

Subject on a page

PE

PE is the only subject whose primary focus is on the body; it uniquely addresses the physical development aim of the curriculum and makes a significant contribution to the spiritual, moral, social and cultural development of young people.

INTENT

- We aim to develop pupils who...



Participate and develop physical competency in a wide range of physical activities that provide appropriate challenge with acceptable risk.



Build confidence and resilience to try hard and make progress across all activities.



Enjoy learning in and through the subject across the domains of physical skills, creative and thinking skills, and social, personal and leadership skills, and be able to apply those skills across their wider learning and beyond school.



Be highly motivated and understand how to plan, organise and lead their own healthy, active lifestyles as well as influence those around them.



Develop their physical well-being through increased stamina, strength and suppleness, and recognise the positive impact on their emotional well-being and health from engaging in physical activity on a regular basis.



Be involved in learning about risk management, and their responsibility in this, in order for them to participate independently in physical activity in later life.

IMPLEMENTATION

- How do we achieve our aims?

Through Grace Mary's high-quality physical education programme, our students will become physically literate and develop the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.

Curriculum

Our Physical Education curriculum provides activities that promote a broad base of movement knowledge and skills, placing students in cooperative, collaborative, and competitive situations. These experiences are designed to cater for the preferences, strengths, and needs of every student. Our curriculum embraces the Statutory Orders of the National Curriculum 2014 and Early Years Foundation Stage (EYFS) Guidance (England). It is fully inclusive, ensuring that every student has equal access irrespective of age, gender, or cultural and ethnic background. We have access to The PE Hub and Oak National Academy to support the delivery of our PE curriculum, providing high-quality resources and structured progression across all key stages. In addition, we incorporate Cross-Curricular Orienteering to promote physically active learning across subjects, encouraging teamwork, problem-solving, and outdoor exploration. To further enrich our provision, one term each year is dedicated to Sport Enrichment Fridays, offering students opportunities to experience a wider range of sports and physical activities beyond the standard curriculum.

Health

Students are encouraged to appreciate the importance of having a healthy body and to understand the factors that affect health and wellbeing. 'Healthy' is also one of our Grace Mary values, and this is reflected in the way we promote positive lifestyle choices, physical activity, and emotional wellbeing throughout our curriculum.

Swimming and Water Safety

At Grace Mary, we offer swimming instruction in Year 5. To strengthen our provision, we also use the Active Black Country Water Safety Programme. Pupils access a wide range of resources from the Royal Life Saving Society UK, the Canal and River Trust and Swim England.

IMPLEMENTATION

(continued)

Intra-school and inter-school sport competitions

We aim for pupils to take part in a range of inter-school and intra-school competitions throughout the year. These opportunities allow pupils to apply their skills in real sporting contexts and experience the excitement and challenge of competitive sport. Taking part in competitions, festivals and tournaments is highly beneficial for pupils. It helps them develop confidence, resilience and teamwork, while also encouraging fair play, respect and a positive sporting attitude. Through these experiences, pupils learn to celebrate success, handle setbacks positively and develop a lifelong enjoyment of physical activity.

Planning

In the planning stage, we follow a clear process: "This is what I want students to learn. This is how I plan for learning to take place. Is the learning experience safe?" This ensures that every lesson is purposeful, well-structured and delivered with pupil safety at the forefront. Our overview, along with a range of useful PE resources, are stored on SharePoint and are regularly updated by the PE subject leader to support consistency and progression across the curriculum. Each lesson includes a warm-up that are relevant to the main activity and appropriate for the learning environment and weather conditions. All students are expected to be physically active for sustained periods of time, progressively developing their understanding of the components of fitness and how to perform warm-up and cool-down exercises safely and effectively. To maximise engagement and deepen understanding, we also incorporate TLAC techniques such as choral response and turn and talk. This helps to increase both the think and participation ratio, ensuring that all pupils are actively involved, responding, discussing and reflecting throughout the lesson.

Assessment

Students' work is assessed throughout each unit using a blend of formative and summative methods. The PE attainment targets outline the knowledge, skills and understanding pupils are expected to achieve by the end of each key stage.

At Grace Mary Primary School, we assess pupils by:

- observing them in action and discussing their learning
- gathering pupil feedback to identify successes and next steps

Pupils are also encouraged to use Head (thinking), Hands (doing) and Heart (behaviour/attitude) for self- and peer-assessment. This approach supports their physical skills, decision-making and social-emotional development, helping them grow into reflective, confident and capable young people.

Pupil voice is collected at the end of each unit and the insights gained feed directly into future planning, ensuring lessons remain responsive and meaningful.

IMPACT

- How will we know we have achieved our aims?



Children have a willingness to practice skills in a wide range of different activities and situations alone, in small groups and in teams and apply these skills in chosen activities to achieve higher levels of performance.



Children have a willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in sport/physical activity outside of school.



Children have high levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance and support.



Children have the ability to take the initiative and become excellent young leaders, organising and officiating, evaluating what needs to be done to improve, motivating and instilling excellent sporting attitudes in others.



Children have the ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.



Children are confident with what risks they should and should not be taking and understand their responsibility in this.