



Physical Education Overview

“PE supports our health and fitness through competitive sport and regular physical activity.”

At Ellington Primary School, we believe Sport & PE play an important role in making our vision statement (Believe & Achieve) a reality for every pupil, with the potential to change young people’s lives for the better. We believe a high-quality, inclusive physical education curriculum inspires all pupils to enjoy, succeed and excel in both competitive and non-competitive sport as well as harbouring a thirst for fitness for life. We ensure we provide a safe and supportive environment for children to enjoy opportunities to become physically confident in a way which supports their health (both physical and mental) and fitness. We enable our children to compete in sport and other activities to build character and help to embed our school values (Honesty, Respect, Pride, Resilience, Teamwork and Happiness) that they can use in their everyday life. We provide enriched opportunities such as taking part in Sports Day, competing in external sporting competitions and taking part in our wide-ranging extra-curricular activities and activity based residential.

Purpose of study

We believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being. Through the selection of suitably differentiated tasks, it is intended that pupils, irrespective of their starting ability, will enjoy success and be motivated to further develop their individual potential.

Aims

The National Curriculum for physical education 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.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Subject Content

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognize their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- Perform safe self-rescue in different water-based situations.

Curriculum

A Complete PE curriculum program has been implemented across the school with new long- term plans and medium-term plans embedded to provide an excellent physical education experience for our children to enjoy. The Complete PE program provides a progressive plan throughout each year group, enabling children to improve their knowledge, confidence and skills across all areas of various sporting activities. The precise learning objectives acquired for each unit of work ensure that the requirements of the National Curriculum are achieved progressively throughout each year group.

We will continue to innovate and adapt how Physical Education, Physical Activity and Mental Health and Well-being will be delivered at Ellington Primary School.

Intent

At Ellington Primary School, Physical Education is an integral part of our Curriculum that is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further enhance their knowledge and understanding of PE concepts and principles and to develop their overall competence, to enjoy and excel in a broad range of sports and physical activities. We aim to deliver high-quality teaching and learning opportunities which enable all children to succeed; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and to achieve their potential and personal best. Children participate in competitive sport and through this we teach children how to co-operate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect; values we hope to embed for future life. Swimming is an important life skill and we aspire for all children to leave primary school being able to swim 25 meters unaided.

Aspirations

Children at Ellington Primary School are taught from the very start of their education the importance of practicing a healthy, active lifestyle and that anyone can be successful in PE if we show great effort, determination, resilience and sportsmanship. Our children understand that the knowledge and skills they acquire through our PE curriculum can lead to their future success.

Wider World

Our PE curriculum creates a sense of belonging regardless of nationality, gender, religion or ability. Games bring athletes together and blend them to form a unified team. The children at Ellington Primary are taught to respect and be tolerant of others so that they can become a cohesive group. Children develop their learning and understanding of the

wider world, celebrating diversity by promoting a positive school culture that values and respects diversity. This is achieved through celebrating cultural festivals and events, promoting diversity in the school environment, and encouraging open and respectful dialogue about different cultures and perspectives.

Independent Thinking

Children at Ellington Primary School are taught to think for themselves on how to be the best that they can be as an individual or part of a team. That they make the correct choices, with regard to their behavior on a pitch, as well as for their team.

Implementation

At Ellington Primary School, our PE curriculum ensures that throughout their primary school journey, children will develop, challenge and enhance their skills and attributes through a cohesion of a skills-based and sports-based approach. After predominantly working on their agility, balance and coordination which is embedded in EFYS, children will have a secure platform to build upon. Throughout KS1 and KS2, we provide challenging and enjoyable learning through a range of sporting activities including; Invasion Games, Net & Wall Games, Strike and Field Games, Gymnastics, Dance, Outdoor & Adventure Activities and Swimming. The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability; we provide suitable learning opportunities for all children, including those with SEND. Participation and competition through P.E and sport is promoted and encouraged at Ellington and we aim to ensure all children experience competition at some level, individually or in a team, within lessons.

What will I see if I visit an PE lesson at Ellington?

Knowledge Check:

An opportunity at the start of the lesson to revisit prior learning to support with the recall and retention of key knowledge as well as addressing misconceptions.

Creative, Quality First Teaching

Engaging our children in each lesson, we encourage the importance to value and enjoy PE in order to notice the connections between the benefits of physical activity and the positive impact it has on our lives. Passionate and enthusiastic teachers plan and deliver PE lessons and are confident and competent to provide a variety of experiences for everyone to enjoy.

Teachers embed clear, subject-specific vocabulary into learning for children to learn and adopt. Children are encouraged to use this bank of vocabulary to evaluate their own and other's performance so that they can give valuable feedback.

