

# Rationale

Pensans School seeks to explore the aims and objectives of the National Curriculum to form a basis of planning the PE curriculum.

At Pensans School, our Physical Education (PE) curriculum is designed to align with the aims and objectives of the National Curriculum, fostering holistic development in every child. We believe that PE, delivered in a safe and supportive environment, is essential for nurturing physical competence, emotional resilience, and lifelong wellbeing.

Our intent is to provide a high-quality, inclusive, and engaging PE experience that empowers all pupils to succeed. Through structured progression and a values-driven approach, we aim to cultivate fundamental movement skills, teamwork, leadership, and a passion for physical activity. The curriculum is implemented using REAL PE and complementary schemes, ensuring consistency, challenge, and relevance across all key stages. Children participate in a wide range of sports and activities, supported by skilled staff and external coaches, with opportunities for competitive play and personal growth.

The impact of our curriculum is measured through formative and summative assessments, pupil voice, and ongoing monitoring. We strive to ensure that every child leaves Pensans with the confidence, knowledge, and motivation to lead active, healthy lives and to value physical education as a cornerstone of their personal development.

## Intent

Pensans School believes that physical education, experienced in a safe supportive, environment is essential to ensure that children attain optimum physical and emotional development and good health. We Intend to deliver a fun-high quality physical education curriculum that inspired all children to succeed in physical education and developing life skills. At Pensans we are passionate about delivering high-quality educations teaching and learning opportunities to give every child equal opportunity to access and achieve each aspect of our PE curriculum.

We ensure our children are well supported to succeed during PE and are provided with skills, knowledge and vocabulary to support them in a broad range of physical of sporting activities and throughout later life. We aim to provide opportunities for children to become physically confident in a way which supports their health and fitness. As a result of children will...

- Develop their resilience, independence and confidence.
- Work collaboratively, improving teamwork and communication.
- Engage in a wide range of team and individual sports.
- Take part in competitive sports and team games.
- Improve their fitness, mental and physical health and well-being.
- Evaluate and improve their own performance resulting in increased leadership skills.
- Have a passion and positive relationship with physical health and wellbeing.
- Develop their motor competence to build their motivation and confidence.
- Develop transferable life skills and values.
- Have secure Fundamental Movement Skills (FMS) needed access specific sports.

Getting better at PE is built upon the Three Pillars of Progression: motor competences, rules, strategies and tactics and healthy participation. Pupils build declarative and procedural knowledge about physical activity. Declarative knowledge is the 'knowing what' and procedural knowledge is the 'knowing how. Overall, our curriculum for these three concepts to be embedded into our ethos to enable children to make informed decisions to lead a healthy and active lives and improve the wellbeing and fitness of all children at Pensans not only through the skills taught but through the underpinning values and disciplines that PE promotes.

## Implementation

The PE curriculum has been implemented to ensure it reflects the ethos ad key values. Children at Pensans school receive 1 hour of physical education and 1 hour of sports specific each week. In EYFS children have 1 hour of physical timetabled education per week in addition to their physical daily exercise to strengthen their Fundamental Movement Skills (FMS). The PE curriculum is taught using REAL PE which provides flexible and progressive whole school curriculum with a clear intent and progression of skills aligned to the National Curriculum. The scheme is a valuable tool used to aid teaching staff in their subject knowledge and planning of PE. The REAL PE resource's structure learning in six areas which directly links to our school ethos. Through this approach EVERY child will feel valued, included, challenged and supported in their learning. Each year groups PE curriculum is structured with 6 units covering each of the 6 areas (Personal, Social, Cognitive, Creative, Applying Physical, Health and Fitness), covering two sporting disciplines every half term. During each lesson children are given the opportunity to practice skills in a variety of ways and each lesson builds upon

previous skills, allowing them to embed it. Different skills are recapped throughout and across the years, each time they are being built upon; allowing children to know and remember more.

In addition to this Pensans School provides challenging and enjoyable learning through a range of sporting activities, including invasion games, net and well games, striking and fielding games, REAL GYM, REAL Dance, swimming and outdoor & adventure. At Pensans School the same sports are taught each year from KS1 to KS2, so children can practice, extend and refine their knowledge. Children in EYFS and KS1 are taught gymnastics to develop their Fundamental Movement Skills (FMS). Our traditional sports are taught through the 'PE planning Scheme'. This Scheme focuses on progression from EYFS through to KS2 with active, engaging lessons. Their plans are regularly tested and updated by PE specialists to fresh, fun and up to date.

Every lunch there is an opportunity to make links between fitness and wellbeing incorporating skills learnt throughout the week (agility, balance and coordination) as well as cardiovascular activity. This is supported through our Y5/6 sports playleaders who run active lunchtime session with TA or teacher guidance. Likewise, children are encouraged to participate in a varied range of extra-curricular activities and can attend after school clubs 4 day per week. Children have opportunities to participate in sports with a professional coach covering a variety of sports throughout the year. For example, Tennis, rugby, football, dance, and gymnastics. This provides children with an opportunity to develop, improve their fitness and to try something new whilst developing skills taught throughout the year. At Pensans we encourage children to deepen their knowledge of rules, strategies and tactics by inviting them to attend competitive sporting events in the local area. This is an inclusive approach which endeavours to encourage not only physical development but mental wellbeing. These events build character and help to embed values such as fairness, teamwork, leadership and respects.

## Impact

### **By the end of each school year -**

- Children enjoying Physical Education and understanding its purpose.
- Teachers ensuring pupils movement is not only efficient and effective but intelligent and context related.
- Outcomes and motivations in line with The Three Pillars of Progression.
- Secure Fundamental Movement Skills (FMS) from EYFS-KS2.
- Teachers ensuring self-assessment and peers assessment techniques.
- Effective questioning
- Children being explicitly taught the terminology relating to Physical Education and Sports.
- Having competent and confident swimmers at KS2.

### **In Pensans we assess children in a variety of ways -**

- We assess children using the TPAT assessment Wheel. There are 9 areas of assessment applying physical, agility, balance, coordination, swimming, health & fitness, creative, social and personal. Teacher use their expertise to assess children and inform their practice. We believe children need to develop their Fundamental Movement Skills (FMS) to continue lifelong passions for PE.
- In PE we use formative assessment opportunities that take the form of pupil questioning, peer collaboration and self-assessment. These assessment opportunities inform teacher judgements around what a pupil has understood in each unit and inform future planning.

**Subject leader monitoring following the subject action plan through -**

- Lesson walkthroughs
- Photographic and video evidence
- Pupil conferencing
- Monitoring of the Assessment Wheel