

# PE LEARNING JOURNEY

Ardleigh Green  
Junior School



We are... comparing our performances with previous ones to achieve our personal best!

We are... working as a team!

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We are... taking part in outdoor and adventurous activities!

**YEAR 6**

In-school Swimming Lessons and Sports Clubs

We are... performing dances using a range of movement patterns!

We are... developing flexibility, strength, technique, control and balance!

In-school Swimming Lessons and Sports Clubs

**YEAR 5**

In-school Swimming Lessons and Sports Clubs

We are... running, jumping, throwing and catching!

We are... learning to swim confidently, competently and proficiently!

We are... playing competitive games!

In-school Swimming Lessons and Sports Clubs

**YEAR 3**

We are... using a range of swimming strokes effectively!

Dance

Golf

Football

Gymnastics

Tag Rugby

Tennis

Hockey

Dance

Athletics

Rounders

Netball

Football

Basketball

Gymnastics

Dance

Dance

Athletics

Cricket

Dance

Tag Rugby

Golf

Net Games

Fitness

Tag Rugby

Hockey

Handball

Basketball

Gymnastics

Multi Sports

SUBJECT LEADER: MR HARRIS