



Physical Education

At Holywell, we provide a high-quality PE curriculum that enables all pupils to develop health, fitness and wellbeing through a broad range of physical activities. We offer a skills-based curriculum, scaffolded by Get Set PE. Pupils develop transferable movement skills across a variety of sports, building physical literacy, competence, confidence and subject knowledge. Through carefully sequenced learning from EYFS to KS2, including indoor and outdoor PE and swimming, pupils progressively develop the skills and understanding needed to lead active, healthy lives.

Intent

We aim to:



Develop secure fundamental and advanced movement skills, building physical competence, balance, coordination and control across a broad range of activities.

Understand the importance of physical activity for physical and mental wellbeing and know how to make informed choices to lead healthy, active lives.

Build confidence and competence to apply skills effectively in increasingly complex situations, showing control, precision and consistency.

Develop the ability to think, apply rules and tactics, solve problems and work collaboratively, demonstrating teamwork, leadership and effective decision-making.

Develop water confidence, swimming competence and an understanding of water safety to enable safe and confident participation in aquatic environments.

Implementation

How we achieve our aims:



Ambitious Curriculum for All

Our approach to teaching PE is underpinned by the [EYFS Statutory Framework](#)

[National Curriculum](#)

and by evidence from

[Education Endowment Fund - Physical Activity](#)

[OFSTED Subject Report – PE](#)

[OFSTED Research Review - PE](#)

[AfPE Safe Practice](#)

Substantive Knowledge

Substantive knowledge in PE is the knowledge and understanding pupils need to participate, perform and improve in physical activity. This includes:

- Balance, coordination, agility and spatial awareness
- Body control and movement patterns
- Rules, tactics and strategies
- Health, fitness and exercise
- Safety and performance techniques

Disciplinary Knowledge

Disciplinary knowledge in PE is developed when pupils apply their knowledge to think, make decisions and solve movement problems. This includes:

- Deciding when and how to move into space
- Combining movements effectively to create sequences
- Judging how hard and how far to strike a ball
- Positioning themselves in relation to others and space

Curriculum Links

PE links in various areas across the curriculum. Examples include:

- Science and PE – keeping our bodies and minds healthy
- Maths – number, shape, time, position and direction
- PSHE – working with others, following rules, safety, respect and personal development
- Music – moving and responding to music.

Enrichment

We enhance our PE curriculum through:

- Extra-curricular activities and clubs
- Visits and visitors
- Inter-school competitions
- Assemblies
- Active playtimes
- Sports day
- Play leaders

Inclusive and Adaptive Teaching

All pupils participate in PE lessons regardless of ability, special educational needs or disability. We actively identify and remove barriers to participation so that all pupils, including those with SEND and disadvantaged pupils, can access, succeed and progress in PE.

Support

- Connections to previous learning are made in a clear manner, both verbally and visually
- Activities and resources are adapted or modified to meet need.
- One to one and small group support within lessons.
- Clarification and simplification of language and instruction.
- Thoughtful use of space and environment
- Activity breaks.

Challenge

- Encouraging critical thinking by posing open-ended questions.
- Increasing physical and cognitive demand, for example, combine more movement, run or swim for a greater distance or take on a different role in a team game
- Implementing reflective activities to promote self-assessment and personal growth.

Assessment

Assessment is embedded in every PE lesson through:

- Questioning to check understanding and recall prior learning
- Teacher observation to assess progress and readiness to move on
- Quantitative assessment (distance, time, accuracy, repetition)
- Self and peer assessment using success criteria
- Assessment used to identify misconceptions and adapt teaching
- Summative assessment against year group expectations

Components of Effective Lessons

- Clear lesson sequence – warm-up, skills development and plenary.
- Paired and group work to support exploration and promote oracy and discussion.
- Direct teaching which makes clear connections with previous learning.
- High quality modelling
- Use of subject-specific vocabulary
- Different types of questioning
- Consolidation through revisiting and evaluation to deepen learning
- Teachers and LSAs supporting learning.



Subject Leadership

Resources

- A wide range of high-quality PE resources.
- Video clips and online lessons such as Cosmic Kids Yoga and Get Set scheme.
- Musical pieces
- External providers

CPD

CPD includes both in-house and online training. Partnership with All Active Academy which offers bespoke support for teachers and subject leads.

Quality Assurance

We quality assure through:

- Pupil voice
- Learning walks
- Staff voice
- Curriculum reviews
- Monitoring progression
- Evaluation of curriculum implementation

Impact

Our outcomes:



Pupils perform a wide range of skills with increasing accuracy, control and fluency and apply these effectively in competitive and cooperative situation.

Pupils use subject-specific vocabulary accurately (e.g. balance, agility, tactics) and can explain how to improve performance.

Pupils understand how physical activity supports health, fitness and wellbeing.

Teachers deliver PE confidently through strong subject knowledge and effective CPD.

All pupils, including SEND and disadvantaged pupils, access PE successfully and make progress..