



# PE at Ashton Gate Primary School



Physical Education (PE) is focuses on developing students' physical fitness, motor skills, teamwork, and understanding of health and well-being through exercise, sports, and movement activities.

## Intent

At Ashton Gate, we inspire every child to enjoy physical activity and discover the thrill of sport. Our carefully planned PE curriculum builds knowledge and skills progressively, promoting physical health, mental well-being, and self-confidence. Children experience a wide range of sports, including swimming, and develop transferable skills such as teamwork, resilience, and communication. Alongside an exciting extracurricular programme, we provide opportunities for children to take part, compete, and thrive both in PE lessons and beyond the classroom.

### **Our School Drivers**

PE learning at Ashton Gate primary school develops our school drivers in a range of ways.

#### **Cultural diversity**

- Pupils experience sports and activities from around the world.
- Learning about where sports originate promotes respect for other cultures.
- A range of dance styles and music celebrates global traditions.
- Children see how physical activity connects people across different cultures.

#### **Independence**

- Pupils set personal goals and track their own progress.
- Children learn to manage equipment, routines, and their own performance.
- PE encourages responsibility, resilience, and self-motivation for improvement.

#### **Equity**

- All pupils have access to participate and succeed in physical activity.
- Lessons are adapted to meet individual needs and abilities.
- Every child's effort and achievement are valued and celebrated.

#### **Growth mindset**

- Pupils learn to embrace challenges and keep trying when things get tough.
- Setbacks are seen as opportunities to learn and improve.
- Progress and effort are celebrated as part of every child's development.

# Implementation

## PE Hub

We follow the PE Hub scheme of work to plan and deliver PE lessons across the school to ensure consistency and progression as the children move through the school.

Year 3 - Tag Rugby		Knowledge Organiser
<b>Prior Learning</b> Can send and receive a ball using hands and feet. Refined ways to control bodies and a range of equipment. Recalled and linked combinations of skills, for example, dribbling, passing and running with the ball.	<b>Unit Focus</b> Handle a rugby ball with confidence. Evade attackers using footwork and body control. Link skills to perform as a team in attack. Use basic game principles of tag rugby and play within simpler rules.	
<b>We are learning...</b> <ol style="list-style-type: none"><li>1. to use speed to run past defenders.</li><li>2. how to use a short pass in a game.</li><li>3. to use agility to evade being tagged.</li><li>4. to understand and apply the tag protocol in game situations.</li><li>5. to <u>close down</u> an attacker's space as a defender.</li><li>6. to perform a backward pass to continue an attack.</li></ol>	<b>Key Questions</b> <ol style="list-style-type: none"><li>1. When we practise passing backwards, why do we turn at the hips rather than turning completely around?</li><li>2. What did you do to try and defend the space?</li><li>3. How did you work with a partner to <u>close down</u> space for the attacker?</li></ol>	
<b>Equipment</b> Rugby ball, bibs, cones, hoops, tag belts, grids, soft balls.	<b>Vocabulary</b> Space, accurately, mark, dodge, attack, defend, footwork, possession, evading, <u>close down</u> , sportsmanlike.	<b>Rules</b> <ul style="list-style-type: none"><li>• Only the ball carrier can be tagged.</li><li>• When the ball carrier is tagged, they must pass the ball within 3 seconds.</li><li>• Defenders must return the tag in a sportsmanlike manner.</li></ul>
<b>Assessment Overview</b> <b>Head</b> - Explore a range of techniques to avoid being tagged. <b>Hand</b> - Perform a range of ball-handling skills. <b>Heart</b> - Listen to others to work as an effective team.		

## Swimming

In Year 4, children will receive 10 hours of swimming lessons at Hengrove Leisure Centre. Here, children will have the opportunity to further develop their swimming skills, or begin to learn how to swim. The children will all take part in a water safety lesson as part of the 10 hour block of lessons.

## Sports Day

At Ashton Gate, Sports Day is a highlight of the summer term and an important part of our PE curriculum. Held in Term 6, events are organised by key stage and include a mix of competitive and non-competitive activities such as javelin, egg and spoon races, and running events. These activities allow children to apply the skills they have learned in PE, promoting teamwork, resilience, and enjoyment of physical activity.

Year 5 pupils also take part in the CST Sports Day at Headley Park, where they compete alongside children from other schools in a range of sporting challenges. This exciting event gives pupils the

opportunity to represent Ashton Gate, celebrate their sporting achievements, and take pride in their teamwork and effort.

PE is taught once a week by one of our specialist PE coaches, or by class teachers.

We deliver a high-quality PE curriculum that develops physical literacy, instills a love of sport, and promotes lifelong participation. Our implementation focuses on:

- **Fostering enjoyment and values:** Using sport to teach determination, resilience, sportsmanship, fair play, and equality.
- **Developing fundamental movement skills:** Teaching children to run, jump, throw, and catch — both in isolation and in combination — to master the basics of human movement.
- **Building confidence in games:** Providing opportunities to play competitive and modified games, applying principles of attack, defense, and teamwork.
- **Enhancing physical capabilities:** Developing flexibility, strength, technique, control, and balance through a range of activities such as athletics, gymnastics, and fitness challenges.
- **Exploring creative movement:** Encouraging children to perform dances using a variety of movement patterns.
- **Promoting outdoor learning:** Giving children opportunities to take part in adventurous activities individually and in teams.
- **Focusing on progression and self-improvement:** Supporting children to evaluate their performance, compare with previous efforts, and strive to achieve their personal best.

Through carefully planned lessons, a range of taught sports and a rich extracurricular programme, we ensure every child has the chance to experience success, challenge themselves, and grow in confidence.

## Impact

At Ashton Gate, our PE curriculum inspires every child to enjoy physical activity and embrace the challenge of sport, fostering confidence, resilience, and teamwork. Through carefully planned lessons and a broad extracurricular offer, children develop strong physical literacy, tactical understanding, and essential life skills, including communication, perseverance, and sportsmanship. By the time they leave us, pupils move with skill and control, achieve key milestones such as swimming competence, understand the importance of an active lifestyle for their physical and mental well-being, and are motivated to continue participating in sport and physical activity throughout their lives.

