



# PE Curriculum



**Intent:** At St Swithun's Catholic Primary School, our Physical Education curriculum aims to inspire all pupils to develop a lifelong enjoyment of physical activity and sport while nurturing healthy, confident and resilient individuals. Rooted in our Catholic ethos, we recognise that physical development is an important part of educating the whole child. We encourage pupils to use their God-given talents, strive for personal excellence and demonstrate respect, teamwork and perseverance in all aspects of physical activity.

Our curriculum ensures that all pupils:

- Develop competence and confidence across a broad range of physical activities
- Build physical literacy through movement, coordination, balance and control
- Understand the importance of leading healthy and active lifestyles
- Develop resilience, determination and a positive mindset towards challenge
- Learn to cooperate, compete fairly and show respect for others
- Experience opportunities for leadership, teamwork and personal achievement

We aim for all children to leave St Swithun's with the knowledge, skills and confidence to participate in physical activity throughout their lives and understand the importance of physical wellbeing for both body and mind.

**Implementation:** At St Swithun's, PE is delivered through a progressive curriculum that develops physical competence, knowledge and confidence from EYFS to Year 6.

Children receive a minimum of two hours of PE each week, alongside opportunities to participate in clubs, competitions, residential experiences and enrichment activities.

## Progressive Curriculum Design

The curriculum is carefully sequenced to ensure progression across:

- Invasion Games
- Net and Wall Games
- Striking and Fielding
- Athletics
- Dance
- Gymnastics
- Outdoor and Adventurous Activities
- Swimming

Pupils revisit and refine key physical skills throughout their time at school, allowing them to develop increasing confidence, control and fluency.

## Val Sabin Approach

Gymnastics, Dance and Athletics are taught through the Val Sabin Scheme of Work, which provides a carefully structured progression of skills and concepts.

This approach enables pupils to:

- Develop movement competence progressively
- Explore creativity and expression through dance
- Refine balance, agility, coordination and control
- Evaluate and improve their own performances
- Work collaboratively and independently
- Build confidence through success and repetition



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Val Sabin's emphasis on exploration, creativity and skill mastery supports our vision of developing physically literate learners who understand how movement can be performed, refined and improved.

## Teaching Approach

At St Swithun's, PE lessons follow a clear and structured teaching sequence. Teachers use an I Do, We Do, You Do approach to develop skills progressively. This approach ensures pupils develop both competence and confidence.

## Vocabulary and Oracy

Children are explicitly taught PE vocabulary linked to movement, technique, tactics, fitness, performance. During PE sessions, children regularly evaluate performances, provide constructive feedback, explain strategies and decisions and reflect on improvements.

This develops confidence, communication skills and deeper understanding.

## Adaptation and Inclusion

Adaptation is embedded throughout the PE curriculum to ensure all pupils can succeed.

This includes:

- Modified equipment and playing areas
- Differentiated challenges and success criteria
- Scaffolded skill development
- Peer support and coaching opportunities
- Leadership roles to promote confidence and participation

All pupils are encouraged to achieve personal success and experience enjoyment regardless of starting point or ability.

At St Swithun's, Physical Education is enriched through the principles of Catholic Social Teaching. Pupils learn that every person has unique gifts and talents that should be nurtured and celebrated. Through teamwork, leadership and competition, children develop respect for the dignity of others and understand the importance of participation, fairness and community. They learn to support and encourage one another, recognising that success is not only measured by winning but by effort, perseverance and personal growth. Through PE, pupils develop stewardship of their bodies, understanding the importance of caring for their physical and mental wellbeing as part of God's gift of life.

**Impact:** By the time pupils leave St Swithun's Catholic Primary School, they will:

- Demonstrate confidence and competence across a broad range of physical activities
- Understand the importance of maintaining an active and healthy lifestyle
- Apply tactics and strategies in competitive and non-competitive situations
- Show resilience, determination and sportsmanship
- Evaluate and improve their own performance
- Work effectively as individuals and as members of a team
- Participate in physical activity with enthusiasm and confidence

Pupils leave St Swithun's as physically literate, confident and resilient individuals who understand the importance of health, wellbeing and active participation in society.

*"Physical Fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." John F. Kennedy*