

# PE Overview

## Curriculum Intent

At Whittingham Primary Academy, we believe that Physical Education (PE) should be experienced in a nurturing and supportive environment, where every child feels encouraged to develop a love for sport and physical activity. Our aim is to inspire a lifelong passion for exercise while promoting the physical, emotional, and social growth of our pupils.

Our thoughtfully crafted PE curriculum offers a broad range of opportunities, from competitive sports to challenging physical activities. We not only focus on developing physical skills but also instil important values such as teamwork, cooperation, fairness, and respect. Every pupil is given the chance to participate and succeed at a level that matches their abilities, helping them build confidence and resilience along the way. We are dedicated to delivering high-quality PE lessons that motivate all children to engage in sports and maintain a lasting commitment to physical well-being. By providing both individual and team-based activities, we ensure that each child's unique strengths and interests are catered to. Our focus on health, fitness, and active living prepares pupils for success not only in PE but throughout their lives.

In addition to our core curriculum, we offer a rich variety of extra-curricular activities, including after-school clubs, visits from professional athletes, and opportunities to experience live sporting events. These activities broaden our pupils' exposure to different sports and help foster a lifelong appreciation for physical activity. At Whittingham Primary Academy, our PE program equips students with the skills, values, and confidence they need to overcome challenges, solve problems, and express themselves through sport, ensuring they are set on a path toward a healthy, active, and fulfilling future.

## How do you ensure consistent delivery across all key stages?

At Whittingham Primary Academy, we ensure consistent delivery of Physical Education (PE) across all key stages by implementing a carefully structured and progressive curriculum. This curriculum is designed to build on the skills and knowledge gained at each stage, allowing pupils to develop at an appropriate pace as they move through the school. Our PE lessons are tailored to meet the needs of each year group while maintaining a common focus on fostering physical, social, and emotional development. Teachers are provided by continuous CPD both internal and external focusing on delivering lessons using clear and consistent objectives that align with national standards. They follow a well-defined plan that ensures a balance between different types of physical activities, from fundamental movement skills in the early years to more complex sports and fitness challenges in the later stages. We provide regular professional development for staff, ensuring they are equipped with the latest teaching strategies and practices to engage all students effectively.

## How does the curriculum cater for disadvantaged, SEND and minority group students?

Our PE curriculum is designed to be inclusive and accessible to all pupils, including disadvantaged, SEND, and minority group students. We recognize the importance of adapting physical education to meet the diverse needs of every child, ensuring that no one is left behind. For students with special educational needs and disabilities (SEND), we provide tailored support through personalised activities and differentiated teaching strategies. This ensures that all pupils can participate fully and develop their physical skills at their own pace. Occupational therapy (OT) is integrated into our approach, helping students improve their motor skills, coordination, and overall physical development. We also incorporate sensory circuits for students who benefit from sensory stimulation to help regulate their energy levels and improve focus, ensuring they are ready to engage in PE lessons effectively. Our curriculum ensures that disadvantaged students and those from minority groups have the same opportunities to participate and succeed in physical education. This includes providing access to equipment, additional support where needed, and encouraging involvement in a variety of physical activities, including competitive sports. Competitions, whether internal or external, are structured to be inclusive, offering various levels of challenge and allowing pupils to compete according to their abilities. By promoting teamwork, respect, and cooperation, these competitions help build confidence and a sense of belonging among all students.

Ultimately, our goal is to create a PE environment where every child, regardless of background or ability, feels valued, supported, and motivated to engage in physical activity, promoting both their physical and emotional well-being.

**How does the curriculum embed prior knowledge and aid long term retention of knowledge?**

Skills and concepts introduced in earlier key stages are revisited and expanded upon as pupils progress through the school. This ensures that learning is reinforced and deepened over time, enabling students to develop a strong foundation in physical education that supports more advanced skills and understanding. Lessons are structured to incorporate regular opportunities for review and practice, allowing pupils to consolidate what they have learned before moving on to new content. For example, core physical skills such as balance, coordination, and teamwork are repeatedly practiced in different contexts, both in individual activities and team sports. By applying these skills across various sports and scenarios, pupils not only strengthen their physical abilities but also develop a deeper understanding of how to use them in different situations.

## Long Term Plan-Getset4PE

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
------	----------	----------	----------	----------	----------	----------

Nursery	Introduction To PE: Unit 1	Fundamentals: Unit1	Dance: Unit 1	Gymnastics: Unit 1	Ball Skills: Unit 1	Games: Unit 1
	Introduction To PE: Unit 2	Fundamentals: Unit 2	Dance: Unit 2	Gymnastics: Unit 2	Ball Skills: Unit 2	Games: Unit 2
Reception	Introduction To PE: Unit 1	Fundamentals: Unit1	Dance: Unit 1	Gymnastics: Unit 1	Ball Skills: Unit 1	Games: Unit 1
	Introduction To PE: Unit 2	Fundamentals: Unit 2	Dance: Unit 2	Gymnastics: Unit 2	Ball Skills: Unit 2	Games: Unit 2
Year 1	Fundamentals	Ball Skills	Invasion games	Target games	Athletics	Net and Wall games
	Yoga	Dance	Gymnastics 1-6	Gymnastics 6-12	Fitness	Sending and receiving
Year 2	Fundamentals	Ball Skills	Invasion games	Target games	Athletics	Striking and fielding
	Yoga	Dance	Gymnastics 1-6	Gymnastics 6-12	Fitness	Team Building
Year 3	Ball skills	Football	Hockey	Cricket	Athletics	Tennis
	Fundamentals Y3	Yoga	Gymnastics 1-6	Gymnastics 6-12	Fitness	Dance
Year 4	Ball skills	Football	Hockey	Cricket	Athletics	Rounders
	Fundamentals Y4	Yoga 1-6	Gymnastics 1-6	Gymnastics 6-12	Fitness	Dance 1-6
Year 5	Netball	Football	Basketball	Volleyball	Swimming	Tennis
	Gymnastics 1-6	Gymnastics 6-12	Dance 1-6	Fitness		Yoga 1-6

Year 6	Football Gymnastics 1-6	Netball Gymnastics 6-12	Basketball Dance 1-6	Badminton Dance 6-12	Athletics Fitness	Rounders Yoga 1-6
--------	----------------------------	----------------------------	-------------------------	-------------------------	----------------------	----------------------