - 4 Weeks of each	Chestnut – 3 weeks of each	Birch - 3 Weeks of each	Chestnut – 3 weeks of each	Birch - 3 Weeks of each
	Watch Move Connect Use throwing and catching in isolation and combination	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
	Lend Move Score Competitive games; principles of attacking and defending	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