

PE develops pupils' knowledge, skills and understanding so they can perform confidently and competently across a range of physical activities. We provide a broad, balanced programme that is enjoyable, purposeful and regular, with opportunities for competition and teamwork. Positive experiences encourage a lifelong interest in physical activity and promote healthy lifestyles. At Wintringham, we meet these aims by providing opportunities for all pupils to develop competence across a broad range of physical activities and to remain physically active for sustained periods. Pupils regularly take part in competitive sports and activities, helping them build resilience, teamwork and confidence. Through consistent participation and positive experiences, we encourage children to adopt healthy, active lifestyles.

## Implementation

### Sequencing and Progression

- The curriculum encompasses a broad range of activities including games, gymnastics, dance, athletics, outdoor and adventurous activities, and swimming, alongside fitness, teamwork and healthy lifestyles.
- We start from fundamental movement skills in EYFS to the introduction of more complex skills in KS1 to applying tactics and sports in KS2.
- Units are planned to reflect progression, balance and seasonal use of indoor and outdoor facilities.
- Skills are revisited and developed with increasing complexity, independence and tactical understanding.
- Pupils apply skills in competitive situations and team contexts to deepen understanding.
- Lessons follow similar structures with a warm-up, skill development, practice, application in games/routines, and reflection.

### Assessment and Feedback

- Key skills are revisited and built upon throughout the year and across year groups. Regular practice, application in games, and feedback help embed learning.
- Ongoing assessment is used in lessons to identify strengths and next steps. Teachers adapt activities to address what children need to work on next.
- Teachers use observation, questioning and peer/self-assessment to check understanding and skill development.
- Clear verbal feedback during lessons supports improvement and helps pupils understand how to develop their performance.

## The Living Curriculum

Sports Day provides an opportunity for all pupils to celebrate participation, teamwork and achievement. All children have the opportunity to represent the school in sporting events run for whole year groups within the Trust. Children have further opportunities to represent the school in a range of sporting fixtures and competitions. Residential incorporate opportunities for children to access a range of outdoor adventurous activities. After school clubs allow children to access different sports. Staff are upskilled through targeted CPD and team teaching with external coaches and organisations.

## Impact

Children develop confidence, competence and enjoyment in a wide range of physical activities. Regular practice, competition and progression of skills build resilience, teamwork and independence. Children have opportunities to apply learning in events and competitions strengthen motivation and school pride, while ongoing assessment supports continuous improvement. As a result, pupils understand the importance of physical activity and are encouraged to lead healthy, active lifestyles, fostering positive attitudes that support lifelong participation in sport and wellbeing.

## Useful Links

