

PE Curriculum – Intent

PE is part of every child's entitlement to a good education. It provides pupils with the essential skills, knowledge and understanding they need to become physically literate and lead healthy lifestyles. Our aim is to enthuse and inspire pupils to participate fully and develop a life-long love of physical activity, sport and exercise. Every child is entitled to a rich, broad and balanced curriculum where physical education is a critical element. Our curriculum is fully inclusive and ensures that all children, regardless of ability or background, can access and enjoy PE. It develops children's competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. It also develops children's fundamental movement skills including the ability to use tactics, strategies and compositional ideas to perform successfully. As a result, children develop the confidence to take part in different activities and learn about the value of healthy, active lifestyles. Discovering what they like to do, what their aptitudes are at school, and how and where to get involved in physical activity helps them make informed choices about lifelong physical activity. PE also supports children to become more resilient, set personal goals and develop their personal and social skills. Children practise working as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.

Implementation

Physical Education – Early Years

In Early Years, children are given a range of opportunities to develop their physical development in both indoor and outdoor provisions. During these sessions, children develop their gross motor skills as well as their spatial awareness, control, coordination and balance through different experiences and activities. Children are also given a range of opportunities to develop their fine motor skills, which helps build the foundation for essential future skills such as writing and self-care. In developing these skills, children learn to perform important tasks like feeding themselves, grasping toys, buttoning and zipping clothes, writing, drawing, and more. The ability to complete self-care and everyday tasks independently is also important in increasing children's self-esteem and confidence. As well as being physically active children in the Early Years gain a better understanding about leading healthy lifestyles through regular exercise, making healthy food choices and the importance of sleep, self-care and hygiene. When children enter Reception they have an additional PE lesson allocated per week to further develop their fundamental movement skills in dance, gymnastics and multi-skills.

Physical Education - KS1

In KS1, children are allocated two PE lessons every week which includes dance, gymnastics and games. This builds their fundamental movement skills from Reception and enables them to become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Throughout children's school experiences, they will learn to be ready to perform in a wide range of sporting contexts. As part of a group or team they will learn how to act responsibly and build positive relationships. Children also develop resilience by learning to persevere with new and challenging skills, respond positively to feedback, and understand that practice helps them improve. Performing in a variety of activities children will enjoy success as they learn how to reflect on their previous performances and recognise how to improve.

School Sport and Physical Activity

School sport is promoted throughout the school in a number of ways. KS1 children are allocated 3 extra-curricular clubs during a school year which take place during lunchtimes or after school. We feel this is an essential part of a child's school experiences as it develops children's social and communication skills, gives children confidence in their own abilities and also teaches children the notion of fair play, honest competition, good sportsmanship and dealing with both success and defeat. Children also learn the fundamental motor skills that enable them to develop the competence that creates confidence and leads to safe and successful participation in a wide range of sports. During their time at school children are given opportunities to take part in sporting competitions such as 'Physical Fun' day and perform to audiences in our annual 'Summer Shake'. We also encourage children to compete in a number of inter school competitions and festivals such as football, dance, gymnastics and multi-skills. Physical activity is also embedded in school through active learning in the classroom in a variety of areas of the curriculum. Physically active lessons (delivering curriculum topics through movement) and physically active breaks are a part of our daily routine as it allows children to experience improvements not just in their fitness levels but in brain function too. Taking part in physical activity can prime the brain for learning so we feel it is vital for our children to move more in order to be better positioned to succeed in the classroom.

SEND

Our SEND children also have access to additional activities in order to develop essential physical, social, and cognitive skills in a fun and supportive environment. SEND children in Nursery and Reception take part in gross and fine motor interventions throughout the

week and KS1 take part in a gross motor club or Boccia club twice a week. Through structured gross motor activities, children build core strength, balance, coordination, body awareness, and overall motor planning. Participation in Boccia further enhances hand-eye coordination, accuracy, controlled movement, and strategic thinking. The club also promotes turn-taking, teamwork, communication, and problem-solving skills while encouraging confidence, independence, and positive peer interaction.