



### **Physical Education - Vision & Intent**

#### **Overall Vision**

At Elmtree Primary School, our Physical Education curriculum is all about igniting a passion for movement and sport among our children . We believe that every child should experience the joy of being active, and our aim is to empower each pupil to reach their full sporting potential through engaging, inclusive, and fun physical activities. We're dedicated to fostering a lifelong love for movement that goes well beyond the classroom, helping pupils develop healthy habits and a vibrant lifestyle.

In our PE lessons, our pupils enjoy a variety of physical activities that build not only their skills but also their self-esteem and confidence. Whether they're developing their coordination skills or exploring team dynamics, every child finds their footing in our supportive environment. We celebrate every achievement, big or small, ensuring that everyone feels valued and part of our school community.

We also understand the importance of sport in creating connections. Our goal is to ensure that every child finds their place in the world of physical activity, be it through competitive sports, team games, or simply enjoying fun activity days. We provide opportunities for children to represent the school in various events and encourage participation in competitions outside of school.

Additionally, we strive to expose our children to a wide variety of sports and movement practices from diverse cultures. By understanding the profound link between physical activity and well-being, we empower our pupils to appreciate how movement impacts their physical, mental, and social health. We encourage creativity through movement, allowing children to express themselves and connect with a variety of cultural experiences. At Elmtree Primary School, PE is more than just a subject; it's a celebration of movement, culture, and community!

#### **By the end of Early years & Key Stage 1**

##### **National Curriculum**

Pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

**Pupils in Key stage 1 are taught to:**

master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  
participate in team games, developing simple tactics for attacking and defending  
perform dances using simple movement patterns

**At Elm Tree we prioritise:**

**Physical Development and Motor Skills**

Develop fundamental movement skills including running, jumping, throwing, catching, balancing, and coordination.

Refine motor patterns established in Early Years Foundation Stage (EYFS) with increasing control, accuracy, and fluency.

Develop spatial awareness and body control in both static and dynamic contexts.

**Understanding Rules, Tactics, and Strategies**

Begin to understand basic rules and strategies in simple games and activities.

Recognise roles such as attacker and defender in invasion games.

Learn the importance of teamwork and cooperation to achieve goals.

**Health and Well-being**

Understand the importance of warming up and cooling down.

Recognise the benefits of physical activity for health.

Learn about hydration and safe participation in physical activities.

**Dance and Movement**

Perform dances using simple movement patterns.

Demonstrate control over actions, space, dynamics (how movements are performed), and relationships (interaction with others).

Begin to describe and comment on movement patterns and performances.

**By the end of Key Stage 1, Pupils will have experienced:**

Skills Area	Skills
Physical Development	Gross motor skills
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• partner - Show confidence trying new physical activities

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Dance skills

- Copy and draw repeated simple movements
- Show rhythm in a c t i o



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<i>Swimming</i>	<ul style="list-style-type: none"><li>• T o d e v e l o p e a r l y c o n f i d e n c</li></ul>	

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Health and Fitness Awareness	<ul style="list-style-type: none"><li>• U n d e r s t a n d w h y w e w a r m u p</li><li>• N o t i c e b o d y c h a n g e s d u r</li></ul>	

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**By the end of KS2**

**National Curriculum**

Our Physical Education KS2 curriculum aims to ensure that all pupils develop the knowledge, skills, attitudes, and confidence to lead active, healthy lives. We provide high-quality PE experiences that promote

physical competence, creativity, resilience, teamwork, and a positive attitude to physical activity and sport. Our intent is for pupils to leave Key Stage 2 with the motivation, physical competence, and confidence to participate in a diverse range of sports and physical activities. We aim to nurture pupils who not only perform physical skills effectively but also understand the benefits of movement, value teamwork, show respect and fairness, and develop a lifelong commitment to being active.

### **Pupils in Key Stage 2 are taught to:**

- Master and refine a broad range of fundamental movement skills including running, jumping, throwing, catching, balancing, agility, and co-ordination, and apply these skills in increasingly complex situations.
- Participate confidently in team games, developing tactical awareness, understanding rules, and applying strategies for both attacking and defending.
- Perform dances and movement sequences with control, expression, and accuracy, exploring how movement can be structured and performed for an audience.
- Develop knowledge of fitness and health, understanding the impact of exercise on the body, the importance of warm-ups and cool-downs, and how factors such as hydration, rest, diet, and safety influence well-being.

