

Aycliffe Drive PE – A whole school approach

Pupils are offered the opportunity to attend extracurricular clubs, with no cost, these clubs are promoted to those that are least active outside of school first (results gathered in parent survey). The clubs offer opportunities to practice in a team, to create friendships and develop social skills, as well as chances to represent our school, and its values, when competing against other schools. The children that are involved are celebrated in assemblies and set an example to the rest of the school of how to maintain the schools' standards and the benefits of taking part in a team. The clubs vary over the year and are influenced by pupil suggestions from a pupil voice survey. This allows us to offer a variety of sports for children to take part in and allows children to try new sports, that they wouldn't otherwise have the chance to try. This is also true for our lunchtime activities, that are lead by a team of year 5 sports leaders, and assisted by MSA's. Both the year 5's and the MSA's received training on how to have effected and active lunchtimes for all pupils to engage with. These lunchtime activities are also guided by pupil suggestions and where possible allow the children to suggest to the leaders what they would like to do, allowing the sessions to be more engaging and varied.

Pupils in EYFS and KS1 regularly use the forest school in their lessons, allowing for more active learning and opportunities to develop motor skills, coordination and promotes self-esteem, creativity, confidence, and independence. See forest school planning for more detail. This is continued into LKS2 and KS2 with active bursts throughout the day. This is an opportunity for pupils to be active between lessons and other transition periods throughout the day. This can be a chance to be extremely active for a short burst or an opportunity to be mindful. It is discussed with pupils, so they understand the benefits of doing the activities as well gaining the benefits of them (students have been shown to improve memory, behaviour and physical and mental well-being in children who engage in active bursts throughout the school day -Erwin et al., 2011, Erwin et al., 2017). Both the forest school and active bursts allow all children to be active and engage in healthy lifestyle habits throughout the day.

Aycliffe Drive PE – Curriculum

To make the curriculum more suitable for our school's needs of having one and half form entry, our curriculum has a two-year cycle from Years three to six. This allows many different sports, activities, and skills to be covered over two years. The EYFS curriculum and keys stage one curriculum is skill based and sets the children up to apply these skills, in sporting opportunities, later in the school. The sports and activities continue through the year groups to allow a development of not only the skills involved and needed, but the understanding of a particular sport or activity, to allow refine their skills and expose children to the many sports they may not get opportunity to take part in outside of school.

The curriculum is helped using Complete PE planning resources, which has allowed teachers to become more confident in delivering PE lessons (shown in staff survey) and helped the PE lessons to develop skills effectively throughout the children time at the school. It has also helped with teachers' abilities to assess pupils PE achievements and where they may need support. The resources have also provided opportunities for pupils who are not taking part in a particular lesson to develop their skills in other ways and helped them to learn when they're not physically able to do the PE lesson.

Aycliffe Drive PE – Active at home

It is important that children are active at home as well as at school. The extracurricular clubs have helped many children to increase their activity and gain the benefits of having an active lifestyle, as well as gaining the benefits of taking part in sport. Our extracurricular activity survey has shown us that many children do not always get opportunities to be active outside of school, which is why we have implemented the use of the burst app for KS1. This has helped us promote activity and healthy lifestyle changes at home. It is free for the parents to set up and inclusive for all pupils. This provides activities for the pupils to do with and without their parents and allows us to see what activities that are doing. This will help to achieve the 30 minutes of activity. We also have a good link with Game On who promote their holiday and after school sports club at our school and have created some excellent relationships with our pupils. In assemblies we celebrate and promote the activities and sports children do outside of school and any awards or achievements they get from clubs they have taken part in to help raise the profile of sport and its benefits.

