

PE Curriculum Overview 2025-26

	Year 3		Year 4		Year 5		Year 6	
Autumn 1	Teacher Led Dance GetSet4PE Y3 Lessons – Machines. A trip to...	Elms Led Games (See Autumn Rota)	Teacher Led Gymnastics Or Swimming GetSet4PE Y4 Lessons - Balances: individual and partner. Rotation jumps. Straight, barrel, forward, straddle roll. Inverted movements. Partner sequences with apparatus.	Elms Led Games (See Autumn Rota)	Teacher Led Dance GetSet4PE Y4 Lessons – Dance by Chance. Rock and Roll.	Elms Led Games (See Autumn Rota)	Teacher Led Gymnastics GetSet4PE Y6 Lessons – Straddle, forward and backwards roll. Balances and counter- balances. Inverted Movements.	Elms Led Games (See Autumn Rota)
Autumn 2	Teacher Led Gymnastics GetSet4PE Y3 Lessons Balances. Jumps with control. Straight, barrel, and forward roll.	Elms Led Games (See Autumn Rota)	Teacher Led Dance Or Swimming GetSet4PE Y4 Lessons – The Spy. Carnival. States of Matter. The Twist.	Elms Led Games (See Autumn Rota)	Teacher Led Gymnastics GetSet4PE Y5 Lessons – Symmetrical and asymmetrical balances. Straight, forward, barrel and straddle rolls. Travelling.	Elms Led Games (See Autumn Rota)	Teacher Led Dance GetSet4PE Y6 Lessons – Stamp, Clap. Bhangra.	Elms Led Games (See Autumn Rota)

<p>Spring 1</p>	<p>Teacher Led Dance GetSet4PE Y3 Lessons - Country and Western. Superpowers.</p>	<p>Elms Led Games (See Spring Rota)</p>	<p>Teacher Led Gymnastics Or Swimming GetSet4PE Y4 Lessons – Balances: individual and partner. Rotation jumps Straight, barrel, forward, straddle roll. Inverted movements. Partner sequences with apparatus.</p>	<p>Elms Led Games (See Spring Rota)</p>	<p>Teacher Led Dance GetSet4PE Y5 Lessons – Ancient Maya Chinese Dance</p>	<p>Elms Led Games (See Spring Rota)</p>	<p>Teacher Led Gymnastics GetSet4PE Y6 Lessons – Headstands and cartwheels. Flight. Sequencing in Groups.</p>	<p>Elms Led Games (See Spring Rota)</p>
<p>Spring 2</p>	<p>Teacher Led Gymnastics GetSet4PE Y3 Lessons - Transition smoothly into and out of balances. Sequencing. Sequencing incorporating equipment.</p>	<p>Elms Led Games (See Spring Rota)</p>	<p>Teacher Led Dance Or Swimming GetSet4PE Y4 Lessons – The Spy. Carnival. States of Matter. The Twist.</p>	<p>Elms Led Games (See Spring Rota)</p>	<p>Teacher Led Gymnastics GetSet4PE Y5 Lessons – Inverted Movements. Matching and Mirroring. Sequencing on apparatus.</p>	<p>Elms Led Games (See Spring Rota)</p>	<p>Teacher Led Dance GetSet4PE Y4 Lessons – Waiting For... 70s Disco.</p>	<p>Elms Led Games (See Spring Rota)</p>

Summer 1	Teacher Led Athletics GetSet4PE Y3 Lessons – Sprinting. Relay. Jumping. Throwing – accuracy and distance.	Elms Led Games (See Summer Rota)	Teacher Led Athletics GetSet4PE Y4 Lessons – Speed and stamina when sprinting. Sprinting technique. Jumping. Throwing technique – distance and power.	Elms Led Games (See Summer Rota)	Teacher Led Athletics GetSet4PE Y5 Lessons – Speed over distances. Fluency and coordination when running at speed. Relay change overs. Triple jump. Throwing distance through power, control and technique.	Elms Led Games (See Summer Rota)	Teacher Led Athletics GetSet4PE Y6 Lessons – Steady pacing. Sprinting technique. Power, control and technique for triple jump and throwing. Throwing distance using force and accuracy. Teamwork.	Elms Led Games (See Summer Rota)
Summer 2	Teacher Led Athletics - Sports Day practise) Outdoor and Adventurous Activities - Orienteering	Elms Led Games (See Summer Rota) Including Games Day and Sports Day	Teacher Led Athletics - Sports Day practise) Outdoor and Adventurous Activities - Orienteering	Elms Led Games (See Summer Rota) Including Games Day and Sports Day	Teacher Led Athletics - Sports Day practise) Outdoor and Adventurous Activities - Orienteering	Elms Led Games (See Summer Rota) Including Games Day and Sports Day	Teacher Led Athletics - Sports Day practise) Outdoor and Adventurous Activities - Orienteering	Elms Led Games (See Summer Rota) Including Games Day and Sports Day.

Each of the following Games Rotas is based over a two year period. There are primary sports and secondary sports that are taught in each term. The outcome of this is that children will learn a sport twice over their time at Ashfield. They will learn the sport once in Year 3/4 and once in Year 5/6. This will allow them to build upon the skills they have previously learnt. Children will also take part in intra-school tournaments in these sports to allow them to use the skills they have learnt competitively. Once the children have learnt the primary sport and competed in a tournament then teaching will switch to a secondary sport to allow children to gain experience in a wide range of sports. For the secondary sports there is a main sport, supported by other choices in the event of rain or other factors that necessitate a change.

Autumn Games Rota

	Primary Sport to be Taught	Secondary Sports to be Taught (Main Sport on the left, other options on the right)	
Even Years	Basketball	Badminton	Dodgeball, Table Tennis, Speed Stacking.
Odd Years	Tag Rugby	Field Hockey (including quicksticks)	

Spring Games Rota

	Primary Sport to be Taught	Secondary Sports to be Taught (Main Sport on the left, other options on the right)	
Even Years	Volleyball	Rapid Fire Cricket	Table Tennis, Dodgeball, Speed Stacking.
Odd Years	'Ice' Hockey (with a puck)	Netball	

Summer Games Rota

	Primary Sport to be Taught	Secondary Sports to be Taught (Main Sport on the left, other options on the right)	
Even Years	Rounders	Handball	Frisbee Golf, Dodgeball, Tri-Golf, Table Tennis, Speed Stacking.
Odd Years	Dynamo Cricket	Tennis	

Other information.

Ashfield also runs the following extra-curricular clubs, either during or after the school day:

Boxing, SEND/PPG sports sessions, Football for Y6 boys and girls (plus some Y5s), after school sessions for girls and boys from Year 3-6, Cricket, Tag Rugby, Netball, Tennis and Sports Leaders.

On days where a class is not timetabled to have an hour long PE slot, the class teacher will timetable a 10 minute PE slot where the class may participate in activities such as the daily mile or skipping bringing the total time allotted to PE to 2.5 hours a week.