



St. Joseph's Catholic Primary School & Pre-School

Physical Education (PE)

Intent

At St. Joseph's School, we aim to provide a high-quality physical education (PE) curriculum that develops all pupils to be physically literate and have the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engaging in physical activity throughout their lives. Through a progressive curriculum, supported by Get Set 4 PE, pupils develop fundamental movement skills, such as balance, coordination, agility and control.

Our PE curriculum provides a broad and balanced range of activities that promote physical development, teamwork, resilience and enjoyment of movement. Pupils are encouraged to challenge themselves, work collaboratively and develop positive attitudes towards physical activity and healthy lifestyles.

By building strong foundations in physical literacy, we aim to equip pupils with the skills and confidence needed to participate successfully in sport, physical activity and active play both in school and beyond.

Implementation

Our PE curriculum is implemented through a structured and progressive programme supported by Get Set 4 PE. This scheme provides clear progression of skills and knowledge across all year groups, ensuring pupils develop fundamental movement skills, physical competence and an understanding of a wide range of sports and physical activities. Lessons are carefully sequenced to build on prior learning and include opportunities for skill development, teamwork, problem solving and healthy competition.

Pupils take part in two high-quality PE lessons each week which focus on developing physical literacy, coordination, balance and agility through a variety of activities including games, athletics, gymnastics and outdoor and adventurous activities. Teachers use the structured planning, assessment tools and progression of skills from Get Set 4 PE to ensure lessons are inclusive, engaging and appropriately challenging for all pupils.

Swimming is a key part of our PE provision. Pupils in Years 2-6 attend swimming lessons where they develop water confidence and learn essential water safety skills, working towards the national curriculum expectation of being able to swim competently, confidently and proficiently over a distance of at least 25 metres.

In addition, pupils benefit from specialist dance lessons delivered by an experienced dance teacher. These sessions allow pupils to explore movement, rhythm and

expression while developing coordination, creativity and performance skills. Dance opportunities also broaden pupils' experiences within physical education and support confidence in performing and working collaboratively.

Pupils also take part in Forest School sessions which support physical development through outdoor learning experiences. Activities such as climbing, balancing, exploring natural environments and cooperative challenges help to build strength, coordination, problem-solving skills and resilience while encouraging pupils to develop confidence and a connection with their natural environment.

Impact

The impact of our PE curriculum is that pupils develop the confidence, competence and motivation to participate in a wide range of physical activities. Through the structured progression provided by Get Set 4 PE, pupils build strong fundamental movement skills. Improved coordination and a clear understanding of rules, tactics and teamwork across different sports and activities.

Pupils demonstrate positive attitudes towards physical activity and understand the importance of maintain a healthy and active lifestyle. They develop resilience, cooperation and respect through participation in competitive and collaborative activities.

My Curriculum Map

2025/2026

	TERM 1		TERM 2		TERM 3	
Reception	Introduction to PE : Unit 1 Fundamentals : Unit 1	Introduction to PE : Unit 2 Fundamentals : Unit 2	Ball Skills : Unit 1 Gymnastics : Unit 1	Ball Skills : Unit 2 Dance : Unit 1	Games : Unit 1 Forest Schools	Games : Unit 2 Gymnastics : Unit 2
Year 1	Forest Schools Fundamentals	Ball Skills Gymnastics	Invasion Games Fitness	Dance Target Games	Net and Wall Games Team Building	Athletics Striking and Fielding Games
Year 2	Ball Skills Forest Schools	Fundamentals Target Games	Gymnastics Invasion Games	Dance Fitness	Swimming: Beginners Striking and Fielding Games	Swimming: Beginners Athletics
Year 3	Ball Skills Y3/4 Fundamentals Y3/4	Forest Schools Fitness	Swimming Dance	Swimming Gymnastics	Cricket Netball	Athletics Tennis
Year 4	Ball Skills Y3/4 Fundamentals Y3/4	Netball Forest Schools	Swimming Dance	Swimming Gymnastics	Golf Tennis	Athletics Rounders
Year 5	Swimming Hockey	Swimming Rugby	Dodgeball Dance	Badminton Y5/6 Gymnastics	Tennis Athletics	Rounders Forest Schools
Year 6	Swimming Basketball	Hockey Swimming	Handball Gymnastics	Volleyball Y5/6 Dance	Cricket Athletics	Forest Schools Rounders