Physical Education Curriculum

LAWRENCE VIEW PRIMARY AND NURSERY SCHOOL

Learn, Grow and Achieve

◆ Respect ◆ Curiosity ◆ Aspiration ◆ Resilience ◆ Kindness

INTENT	
Alignment to National Curriculum	At Lawrence View Primary and Nursery School, our physical education curriculum is coherently planned, broad and ambitious. It meets the requirements of the National Curriculum and is strengthened by an enriching extra-curricular offer. Every pupil, including pupils with SEND, is supported to succeed in competitive sport and other physically demanding activities and to develop the confidence and competence needed to lead healthy, active lives. **PE brings our LEAF values to life. Pupils show Respect through fair play and inclusion; Curiosity by exploring movement and tactics; Aspiration by striving for personal bests; Resilience by responding positively to challenge and feedback; and Kindness through teamwork and encouragement.** **The curriculum develops three connected pillars:** • Motor competence: increasingly secure, sport-specific movements developed through purposeful practice and feedback. • Rules, strategies and tactics: understanding conventions and making informed decisions about how, where and why to move. • Healthy participation: taking part safely, effectively, positively and inclusively, while understanding bodily responses to exercise.
Curriculum End Points	Content is carefully selected and sequenced so pupils build on secure prior knowledge and transfer learning across different domains of PE. EYFS pupils: negotiate space and obstacles safely; demonstrate strength, balance and coordination; and move energetically through running, jumping, dancing, hopping, skipping and climbing. Key Stage 1 pupils: master basic movements; develop balance, agility and coordination; participate in team games using simple tactics; and perform dances using simple movement patterns. Key Stage 2 pupils: apply a broader range of skills; play competitive games; develop strength, technique, control, flexibility and balance; perform dances; take part in outdoor and adventurous challenges; and compare performances to improve their personal best. By Key Stage 3, pupils are ready to use tactics and strategies in competition, refine technique, use advanced dance techniques, tackle outdoor challenges, analyse performance and access community sport.
Sequencing	Fundamental movement skills - locomotor, stability and manipulation - are prioritised in EYFS and progress from simple to complex through Key Stages 1 and 2. Lessons explicitly teach declarative knowledge (knowing what) and procedural knowledge (knowing how and when). Clear instruction, deliberate practice and precise feedback help pupils improve and apply learning across domains. Subject-specific vocabulary is taught progressively to strengthen expertise, participation and inclusion.
PE for All	Physical education contributes strongly to the development of the whole child: socially, emotionally, physically and academically. All pupils, regardless of background, gender, prior experience or special educational need, access a broad and balanced curriculum. Our wider offer encourages pupils to be active beyond lessons through organised play, lunchtime activity, clubs, competition, external coaches and community opportunities. This supports our vision to help every child Learn, Grow and Achieve. **Pupils with SEND** Planning includes purposeful adaptations based on identified needs across the four broad areas of SEND. Tasks, equipment, space, communication and levels of support are adjusted without lowering ambition. Inclusive practice enables pupils with SEND to follow the same progression pathway as their peers, while all pupils demonstrate Respect and Kindness through supportive participation.
Our PE Curriculum	**Our Physical Education curriculum develops pupils who:** **• Know how to live healthy, active lives and understand why this matters.** **• Develop confidence and competence in fundamental movement skills and build progressively on these at each phase.** **• Play age-appropriate competitive games as individuals and as part of a team, showing Respect and Kindness.** **• Demonstrate Curiosity and Aspiration when exploring tactics, movement and performance.** **• Develop flexibility, stamina, strength, technique, control and balance through games, athletics, dance, gymnastics and outdoor adventurous activity.** **• Evaluate their own performance and that of others, using feedback with Resilience to improve.** **• Swim competently, confidently and proficiently at least 25 metres.**