Walwayne Court
Primary School

Physical Education (PE) Curriculum

At Walwayne Court, we aim to inspire pupils to be active, develop physical competence, and foster knowledge and understanding of health, fitness, and wellbeing. Our sets out to ensure pupils can participate in a wide range of physical activities, develop skills progressively, and understand the benefits of lifelong physical activity.

Our approach is guided by our school values of **Achieve, Belong, and Engage**:

- **Achieve – Aspiration and Perseverance**: Pupils set goals, practise skills, and strive to improve performance in a range of activities.
- **Belong – Kindness and Collaboration**: Pupils work respectfully with others in team games, group challenges, and paired activities, supporting each other's development.
- **Engage – Curiosity and Creativity**: Pupils explore different sports, movement patterns, and strategies, experimenting creatively in games, dance, and gymnastics.

Implementation

The PE curriculum is carefully sequenced to develop skills progressively. Pupils start with fundamental movement skills such as running, jumping, throwing, catching, balance, and coordination. As they progress, they engage in team and individual sports, gymnastics, dance, athletics, swimming, and outdoor experiences. Lessons integrate physical competence, tactical understanding, and healthy lifestyle knowledge.

Teaching strategies include:

- **Skill development** through structured drills and guided practice, enabling pupils to master fundamental movement skills with precision.
- **Team games and competitive challenges** to apply taught skills in real-game contexts, developing tactical awareness, teamwork and decision- making.
- **Dance and gymnastics** to explore movement, balance, control and creativity, using teacher modelling and peer feedback to refine performance.
- **Health and fitness education**, including heart rate, exercise benefits, and personal safe participation and personal goal setting, supported by practical demonstrations and individual enquiry.
- **Assessment through observation, peer discussion, and self-reflection**, helping pupils evaluate performance and taking ownership of their learning.

Adaptations for learners can include:

- **SEND**: Modified or adapting the equipment, simplified rules, differentiated activities, visual demonstrations or picture cues, additional adult support.

- **EAL**: Clear instructions through images or gestures, modelling of skills (including pre-learning opportunities), paired or small-group practice for language support.
- **Disadvantaged pupils**: Access to resources, scaffolded guidance, targeted encouragement to participate fully, and opportunities for enrichment such as clubs or external sports experiences.

Assessment is ongoing and practical, including observation, peer assessment, self-evaluation, and performance tasks. Teachers adapt lessons based on pupils' progress, providing challenge or support as needed. Pupils reflect on personal goals, effort, and skill development, fostering resilience and self-improvement. Teachers regularly evaluate and refine teaching to ensure high engagement and progression.

PE is taught in a safe, inclusive environment where pupils feel confident to take risks, try new activities, and develop teamwork skills. Respect, encouragement, and celebration of effort underpin every session. PE enables pupils to link to the wider community/world through shared sporting values, engaging with local sports opportunities and experiencing a range of different sporting activities.

Impact

Through this curriculum, pupils develop competence, confidence, and creativity in a wide range of physical activities. They acquire skills in coordination, control, balance, agility, and teamwork, and understand how physical activity contributes to health and wellbeing.

Inclusive teaching and adapted teaching ensures all pupils make progress from their starting points. Pupils demonstrate **aspiration and perseverance** in improving skills, **kindness and collaboration** in group activities, and **curiosity and creativity** in exploring new sports and movement challenges.

By the end of primary school, pupils leave with a strong foundation in physical skills, knowledge of healthy lifestyles, the confidence to participate in diverse activities, and the motivation to lead active, healthy lives.