Aycliffe Primary School Year 1 A+B PE Curriculum						
Physical Development 2 x weekly PE lessons using Complete PE Scheme.	<p>Pupils are offered the opportunity to attend extracurricular clubs, with no cost, these clubs are promoted to those that are least active outside of school (results gathered in parent survey) first and offer opportunity to practice in a team, to create friendships and develop social skills, as well as chances to represent our school, and its values, when competing against other schools.</p> <p>Pupils have opportunities to develop gross motor skills on the playground. Lunchtimes are set up to have sports leaders who lead three different areas for activities. One where there are games that use a variety of ball skills, locomotion skills and a promotion of sporting values (teamwork, respect and fair play). One area is set up to encourage activity that is less competitive but still highly active involving the use of core PE skills.</p> <p>Use of playground apparatus to allow children to develop core strength, muscles and move with control and coordination. Children will understand how to keep themselves healthy through exercise healthy eating and personal hygiene. See science planning for more detail on healthy eating, hygiene and lifestyle.</p>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Locomotion: Running Exploring running. Apply running into a game, explore running at different speeds Running for speed: Acceleration, explore running in a team Consolidate running, apply running into a game	Body Parts Introduction to big/ small body parts Combining big and small with wide, narrow, and curled. Transition between wide narrow and curled, using big and small body parts. Adding (linking) movements together.	Ball Skills Hands 1 Introduce sending (bouncing) with control. Introduce aiming with accuracy. Introduce power and speed when sending a ball. Introduce/develop stopping, combining sending skills. Combine sending and receiving skills.	Ball Skills Hands 2 Introduce throwing with accuracy. Apply throwing with accuracy in a team. Introduce stopping a ball Develop sending (rolling) skills to score a point. Consolidate sending and stopping to win a game.	Growing Responding to rhythm. Developing the growing plant 'dance'. Introduction to motifs. Creating motifs. Creating movement sequences. Relationships and performance.	Heroes Performing movements in sequence. Creating movements that represent superpowers. Creating movements that represent a superhero rescuing/saving, someone/something. Exploring character movements.
	Locomotion: Jumping Recap jumping from EYFS Develop jumping Explore how jumping affects our bodies. Explore skipping Apply skipping and jumping into a game	The Zoo Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs	Ball Skills Feet Develop moving the ball using the feet. Apply dribbling into games. Consolidate dribbling. Explore kicking (passing). Apply kicking (passing) to score a point.	Wide, Narrow, Curled Introduction to wide, narrow, and curled. Exploring the difference between wide, narrow, and curled. Transitioning between wide, narrow, and curled movements. Linking two movements together.	Team Building Introducing teamwork. Develop teamwork. Building trust and developing communication. Cooperation and communication. Explore simple strategies. Problem solving: Consolidate teamwork.	Rackets, Bats and Balls Develop pushing (dribbling) a ball with a racket: Introducing control. Explore hitting and develop pushing a ball (with a racket) towards a target. Explore hitting a ball (with a racket) with accuracy and power.

Year 2 A+B PE Curriculum					
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Locomotion: Dodging Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams	Pathways Explore/develop zigzag pathways/on apparatus. Explore/develop curved pathways/on apparatus. Creation of pathway sequences. Completion of pathways sequences and performance.	Ball Skills Hands 1 Develop dribbling/ passing and receiving. Combine dribbling, passing, and receiving, keeping possession. Develop dribbling/ passing and receiving to score a point. Combine dribbling, passing, and receiving to score a point .	Ball Skills Hands 2 Consolidate pupils' application and understanding of underarm throwing. Applying the underarm and overarm throw to win a game. Applying the underarm throw to beat an opponent	Water Responding to stimuli. Developing whole group movement. Improvisation and physical descriptions. Creating contrasting movement sequences. Sequences, relationships, and performance Team Building Introducing teamwork. Develop teamwork. Building trust and developing communication. Cooperation and communication. Explore simple strategies. Problem solving: Consolidate teamwork.	Mr Candy's Sweet Factory Exploring expression. Linking movements together. Creating a motif with characterisation, expression, and emotion. Extending our motifs with different dynamics (fast and slow). Rackets, Bats and Balls Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent. Introduce hitting (sending/striking) a ball into a space: Where and why? Striking the ball (with a bat) into space with intent.
Locomotion: Jumping Consolidate jumping. Apply jumping into a game. Linking jumping. Explore jumping combinations. Develop jumping combinations.	Exploring Responding to stimuli Developing our motif with expression and emotion. Applying choreography in our motifs. Extending our motifs. Sequences, relationships, and performance	Ball Skills Feet Develop dribbling/ passing/receiving, keeping possession. Combine dribbling, passing, and receiving, keeping possession to score a point. Apply dribbling, passing, and receiving as a team to score a point.	Linking Developing linking. Linking on apparatus. Jump, roll, balance sequences/on apparatus. Creation of sequences. Completion of sequences and performance.		