### **At Elm Tree we prioritise:**

#### **Physical Development and Motor Skills**

- Building upon movement patterns developed in earlier years, ensuring pupils move with control, accuracy, fluency, and purpose.
- Increasing spatial awareness and body control in both individual and collaborative physical activities.
- Applying movement skills confidently across different sports and performance contexts.

#### **Understanding Rules, Tactics, and Strategies**

- Deepening pupils' understanding of the rules, techniques, and strategies used in a range of games and sports.
- Encouraging pupils to take on different roles such as attacker, defender, leader, and official.
- Developing communication, problem-solving, and teamwork to achieve shared goals.

#### **Health and Well-being**

- Understanding how physical activity contributes to physical, social, and mental health.

Making informed choices about leading a healthy lifestyle, including awareness of hydration, nutrition, and emotional well-being.

- Recognising how determination, resilience, and self-belief contribute to success in physical activity.

#### **Dance and Movement**

- Creating, performing, and evaluating dance sequences that show control, coordination, clarity of movement, and expressive intent.

- Exploring how actions, space, and relationships can be used to communicate ideas.

**By the end of Key Stage 2  
Pupils will have experienced**

<b>Skills Area</b>				
<b>Running &amp; Travelling</b>	Develop control when running at different speeds; change direction smoothly.	Sustain running for longer periods; refine changes of pace.	Use speed, control, and stamina in games and relays.	Apply speed, strength, and endurance strategically in competitive situations.
<b>Throwing &amp; Catching</b>	Throw and catch accurately over short distances.	Develop control and power in overarm throws.	Use throwing and catching skills effectively in games under pressure.	Apply refined throwing techniques for distance, accuracy, or tactical advantage.
<b>Balance &amp; Coordination</b>	Show control and balance in simple sequences or activities.	Combine balance and coordination in more complex movements.	Maintain balance while changing direction or combining skills.	Demonstrate consistent control in dynamic activities and performances.
<b>Agility &amp; Reaction</b>	React quickly to changes of direction in games.	Develop dodging and interception skills.	Anticipate others' movements and respond effectively.	Use agility strategically to outwit opponents in competitive situations.
<b>Jumping &amp; Landing</b>	Combine jumping actions with control (e.g. hop, skip, jump).	Jump for height and distance using coordination and balance.	Refine jumping techniques and link with other actions (e.g. jump-throw, jump-turn).	Apply jumping skills in performance or competitive contexts (athletics, gymnastics).
<b>Gymnastics</b>	Create and perform sequences using changes in direction, speed, and level.	Link movements with control, balance, and clarity.	Develop complex sequences showing strength, flexibility, and fluency.	Perform and evaluate longer routines with creativity, flow, and precision.
<b>Dance</b>	Perform simple dances using movement patterns and rhythm.	Compose and perform sequences showing expression and control.	Use movement to communicate ideas, mood, and emotion.	Choreograph and perform dances with clarity, confidence, and style.
<b>Games &amp; Teamwork</b>	Develop simple tactics for attacking and defending.	Use and adapt tactics in small-sided games.	Apply more advanced strategies and communicate effectively in a team.	Take on leadership roles and make tactical decisions to influence outcomes.
<b>Athletics</b>	Explore running, jumping, and throwing for distance and time.	Improve techniques and measure performances.	Combine skills to improve personal bests and compare results.	Refine techniques with accuracy, control, and resilience; evaluate performance.

<b>Outdoor &amp; Adventurous Activities (OAA)</b>	Follow simple routes and challenges outdoors.	Use basic maps and teamwork to solve challenges.	Plan and follow routes using maps and compasses.	Lead and take responsibility for group tasks; navigate independently and safely.
<b>Health &amp; Fitness</b>	Describe how exercise impacts the body.	Understand the benefits of regular exercise.	Identify ways to maintain a healthy lifestyle.	Take responsibility for their own fitness and make informed lifestyle choices.
<b>Swimming</b>				
<ul style="list-style-type: none"> <li>• Develop swimming competence, confidence, and proficiency, including a range of strokes and self-rescue skills.</li> </ul>				