

The Physical Education Curriculum

at Ashfield Valley Primary School

There is a clear vision for the Teaching and Learning of Physical Education

'Every child leads a healthy, active lifestyle and displays confidence and interest in exercise and sports, both in and outside of school. To display values such as fairness and respect through competitive sports and have the desire to succeed in physically demanding activities.'





There is a clear vision for the Teaching and Learning of Physical Education

We worked together to create a whole school vision for PE.

We provide opportunities for our pupils to excel in school and through competitions. We also undertake high quality external training.

We aim to provide a skills based, progressive PE curriculum, which develops all pupils' knowledge and skills to use in a variety of activities and sports.

Our Curriculum is progressive and builds upon prior knowledge at every stage.

Nursery	Autumn 1 Fine Motor Skills Run skilfully. Pick up, carry and put down with care. Thread with control.	Autumn 2 Locomotion 1 Walk forwards and backwards. Negotiate space. Jump in different ways. Dodge and gallop. Slide to the left and right.	Spring 1 Day on the Farm Throwing, catching, ball throwing. Bouncing, lear and balancing To copy and create movements.	•		Summer 2 Target Games 1 Throw a ball underarm. Strike a ball with my foot. Kick a ball and roll with both feet.		ear 2	Netball	Dance- Fire of Lon Create shapes u my body. Remember and perform a sequence.	don Net & Wall G Skills 2 Send a re ball. Strike a b Send a ba Develop a grip and s Return a Strike a b Athletics	ceive a all. all. a good stance. ball.	Invasion Games Skills 2 • Throw and catch overarm. • Track an opponent. • Dodge to beat an opponent. • Pass the ball. • Compete.	Striking & Field Game Skills 2 Catch and bowl a ball. Pick up and strike a ball. Chase a ball.	Athletics 2 • Jump in different ways. • Throw with good technique. Dance- Egyptians
Reception	Locomotion 2 Jump in a variety of different ways.	Yoga Perform different poses and think creatively.	Dance-Seasons Use my body to create differer shapes and to perform sequences.	Target Games 1 Throw a ball underarm.	Striking & Fielding Games Skills 1 Develop fielding techniques. Bowl, pick up and stop a ball. Chase and retrieve a ball.	A Visit to the Zoo Move in different ways. Create and copy movements.			 Send and pass a ball. Attack and track an opponent. Shoot using good technique. 	Throw and catch Be aware of the opposition. Attack and make decisions.	 Use the contection technique sprinting. Hurdle ar Throw content 	e for nd jump.	Trap, turn and dribble a ball. Make good decisions. Defend well and compete.	Be ready to receive a ball. Throw and bowl a ball. Bat successfully and field.	Demonstrate agility, coordination, balance and precision. Change directions.
Year 1	Fundamental Movement Skills 1 Run skilfully Pick up, put down and carry with	Gymnastics- Pathways-small & long • Step in controlled movements.	Net & Wall Game Skills 1 • Sand a ball wife	Invasion Games Skills 1 Dance-British Values	Dance- Animals • Create different	Striking & Fielding Game Skills 1 Athletics	Swimmi		 Work as a team to solve problems. Negotiate. Swimming	Gymnastics-Partne Work-Pushing and Pulling • Balance.	Get into r positions Hit consis	. '	Control a ball with both hands. Pass the ball using good technique. Dribble, pass and	Send a ball with good technique. Develop bowling, throwing and batting skills.	Dance-Vikings • Change actions.
	and carry with care. Show increasing control.	Push and pull myself. Step and turn gracefully.		Develop agility, balance, coordination and precision. Change actions.	 Demonstrate control. Communicate. Identify shooting technique. Combine skills to score. 	 Change pace and run. Throw with accuracy and force. Perform different jumps. Compete in relay races. 						serve a	shoot the ball.	Field and catch high balls.	
			Year 6		Gymnastics- Flight Perform gracefully using take off. Explore different levels.	Think creatively using non-verbal communications to solve problems. Navigate using a map.	at bases	ntrol and pall at dif eds. rk the position. bble, pas	ferent catch a l	row, • C	e-World War 2 nange actions nd communicate fectively.				

Our Curriculum is progressive and builds upon prior knowledge at every stage.

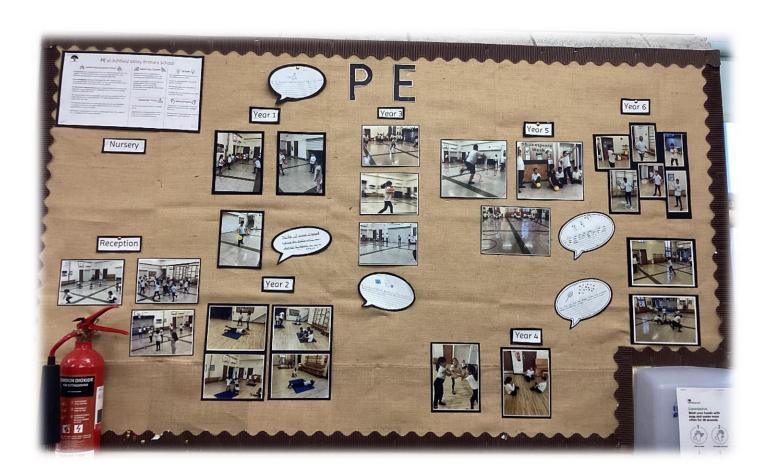
Nursery	Fine Motor Skills Run skilfully. Pick up, carry and put down with care. Thread with control.	Locomotion 1 Walk forwards and backwards. Negotiate space. Jump in different ways. Dodge and gallop. Slide to the left and right.	Day on the Farm Throwing, catching, ball throwing. Bouncing, leaping and balancing. To copy and create movements.	Under the Sea Jumping, leaping and hopping. To move in different creative ways. Starting, stopping, balancing and running.	An encounter with Pirates • Running, bending, stretching and balancing.	Target Games 1 Throw a ball underarm. Strike a ball with my foot. Kick a ball and roll with both feet.
Reception	Jump in a variety of different ways.	Yoga • Perform different poses and think creatively.	Dance-Seasons Use my body to create different shapes and to perform sequences.	 Target Games 1 Throw a ball underarm. Strike a ball with my foot. Kick a ball and roll with both feet. 	Striking & Fielding Games Skills 1 Develop fielding techniques. Bowl, pick up and stop a ball. Chase and retrieve a ball.	A Visit to the Zoo Move in different ways. Create and copy movements.

Target Games in EYFS and mastered in KS1

Applying skills in KS2 to a range of activities and sports.

Year 6	Tennis	Gymnastics- Flight	OAA	Basketball	Rounders	Dance-World War 2	
	 Hit forehand and backhand. Volley, smash, lob and serve. 	Perform gracefully using take off. Explore different levels.	 Think creatively using non-verbal communications to solve problems. Navigate using a map. 	 Control and pass at ball at different speeds. Mark the opposition. Dribble, pass and shoot. 	Bowl, throw, catch a ball.	Change actions and communicate effectively.	

<u>Subject Specialism – Design and Technology is valued within</u> <u>our wider curriculum</u>



We teach PE every week!

There is a PE display in school to showcase achievements, sport reports and provide information such as team lists for up coming competitions. The board is constantly being updated.

Enhancing the Physical Education Curriculum

Rochdale School Games

Sports Day

SEND Competitions

Visitors





Pupil Voice

What is PE and why is it important?



The Physical Education Curriculum

at Ashfield Valley Primary School