Year 3 Cycle A PE curriculum					
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics Explore running for speed. Explore acceleration. Introduce /develop relay: Running for speed in a team. Throwing: Accuracy vs distance. Standing Long Jump.	Symmetry and Asymmetry Introduction to symmetry. Introduction to asymmetry. Application of learning onto apparatus. Sequence formation. Sequence completion	Witches and Wizards (dance) Responding to stimuli. Developing characters and extending the story. Creating motifs with a partner in character. Developing characterisation.	Tag Rugby Introduce moving with the ball, passing, and receiving. Introduce tagging. Create space when attacking. Develop passing and moving. Combine passing/moving to create attacking opportunities	Basketball Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.	Cricket Understand the concept of batting and fielding. Introduce throwing overarm. Introduce throwing underarm. Introduce catching. Striking with intent
Tennis Introduction tennis. outwitting an opponent. Creating space to win a point. Consolidate how to win a game introduce rackets. Introduce the forehand.	Tactics and Communication (Y3) Creating and applying simple tactics. Developing leadership. Develop communication as a team. Create defending and attacking tactics as a team.	Quidditch Introduce throwing with accuracy. Develop passing and receiving. Combine passing and moving to keep possession. Introduce shooting	Health and Wellbeing Exploring relaxation techniques. Applying relaxation techniques and using them effectively. Performing balanced meditative poses. Using props to help us balance in our meditative poses.	Hockey Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.	Rounders Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.

Year 3 cycle B PE Curriculum					
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics Explore running for speed. Explore acceleration. Introduce /develop relay: Running for speed in a team. Throwing: Accuracy vs distance. Standing Long Jump.	Dodgeball Developing changing direction. Introduce throwing with accuracy. Introduce catching. Develop moving, changing direction at speed	Wild Animals (dance) Responding to stimuli. Developing character dance into a motif. Develop sequences with a partner in character that show relationships. Extending sequences with a partner in character.	Tag Rugby Introduce moving with the ball, passing, and receiving. Introduce tagging. Create space when attacking. Develop passing and moving. Combine passing/moving to create attacking opportunities	Basketball Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.	Cricket Understand the concept of batting and fielding. Introduce throwing overarm. Introduce throwing underarm. Introduce catching. Striking with intent
Tennis Introduction tennis. outwitting an opponent. Creating space to win a point. Consolidate how to win a game introduce rackets. Introduce the forehand.	Problem Solving (Y4). Benches and mats challenge. Round the clock card challenge. The pen challenge. The river rope challenge. Caving challenges.	Quidditch Introduce throwing with accuracy. Develop passing and receiving. Combine passing and moving to keep possession. Introduce shooting.	Health and Wellbeing Exploring relaxation techniques. Applying relaxation techniques and using them effectively. Performing balanced meditative poses. Using props to help us balance in our meditative poses.	Hockey Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.	Rounders Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.

Year 4 cycle A PE Curriculum					
<p>Pupils are offered the opportunity to attend extracurricular clubs, with no cost, these clubs are promoted to those that are least active outside of school (results gathered in parent survey) first and offer opportunity to practice in a team, to create friendships and develop social skills, as well as chances to represent our school, and its values, when competing against other schools.</p> <p>Pupils have opportunities to develop gross motor skills on the playground. Lunchtimes are set up to have sports leaders who lead three different areas for activities. One where there are games that use a variety of ball skills, locomotion skills and a promotion of sporting values (teamwork, respect and fair play). One area is set up to encourage activity that is less competitive but still highly active involving the use of core PE skills.</p> <p>Use of playground apparatus to allow children to develop core strength, muscles and move with control and coordination. Children will understand how to keep themselves healthy through exercise healthy eating and personal hygiene. See science planning for more detail on healthy eating, hygiene and lifestyle.</p>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics Explore running for speed. Explore acceleration. Introduce /develop relay: Running for speed in a team. Throwing: Accuracy vs distance. Standing Long Jump.	Bridges Introduction to symmetry. Introduction to asymmetry. Application of learning onto apparatus. Sequence formation. Sequence completion	World war 2. Explore the behaviours of people in 1939. Creating sequences in small groups that show character emotion. Creating movements that interconnect.	Tag Rugby Introduce moving with the ball, passing, and receiving. Introduce tagging. Create space when attacking. Develop passing and moving. Combine passing/moving to create attacking opportunities	Basketball Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.	Cricket Understand the concept of batting and fielding. Introduce throwing overarm. Introduce throwing underarm. Introduce catching. Striking with intent
Tennis Introduction tennis. outwitting an opponent. Creating space to win a point. Consolidate how to win a game introduce rackets. Introduce the forehand.	Tactics and Communication (Y3) Creating and applying simple tactics. Developing leadership. Develop communication as a team. Create defending and attacking tactics as a team.	Quidditch Introduce throwing with accuracy. Develop passing and receiving. Combine passing and moving to keep possession. Introduce shooting	Health and Wellbeing Exploring relaxation techniques. Applying relaxation techniques and using them effectively. Performing balanced meditative poses. Using props to help us balance in our meditative poses.	Hockey Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.	Rounders Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.