Clear Instructions:

Teachers being explicitly clear and tailoring lessons to each individual need. Through expert modelling, teachers support pupils by making stages of progress explicitly clear and demonstrate how expert learners engage in an ongoing cycle of planning, monitoring and evaluating. Teachers' keen understanding of assessment allows them to know each child as an individual and can apply the STEP process to adapt lessons.

Rich Experiences:

We provide opportunities, such as taking part in Sports Day, competing in external sporting competitions and taking part in our wide-ranging extra-curricular activities.

Creative, Safe and Supportive Environment:

Children and adults work together to make classrooms safe and happy places to be. Mistakes are celebrated and seen as opportunities to learn. Children are reminded of personal safety and risk assessment. We use the Zones of Regulation to support children in making positive choices around their behaviour and refer to class charters and school rules.

Links to Our Curriculum Drivers and School Values:

Wherever possible, teachers highlight links to curriculum drivers and school values so that children recognize their importance and support their learning. For example, links may be made with careers relevant to that subject or unit of work.

Lock It In:

Completed in the plenary, this activity is an opportunity to assess key learning from the lesson and is used to support future planning.

Impact

As a product of our high-quality PE curriculum, pupils leave school having a wealth of opportunity to enjoy, succeed and excel in a variety of sporting activities. Children gain opportunities to participate in sports during after school clubs and also represent the school at local sporting events. We have ensured that PE is inclusive and progressive, allowing all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques. Children receive the chance to be creative, co-operative and competitive, whilst also facing diverse challenges both as individuals and as part of a team. PE lessons, that have been enjoyable and challenging, give all children opportunities to achieve within the best of their ability, in a supportive, safe and stimulating environment. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. We have aspired for all children to participate and enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of Primary School.

As a result of Ellington Primary School's well-sequenced, inclusive and ambitious PE curriculum, pupils leave the school as confident, competent and motivated young people who value physical activity and understand its lifelong importance. They demonstrate secure knowledge of fundamental movement skills and apply these with increasing precision, control and tactical awareness across a broad range of sports and physical activities. Pupil Voice, June 2026, indicated that 96% of pupils enjoy PE and feel that they have grown in confidence through PE.

Pupils talk with clarity about how PE contributes to their physical and mental wellbeing, reflecting the school's strong emphasis on health education. They understand how regular exercise supports fitness, emotional regulation and resilience, and can articulate how the habits they develop in school will support them in later life. This is reinforced through consistent messages across lessons, enrichment and wider school culture.

Pupil Voice, June 2026:

"I love PE."

"We do so many sports in lessons that I wouldn't usually be able to do."

"We learn new skills that help us work in teams."

"We have so many after school clubs to choose from."

"I love competing against other schools in football and athletics."

Participation rates are high across all groups, including pupils with SEND, because the curriculum is deliberately designed to be accessible and progressive. Teachers' skilful use of adaptive strategies ensures that every pupil—regardless of starting point—experiences success and makes strong progress. As a result, pupils develop a positive attitude towards challenge, showing determination, teamwork and sportsmanship in lessons and competitive events.

Pupils benefit from a rich range of opportunities beyond the taught curriculum. Many attend after-school clubs (number of clubs and attendance), and increasing numbers represent the school in local competitions such as the district football team, professional academy football, national trampolining runner up, county athletic finals, regional and national gymnastic finals. The school whole heartedly supports our pupils and their extra-curricular talents.

These experiences deepen pupils' confidence, broaden their aspirations and strengthen their sense of belonging. They also provide authentic contexts for pupils to apply the skills, knowledge and values learned in lessons.

By the end of Key Stage 2, pupils can evaluate their own and others' performance with accuracy, using subject-specific vocabulary to identify strengths and areas for

improvement. They demonstrate the ability to work collaboratively, communicate effectively and respond constructively to feedback—skills that transfer positively to other areas of learning.

The school's commitment to swimming ensures that pupils develop essential water-safety skills, with the majority (83%) achieving the expectation of swimming at least 25 metres unaided. This reflects leaders' strong safeguarding culture and their understanding of the statutory requirements.

Overall, pupils leave Ellington Primary School with:

- **Secure physical literacy**, enabling them to participate confidently in a wide range of sports
- **Positive attitudes towards health, fitness and wellbeing**, grounded in strong curriculum messages
- **Well-developed personal qualities**, including resilience, teamwork, fairness and respect
- **A sustained enjoyment of physical activity**, with many continuing participation beyond school
- **The knowledge and skills needed for success in secondary PE**, including tactical understanding, evaluation skills and independence

The cumulative impact of the school's high-quality PE provision is that pupils develop a lifelong appreciation of sport and physical activity, and are well prepared for the next stage of their education and for leading healthy, active lives.