

Physical Education Curriculum Overview

At our school, Physical Education (PE) is a vital part of every child's development. Following the **National Curriculum for PE**, we aim to instil a lifelong love of movement, sport, and healthy living. Our bespoke **Long-Term PE Plan** ensures a broad, balanced, and progressive curriculum across all year groups. Pupils engage in two hours of high-quality PE a week, as well as regular activity to ensure their 30 daily active minutes.



A Curriculum Built on Progression and Participation

Each year, children take part in a carefully sequenced PE curriculum that develops key physical skills and builds on prior knowledge. Pupils engage in a wide variety of sports and activities across the year, including:

- **Invasion games** (e.g. football, tag rugby, netball)
- **Net and wall games** (e.g. tennis, badminton)
- **Striking and fielding** (e.g. rounders, cricket)
- **Athletics**
- **Dance and gymnastics**
- **Outdoor and Adventurous Activities (OAA)**

We also incorporate **cross-curricular PE** through Active Maths and English sessions.



Health and Wellbeing Through Sport

All children take part in structured physical activity each week, supporting their physical health, social development, and emotional wellbeing. In line with national requirements, **Year 5 and Year 6 pupils receive swimming instruction** to build water confidence and safety skills.



Using The PE Hub for Clear Progression

We use **The PE Hub** to plan, assess, and deliver high-quality PE. This platform provides:

- A **curriculum map** that shows clear skill progression across the school
- Detailed **lesson plans** designed to engage all abilities
- **Assessment tools** to track progress
- A unique **Head, Hand, Heart** framework to evaluate children's
 - *Cognitive understanding* (Head)
 - *Practical application and skills* (Hand)
 - *Attitude, resilience, and teamwork* (Heart)



What PE Looks Like Across the School

From Nursery to Year 6, pupils develop:

- Fundamental movement and coordination in EYFS and KS1
- Tactics, teamwork, and competitive spirit in KS2

- Dance units inspired by topics (e.g. Egyptians, Remembrance, The Haka)
- Confidence and enjoyment in both individual and team-based activities

One lesson a week is delivered by the class teacher and the other PE lesson is delivered by our school sports coach Mr King, alongside the class teacher. We also work with specialist coaches and integrate Ready, Set, Ride and SH Sports coaching to enhance provision.



Our Aim

Through PE, our children develop not only physical competence but also **character, resilience, and a love of physical activity** that they can carry into their future lives.