

## Our PE Curriculum

<b>Intent</b>	<p><b>Anchored in the community; a place to belong, a world to explore.</b></p> <p>At our school, we see Physical Education, physical activity, and school sport (PESSPA) as vital to children’s well-being, personal development, and future health. Our aim is to deliver an inclusive, broad, and balanced PE curriculum where all pupils can succeed—enhancing existing skills and developing new ones.</p> <p>Through engaging lessons and wider sporting opportunities, we promote self-esteem, resilience, and a positive attitude to challenge and success. We teach children the importance of physical and mental health, equipping them with the knowledge and habits to lead healthy, active lives.</p> <p>We are committed to building a strong school community through sport, offering extra-curricular clubs, competitions, and links with local organisations. We actively work with the Schools Sport Partnership to provide additional opportunities for team building and competitions. In line with the national curriculum, we develop pupils’ competence, encourage sustained physical activity, and inspire a lifelong love of movement.</p> <p>This supports our school vision of creating articulate, active, and responsible citizens, both within school and in the wider community.</p>
<b>Implementation</b>	<p>We ensure all children receive high-quality, well-sequenced PE lessons, using the <i>Get Set 4 PE</i> scheme to support a broad and balanced curriculum. Lessons are delivered by class teachers and specialist-trained staff, with ongoing CPD to build subject knowledge, confidence, and pedagogy.</p> <p>Our PE subject leader supports staff with planning, differentiation (using strategies like STEP), and assessment, ensuring that every pupil makes progress regardless of starting point. Both formative and summative assessments inform teaching and support pupil development.</p> <p>All pupils receive at least two hours of PE per week, with additional clubs and activities at lunch and after school. Swimming is delivered for a term each year in selected year groups to meet or exceed national expectations, recognising it as a vital life skill, crucial for our coastal community.</p>

	<p>We also promote participation in competitions and events through inter-house and inter-school opportunities, helping children build teamwork, confidence, and a strong sense of school community.</p>
<p><b>Impact</b></p>	<p><b><u>Know more</u></b>  Pupils develop a secure understanding of the importance of physical activity for health, well-being, and personal growth. They gain knowledge of key skills, rules, and tactics across a wide range of sports and physical activities, as well as an appreciation of fair play, respect, and teamwork. Children understand how the body responds to exercise and recognise the benefits of leading an active lifestyle. They can discuss the link between physical and mental health and demonstrate an awareness of how to make positive choices to support both.</p> <p><b><u>Do more</u></b>  Pupils demonstrate increasing competence and confidence in a broad range of physical activities. They apply taught skills and techniques with control and accuracy, adapting them to suit different games, sports, and performance contexts. Through regular participation, they develop resilience, communication, and leadership skills, showing determination to improve their personal bests. Children take part enthusiastically in lessons, clubs, and competitions, contributing positively to team efforts and representing the school with pride.</p> <p><b><u>Remember more</u></b>  Pupils retain and apply key knowledge about physical skills, tactics, and healthy lifestyles as they move through school. They can draw on prior learning to improve performance and make informed decisions about physical activity beyond the school setting. Over time, they build lasting habits and a positive attitude towards exercise, understanding its lifelong value. By the time they leave primary school, pupils are confident, capable movers who understand how to stay active, healthy, and connected through sport and physical activity.</p>