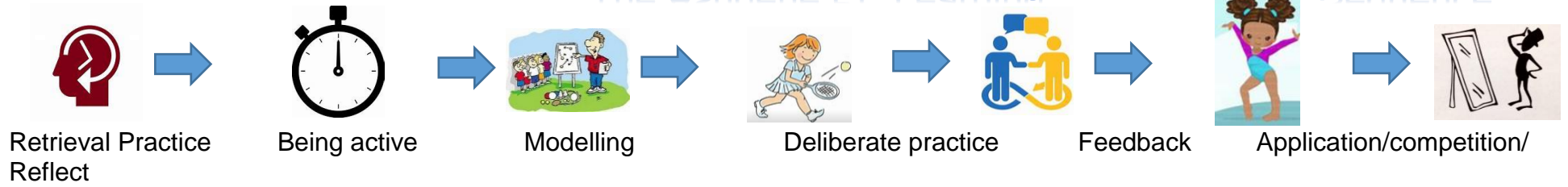




## Ashdene Primary School – PE Curriculum

### The Ashdene PE Learning

### Sequence



In order to provide consistency, each lesson is structured using the same format shown above. Each lesson aims to provide the children with opportunities to practice their fluency and to remember the knowledge they are learning. Children start off with a Short Term Retrieval activity via a PE Passport where they are also introduced to that lesson’s knowledge. They will also practice the retrieved skill practically. These parts of the lesson lasts between 5 and 10 minutes. The children then complete 5 minutes of active time where the aim is to increase their heart rate. The main teaching of the lesson follows with teachers introducing new concepts using small steps teaching. Following this, the children then complete independent practice to develop the taught skill. During this part of the session, the teacher will provide feedback either individually or as a whole class. After this, the children will then apply the skill they have been learning through either small games or competition (KS2). Finally, the children end the lesson by reflecting on their learning.

<b>Purpose of Study</b>	<i>A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for pupils to become physically confident in a way that supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.</i>
<b>Aims</b>	<i>develop competence to excel in a broad range of physical activities are physically active for sustained periods of time engage in competitive sports and activities lead healthy, active lives</i>
<b>PE at Ashdene</b>	<i>At Ashdene, in every PE lesson, we aim to keep all children active and to develop different skills in a progressive and engaging way. A rich, well-resourced and diverse provision means that children are able to develop their skills through a focus on a fundamental and multi-skills approach in EYFS and KS1 to a specific games/activity focus in KS2. To promote leadership, children are encouraged to peer coach and to discuss each other’s skills within lessons. We aim to revisit and review different skills so that children can use them in a selective way. By the time children leave Ashdene they will understand the need to lead active lives and they will have had the opportunity to access a wealth of extra-curricular clubs, competitions, festivals and events.</i>



## Topic Overview

	HT1	HT2	HT3	HT4	HT5	HT6
<b>Reception</b>	Key Skills 1	Dance		Fundamentals		Games 1
	Key Skills 2	Gymnastics		Ball Skills		Games 2
<b>Year 1</b>	Swimming	Fundamentals		Striking and fielding		Athletics - running
	Dance	Gymnastics		Target Games		Athletics – throwing jumping
<b>Year 2</b>	Swimming	Invasion Games		Sending and receiving		Athletics - running
	Dance	Gymnastics		Net and Wall Games		Athletics – throwing jumping
<b>Year 3</b>	Swimming	Football		Rounders		Athletics - running
	Invasion Games - Dodgeball	Dance		Tennis		Athletics – throwing jumping
<b>Year 4</b>	Swimming	Netball		Cricket		Athletics – throwing jumping
	Invasion Games - Football	Gymnastics		Tennis		Athletics – throwing jumping
<b>Year 5</b>	OAA	Hockey		Rounders		Athletics - running
	Invasion Games - Netball	Dance		Tennis		Athletics – throwing jumping
<b>Year 6</b>	OAA	Tag-rugby		Cricket		Athletics - running
	Invasion Games – Hockey	Gymnastics		Tennis		Athletics – throwing jumping