Year 4 cycle B PE curriculum					
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics Explore running for speed. Explore acceleration. Introduce /develop relay: Running for speed in a team. Throwing: Accuracy vs distance. Standing Long Jump.	Dodgeball Developing changing direction. Introduce throwing with accuracy. Introduce catching. Develop moving, changing direction at speed	Space Extending sequences with a partner in character. Developing sequences with a partner in character that show relationships and interlinking dance moves. Sequences, relationships, choreography, and performance.	Tag Rugby Introduce moving with the ball, passing, and receiving. Introduce tagging. Create space when attacking. Develop passing and moving. Combine passing/moving to create attacking opportunities	Basketball Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.	Cricket Understand the concept of batting and fielding. Introduce throwing overarm. Introduce throwing underarm. Introduce catching. Striking with intent
Tennis Introduction tennis. outwitting an opponent. Creating space to win a point. Consolidate how to win a game introduce rackets. Introduce the forehand.	Problem Solving Benches and mats challenge. Round the clock card challenge. The pen challenges. The river rope challenge. Caving challenges.	Quidditch Introduce throwing with accuracy. Develop passing and receiving. Combine passing and moving to keep possession. Introduce shooting	Health and Wellbeing Exploring relaxation techniques. Applying relaxation techniques and using them effectively. Performing balanced meditative poses. Using props to help us balance in our meditative poses.	Hockey Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space.	Rounders Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.

				Develop passing, receiving, and dribbling. Introduce shooting.	
Year 5 Cycle A PE Curriculum					
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics Finishing a race. Evaluating our performance. Sprinting: My personal best. Relay changeovers. Shot Put. Introducing the Hurdles.	Counterbalance and Counter Tension Introduction to Counterbalance. Application of Counterbalance learning onto apparatus. Sequence formation. Counter Tension. Sequence completion	The circus Develop character movements linked to prejudices. Create movements that represent different characters and performers in a circus. Extending our performance incorporating props and apparatus linked to the variety of performers	Tag Rugby Refine passing and moving to create attacking opportunities. Explore different passes that can be used to outwit defenders. Define defending as a team. Create and apply defending tactics. Develop officiating.	Basketball Refine passing and receiving. Apply passing, footwork and shooting into mini games, introduce officiating. Introduce defending. Explore the function of other passing styles.	Cricket Refine batting, batting, and bowling tactics. Refine fielding stopping, catching, and throwing. Combine bowling and fielding creating and applying tactics. Introduce umpiring and scoring.
Tennis Introduce/develop the volley. Controlling the game from the serve.	Orienteering. Face orienteering. Cone orienteering. Point and return. Point to point. Timed course. Orienteering competition.	Quidditch Refine the role of the Chaser. Refine the role of the Beater. Refine shooting. Refine the role of the Keeper.	Health Related Exercise Explore and understand cardio fitness. Explore and understand flexibility fitness. Explore and understand strength fitness.	Hockey Develop defending, blocking, and tackling. Refine dribbling/passing to	Rounders. Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.

Doubles, understanding and applying tactics to win a point.		Introduce the Snitch and the Seekers.		create attacking opportunities. Refine attacking skills, passing dribbling and shooting. Refine defending skills developing transition from defence to attack. .	
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics Finishing a race. Evaluating our performance. Sprinting: My personal best. Relay changeovers. Shot Put. Introducing the Hurdles.	Dodgeball Introduce blocking. Consolidate catching. Understand where we throw and why we need to throw with accuracy and power. Explore basic attacking and defending tactics.	Greeks. Exploring the Greeks using compositional principles. Extending sequences with a partner using compositional principles. Creating movement using improvisation where movement is reactive.	Tag Rugby Refine passing and moving to create attacking opportunities. Explore different passes that can be used to outwit defenders. Define defending as a team. Create and apply defending tactics. Develop officiating.	Basketball Refine passing and receiving. Apply passing, footwork and shooting into mini games, introduce officiating. Introduce defending. Explore the function of other passing styles.	Cricket Refine batting, batting, and bowling tactics. Refine fielding stopping, catching, and throwing. Combine bowling and fielding creating and applying tactics. Introduce umpiring and scoring.
Tennis Introduce/develop the volley. Controlling the game from the serve.	Leadership (y6) Understanding what makes an effective leader. Communicating as a leader.	Quidditch Refine the role of the Chaser. Refine the role of the Beater. Refine shooting.	Health Related Exercise. Explore and understand cardio fitness. Explore and understand flexibility fitness.	Hockey Develop defending, blocking, and tackling. Refine dribbling/passing to	Rounders. Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.

