

Our **Physical Education (PE) curriculum** aims to inspire all pupils to develop a **lifelong love of physical activity, sport, and healthy living**. We believe that high-quality PE helps children develop **physical competence, confidence, and resilience**, while also promoting teamwork, leadership, and well-being.

Our curriculum ensures that pupils:

- ✓ **Develop fundamental movement skills** – Improving agility, balance, coordination, and physical fitness.
- ✓ **Engage in a broad range of activities** – Including gymnastics, dance, athletics, invasion games, and outdoor adventurous activities.
- ✓ **Understand the importance of health and well-being** – Encouraging active lifestyles, mental well-being, and nutrition awareness.
- ✓ **Learn key sporting values** – Including teamwork, fairness, respect, and perseverance.
- ✓ **Have opportunities for competition and participation** – Through intra- and inter-school events, festivals, and team sports.

Each topic has been carefully chosen and planned to ensure that our curriculum principles and intent can be achieved.



By connecting our learning in Physical Education to our Big Idea curriculum, pupils also develop a deep understanding of these abstract concepts while enriching their knowledge of the Physical Education curriculum. This approach supports the development of critical thinking, curiosity, and cross-disciplinary connections, equipping pupils with the skills and understanding they need to navigate the world around them and become the best version of themselves.

Community	How can we work together as a team in PE to make sure everyone feels included and supported?
Human Rights	Why is it important that everyone has the right to take part in physical activity and sport?
Stewardship	How can we take care of our equipment and the spaces we use for PE and games?
Resilience	What can we learn when we don't succeed the first time in a game or physical challenge?
Equality	How can we make sure everyone gets a fair chance to join in and succeed in PE activities?
Health	How does Physical Education improve our physical and mental health and wellbeing?
Wonder	What amazing things can our bodies do when we practise and challenge ourselves in PE?
Technology	How does technology threaten to reduce our physical activity and what is the impact of this?