



## Physical Education

'Together we unlock potential and learn for life.'

### Intent

At Moor First School, our intent is to provide a high-quality, ambitious and progressively sequenced Physical Education curriculum that develops pupils' knowledge, skills and understanding to support their physical, social, emotional and mental wellbeing.

In line with our whole-school vision of *"Together we unlock potential and learn for life"*, our PE curriculum is designed to:

- Promote lifelong participation in physical activity and healthy lifestyles
- Develop physical competence, confidence and resilience across a broad range of sports and activities
- Build character and life skills, including teamwork, leadership, self-discipline and sportsmanship
- Foster inclusive participation, ensuring all pupils experience success and enjoyment
- Provide opportunities to collaborate, compete and communicate effectively
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Our PE curriculum fully supports the Active Schools agenda, ensuring that:

- All pupils achieve at least 30 minutes of physical activity within the school day
- Pupils are encouraged and supported to reach 60 active minutes daily through school and home opportunities
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We are committed to ensuring that:

- All pupils develop the knowledge to lead active and healthy lifestyles
- All pupils understand the importance of physical and mental wellbeing

- By 2025–2026, 100% of Year 4 pupils can swim 25 metres unaided, securing an essential life-saving skills
- PE contributes to pupils’ wider development by promoting resilience, aspiration and inclusion, in line with our school values and ethos.

## **Implementation**

### Curriculum Structure and Progression

PE is delivered through:

- Two hours of high-quality PE per week
  - One session delivered by specialist coaches from LSC (formerly Bee Active from September 2026)
  - One session delivered by class teachers
  - We also commit to a further hour of outdoor learning – which includes forest school, gardening and cross curricular orienteering.

Our curriculum follows a two-year rolling programme and is underpinned by a clear progression of skills document, aligned to the National Curriculum and structured through:

- Beginning – introduction of fundamental skills
- Advanced – development and control
- Deepening – application, mastery and evaluation

This ensures that knowledge and skills are sequenced coherently, revisited regularly and built upon over time, enabling pupils to know more, remember more and do more.

### Teaching and Learning Approach

Teaching reflects Moor First’s commitment to high-quality, research-informed practice, including:

- The ‘I do, We do, You do’ model:
  - Clear modelling of skills
  - Guided practice
  - Independent application
- Rosenshine’s Principles:

- Review and retrieval of prior learning
- Skills broken into small, manageable steps
- Questioning and feedback to check understanding
- Opportunities for deliberate practice and refinement
- The 'Hands, Heart, Head' approach:
  - Hands – physical competence
  - Heart – teamwork, effort, sportsmanship
  - Head – thinking, evaluating and improving

This ensures pupils develop both physical skills and the language to reflect on their learning, supporting oracy across the curriculum.

#### Inclusion and School Games Mark

Our PE curriculum is fully inclusive and aligned with the principles of the School Games Mark (Gold Award), with a strong emphasis on:

- Equal opportunities for participation
- Adapting activities to ensure access for all pupils
- Encouraging personal best as well as competition
- Providing a balance of competitive, non-competitive and leadership opportunities
- Motor skills united sessions for children requiring both fine and gross motor support

We actively promote:

- Intra- and inter-school competitions
- Inclusive sports events
- Development of pupil leadership through sports leadership training/experiences

This ensures that all pupils, regardless of ability or background, can engage, succeed and feel valued in PE.

#### Swimming Provision

Swimming is prioritised for the pupils who require support to ensure all pupils gain this essential life skill:

- Targeted intervention blocks offered to families for pupils not yet meeting expectation – Sports premium funds
- Summer term provision considered at Knypersley Pool – transport depending
- Ongoing tracking via surveys to ensure pupils meet the 25-metre expectation by Year 4

#### Wider Opportunities and Active Lifestyles

We provide a broad and enriching PE offer that supports the Active Schools agenda:

- Extra-curricular clubs (before, during and after school)
- Links with local sports clubs through School Games networks
- Opportunities for talent development and community engagement

Additional provision includes:

- Forest School and outdoor adventurous activities (weekly)
- Lunchtime sport led by trained midday supervisors and pupil leaders
- Seasonal activities such as Maypole dancing

These opportunities support pupils' physical health, mental wellbeing and cultural development, while encouraging a lifelong love of activity.

#### Assessment and Staff Development

Assessment is consistent with whole-school expectations:

- Ongoing assessment for learning within lessons
- Use of the Honeycomb assessment tool
- Pupil self and peer evaluation
- Termly data used to inform teaching and intervention
- Subject leader learning walks/pupil and staff voice

Staff are supported through:

- Specialist input from LSC coaches
- Ongoing CPD and training
- Training for lunchtime staff and pupil leaders

### **Impact**

By the time pupils leave Moor First School, they will:

- Demonstrate a love of sport and physical activity
- Participate confidently in a range of physical activities and sports
- Understand how to lead a healthy, active lifestyle
- Be able to evaluate and improve their own performance

They will also develop key life skills, including:

- Teamwork and collaboration
- Leadership and responsibility
- Resilience and determination
- Fairness, respect and inclusion

Pupils will leave Moor First as physically literate, confident and motivated individuals, equipped with the knowledge and habits needed to maintain active, healthy lifestyles and succeed in the next stage of their education.