



## Plumpton School PE Overview

### Intent

At Plumpton School, our PE curriculum aims to deliver high-quality PE that enhances the physical, social, emotional, and cognitive development of our children. We aim to promote lifelong physical activity and well-being, to develop our children's physical competence, confidence, and understanding to perform a wide range of activities. It aims to foster lifelong participation in physical activity and promotes health, teamwork, and fair play.

"Physical Education is vital in children's all-round development, enabling them to pursue happy, healthy and active lifestyles." Development Matters

Our PE curriculum aims to:

- Develop fundamental movement skills through structured lessons and varied physical activities.
- Encourage students to understand the importance of a healthy lifestyle, including nutrition, fitness and well-being.
- Foster co-operation, teamwork, communication, and respect through participation in a variety of sports.
- Develop resilience and self-esteem through challenges in physical activities while promoting positive risk-taking.
- Build confidence and competence in physical activity.
- Provide inclusive, engaging, and developmentally appropriate physical activities.

### Implementation

At Plumpton School, we provide a broad and balanced PE curriculum that includes:

- **Dance:** Students will explore a variety of dance styles, focusing on choreography, rhythm, and expression.
- **Games:** Focused on invasion and net games students will develop tactical understanding, teamwork, and skills using a range of sports such as football, netball, rugby, hockey, rounders and cricket.

- **Gymnastics:** Students will learn about balance, coordination, and creativity through structured floor work and apparatus activities, culminating in performances that showcase their skills. All children will also visit North Lakes Gymnastics Centre to access the specialized gymnastics equipment that we do not have in school.
- **Athletics:** Students engage in running, jumping, and throwing activities that enhance their fitness levels and personal records through regular practice and in school competitions.
- **Swimming:** KS2 children will be given 6 weeks of swimming lessons taught by qualified swimming instructors at Woggle Goggle. They will learn and develop a range of swimming strokes, increase their stamina in water and learn how to keep themselves safe in or near water.

## Year Group Progression Overview

Year Group	Focus Areas
<b>Reception</b>	Body and spatial awareness, balance, co-ordination, basic movement (running, jumping, throwing, catching, climbing), development of gross motor skills and play-based exploration.
<b>Year 1–2</b>	Object control, balance, introduction to simple games, teamwork.
<b>Year 3–4</b>	Skill development in games, rhythm and movement (dance), basic tactics, fitness components.
<b>Year 5–6</b>	Competitive games, personal fitness goals, leadership roles, tactics, health education.

## Impact

Our assessment framework is designed to evaluate children’s physical competencies, understanding, and personal development. We will:

- Conduct formative assessments throughout the year, using observational checklists and self-assessments to inform lesson planning.
- Administer assessments activities at the end of each unit, focusing on skill proficiency, knowledge of rules, and situational gameplay.
- Encourage self-assessment and reflective practices, where children set personal goals and begin to evaluate their progress verbally.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1	Develop fundamentals through netball skills Dance Large apparatus to develop core strength, balance, co-ordination and risk taking.	Develop fundamentals through hockey and rugby skills	Develop fundamentals through badminton and fencing skills	Gymnastics	Develop fundamentals through golf, cricket and tennis skills	Develop fundamentals through athletics and sports day skills
Class 2	Develop fundamentals through netball skills Dance	Develop fundamentals through hockey and rugby skills  Multi skills	Develop fundamentals through badminton and fencing skills	Gymnastics	Develop fundamentals through golf skills	Develop fundamentals through athletics and sports day skills
Class 3	Swimming Street dance	Netball Hockey	Gymnastics Badminton	Fencing Rugby	Cricket Rounders	Athletics
Class 4	Swimming Street dance	Football Netball	Gymnastics Dodgeball	Rugby Hockey	Rounders Cricket	Athletics