

Physical Education



Intent

At St Peter's Academy, our Physical Education curriculum from Nursery to Year 4 is designed to ensure that every child develops the physical skills, confidence, and motivation to lead active and healthy lives. Rooted in the Early Years Foundation Stage (EYFS) and the National Curriculum for Physical Education, our curriculum provides strong foundations in movement, coordination, balance, and teamwork.

We aim for all pupils to experience the joy of movement, understand the value of cooperation, and develop a sense of personal achievement. Our curriculum is carefully sequenced to ensure progression from early movement and exploration through to the application of skills in a wide range of physical activities and sports.

As a small village school, we pride ourselves on knowing every child as an individual and ensuring inclusive opportunities so that all pupils can succeed and feel confident in their abilities. Beyond physical competence, our curriculum promotes resilience, fairness, and respect. We intend for pupils to develop positive attitudes towards physical activity that will support their lifelong health and well-being.

Implementation

In Nursery and Reception, physical development is a key focus within the EYFS. Pupils follow a carefully structured programme that begins with an introduction to PE and progresses through fundamental movement skills, ball skills, gymnastics, dance, and games. This early sequence supports the development of coordination, balance, control, and spatial awareness through both structured sessions and continuous provision.

As pupils move into Key Stage 1, they build on these foundations through a broad and balanced curriculum that includes fundamentals, ball skills, dance, gymnastics, and a range of games such as striking and fielding, invasion games, and net and ball activities. Additional units such as yoga, team-building, and athletics further support pupils' physical development, well-being, and collaboration skills.

In Lower Key Stage 2, pupils refine and apply their skills across an increasingly varied and challenging curriculum. This includes invasion games (such as football, hockey, netball, and rugby), net and wall games (including tennis and badminton), striking and fielding, athletics, gymnastics, dance, and outdoor adventurous activities. Pupils develop greater control, coordination, tactical awareness, and the ability to evaluate and improve their performance.

The curriculum is delivered through a structured two-year rolling programme, ensuring full coverage and clear progression across all year groups. Specialist coaching supports delivery in some areas, enhancing teaching quality and providing pupils with expert instruction.

Across all year groups, we promote an active lifestyle through regular opportunities for movement, including active classrooms which support both physical health and improved concentration. Our outdoor spaces are used effectively to enhance learning, and a range of extra-curricular sports clubs further enrich the curriculum, enabling pupils to develop interests and skills beyond the school day.

Impact

By the end of Year 4, pupils at St Peter's Academy demonstrate confidence, enthusiasm, and a positive attitude towards physical activity. They achieve the expected physical competencies outlined in the National Curriculum, showing control, coordination, and increasing skill across a wide range of activities.

Pupils experience a broad and balanced curriculum, enabling them to develop both fundamental movement skills and sport-specific techniques. They apply these skills effectively in a variety of contexts and demonstrate an understanding of rules, strategies, and fair play.

In addition, pupils develop strong personal and social skills, including teamwork, cooperation, resilience, and respect for others. They understand the importance of physical activity for both physical and mental well-being and can articulate how it contributes to a healthy lifestyle.

High levels of participation in lessons, clubs, and competitions reflect pupils' enjoyment and engagement. As a result, pupils leave St Peter's Academy with the knowledge, skills, and motivation to continue leading active, healthy lives as they progress in their education.