



**THE ST. MARY'S
PARTNERSHIP**

PE Curriculum Guide



The Quality of Education Subject Pathway





We know that Physical Education is key to having a healthy body and healthy mind. PE enables children to have improved concentration in class and allows children the opportunity to make every child stronger and life longer. Our PE curriculum combines the acquisition of skills with the essential knowledge pupils need to lead healthy and active lifestyles.

The Physical Education curriculum aims to ensure that all pupils:

- **Develop competence to excel in a broad range of physical activities;**
- **Are physically active for sustained periods of time;**
- **Engage in competitive sports and activities;**
- **Lead healthy, active lives.**

We aim to inspire all children and for each child to fulfil their potential within PE. We want the children's experience of PE to be positive and motivating. PE enables children to become physically confident in a range of activities and sports. This supports their physical and mental health and provides them with the building blocks for a lifelong healthy and active lifestyle.

We want our children to succeed and excel in competitive sport and physical activities. We offer all children chances to compete in sport and other activities within school and outside of school. This helps the children to build character and learn values such as fairness and respect. Through PE, we develop the children's knowledge, skills and understanding of a variety of physical activities, allowing them to build their confidence and competence.

Planning

Throughout our lesson plans, pupils are presented with layered content that builds understanding over time. We know that pupils presented with disconnected information in lessons cannot build fluency or apply the knowledge and skills in meaningful contexts.

Each lesson, children are given the opportunity to practise skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed it. Different skills are recapped throughout, and across, the years, each time they are being built upon; allowing children to know more and remember more.

“Some people want it to happen, some wish it would happen, others make it happen”

Michael Jordan

Each child receives 2 hours of PE and school sport per week with specialist coaches and/or class teachers. We plan sessions to cover a broad and full range of skills and activities. These include, Invasion Games, Net and Wall Games, Strike and Field Games, Gymnastics, Dance, Athletics and OAA. Children attend swimming lessons at a school-based pool, they learn to swim 25 metres competently and confidently in a range of strokes. In addition to PE in curriculum time we also strive to provide opportunities for children to access a wide range of extra-curricular clubs.

We teach in a way that children:

- have fun and experience success in sport
- can join in at their own level of development
- build and secure a range of skills
- develop good sporting attitudes
- understand basic rules
- experience positive competition
- learn in a safe and supporting environment

Our curriculum aims to ensure that all pupils:

- develop their fundamental movement skills
- improve their agility, balance and coordination
- lead and join in PE games with growing confidence, developing their speaking and listening skills
- learn useful PE vocabulary and knowledge to help them at KS3 and beyond
- enjoy fitness and understand the importance of good diet and exercise

Performance in PE and understanding how to improve

Physical Education is inherently a performative subject, where learning is driven by doing. Children develop their skills through active practice, building muscle memory and physical confidence. By incorporating technology such as iPads, students can record their performances and engage in meaningful self-assessment. Watching these recordings allows them to critique their own technique, recognize strengths, and identify areas for improvement. This reflective process transforms their understanding of movement, enabling them to refine their skills with

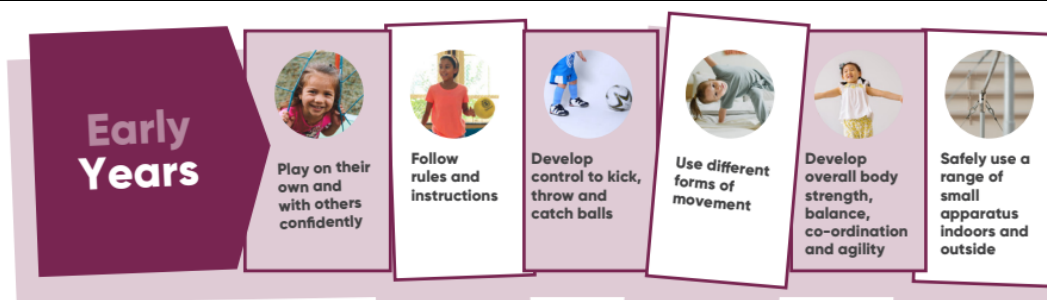
greater precision and intention. In this way, Physical Education becomes a dynamic cycle of performance, reflection, and improvement, fostering both physical competence and critical thinking.



Swimming Provision – Going above and beyond

To enhance our swimming provision, we have partnered with Swim Ed to install a 12-week pop-up swimming pool on the school site. This innovative approach allows us to significantly broaden the reach and impact of our swimming curriculum. Instead of limiting swimming instruction to a single year group, we are now able to provide consistent, progressive swimming lessons to a wider range of pupils across different age groups. This extended access means children can develop their swimming skills over time, building confidence and competence at a pace that suits their individual needs. By moving away from the expectation that all children must learn to swim 25 metres within just one year group, we are creating a more inclusive and supportive environment where every child has the opportunity to master essential water safety skills and achieve personal success in swimming.

PE from the start – EYFS benefit from specialist teaching weekly



Physical Education at our school begins right from the early years, where children benefit from weekly sessions with a specialist PE teacher. This early focus ensures that physical development is

prioritised alongside other areas of learning, recognising the vital role movement and coordination play in a child's overall growth. Through carefully structured activities, children build core strength, balance, agility, and spatial awareness, laying the foundations for more complex skill development as they move into Key Stage 1. By embedding high-quality physical experiences from the start, we ensure that every child is physically prepared and confident, ready to engage with the more nuanced and technical aspects of PE as they progress through their school journey.



Competitive sport – for all



We are proud to ensure that competitive sport is truly accessible to all, with a particular focus on encouraging and empowering girls to take part. Our extra-curricular clubs are carefully designed to offer girls' teams across a range of sports, helping to increase representation and visibility on the pitch. We are especially proud of our partnership with the Saints Foundation, which provides our girls with direct access to Premier League-level coaching, mentoring, and opportunities, inspiring them to reach their full potential. Beyond our own site, we work closely with other schools across the St Mary's Partnership, creating a vibrant, collaborative network where pupils from all our sister schools come together to compete, celebrate success, and grow as athletes. Through this joined-up approach, we are building a culture of inclusivity, ambition, and excellence in competitive sport for all children.

Assessing pupil progress in PE

Teachers continually employ formative assessment to understand how pupils are knowing more and remembering more.

Each lesson, across the PE curriculum, begins with re-capping of the previous component lesson. Quick fire questions are answered verbally.

Quizzes, delivered through plenary activities, further demonstrate the knowledge pupils' have acquired. This example of low-stakes testing supports teachers in making balanced decisions on when to recap and repeat knowledge to ensure that is fully embedded.