Doubles, understanding and applying tactics to win a point.	Introducing the STEP principle: Space, Task, Equipment and People	Refine the role of the Keeper. Introduce the Snitch and the Seekers.	Explore and understand strength fitness.	create attacking opportunities. Refine attacking skills, passing dribbling and shooting. Refine defending skills developing transition from defence to attack. .	
Year 6 Cycle A PE Curriculum					
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics Running for speed competition Running for distance competition Throwing competition Jumping competition	Matching and Mirroring Introduction to matching/ mirroring. Application of matching/ mirroring learning onto apparatus. Sequence development.	Titanic Creating rhythmic patterns using our body. Extend choreography through controlled movements, character emotion and expression. Explore the relationships between characters applying character emotion and expression.	Tag Rugby Consolidate passing and moving. Consolidate defending. Create, understand, and apply attacking/defending tactics in game situations. Consolidate attacking and defending in mini games.	Basketball Consolidate keeping possession and officiating. Consolidate defending. Create, understand, and apply attacking tactics in game situations. Create, understand, and apply defending tactics in game situations.	Cricket Consolidate batting, fielding, and bowling. Create, understand, and apply attacking and defensive tactics in game.
Tennis Game application.	Orienteering (Y5) Face orienteering. Cone orienteering. Point and return.	Quidditch Consolidate attacking. Consolidate defending. Application of 'powers' into game play to	Health Related Exercise Develop a secure understanding of cardio fitness. Develop a secure understanding of flexibility fitness.	Hockey Consolidate keeping possession, develop officiating.	Rounders Introduction to full rounders. Consolidate fielding tactics.

Game application, mixed ability doubles, round robin games.	Point to point. Timed course. Orienteering competition.	challenge tactical thinking.	Develop a secure understanding of strength fitness.	Consolidate defending. Create, understand, and apply attacking/defending tactics in game situations.	Refine our understanding of what happens if the batter misses or hits the ball backwards. Batting considerations
Year 6 Cycle B PE Curriculum					
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Athletics Running for speed competition Running for distance competition Throwing competition Jumping competition	Dodgeball Consolidate/understanding attacking and defending tactics. Transition between attack and defence. Applying the rules: Officiating games. Managing tactics and officiate games.	Carnival Performing with technical control and rhythm in a group. Creating rhythmic patterns using the body. Experiencing dance from a different culture. Chorographical elements including still imagery.	Tag Rugby Consolidate passing and moving. Consolidate defending. Create, understand, and apply attacking/defending tactics in game situations. Consolidate attacking and defending in mini games.	Basketball Consolidate keeping possession and officiating. Consolidate defending. Create, understand, and apply attacking tactics in game situations. Create, understand, and apply defending tactics in game situations.	Cricket Consolidate batting, fielding, and bowling. Create, understand, and apply attacking and defensive tactics in game.

	Tennis Game application. Game application, mixed ability doubles, round robin games.	Leadership (y6) Understanding what makes an effective leader. Communicating as a leader. Introducing the STEP principle: Space , Task, Equipment and People	Quidditch Consolidate attacking. Consolidate defending. Application of 'powers' into game play to challenge tactical thinking.	Health Related Exercise Develop a secure understanding of cardio fitness. Develop a secure understanding of flexibility fitness. Develop a secure understanding of strength fitness.	Hockey Consolidate keeping possession, develop officiating. Consolidate defending. Create, understand, and apply attacking/defending tactics in game situations. .	Rounders Introduction to full rounders. Consolidate fielding tactics. Refine our understanding of what happens if the batter misses or hits the ball backwards. Batting considerations
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