

# Physical Education (PE) Curriculum Overview

## Intent

At Park Schools Federation, our PE curriculum inspires all pupils to succeed and excel in competitive sport, creative performance, and physically demanding activities. We want children to:

- Develop **fundamental movement skills** (agility, balance, coordination) in KS1.
- Progress to applying these skills in **sport-specific contexts** (e.g. athletics, gymnastics, dance, invasion games, striking and fielding, net and wall games) in KS2.
- Understand the value of **teamwork, fair play, resilience, and respect**.
- Build habits of lifelong physical activity and wellbeing.

Our PE curriculum ensures children leave primary school physically literate, confident movers, and with positive attitudes towards sport and health.

## Implementation

- **Progressive structure:**
  - In **KS1**, the focus is on *fundamental skills* (throwing, catching, running, jumping, striking, balance, coordination, rhythm). These are revisited in increasingly complex contexts.
  - In **KS2**, pupils apply and refine skills in specific sports such as *athletics, gymnastics, dance, hockey/union-hoc, basketball, dodgeball, tag rugby, rounders, cricket, and netball*.
- **Flashback questions:** Lessons begin with quick recall tasks to revisit prior learning, build memory, and link past skills to new contexts.
- **Enquiry-based learning:** Lessons are framed around a question (e.g. *How can we attack and defend effectively in tag rugby?*).
- **Key concepts:** Core ideas such as *movement, control, strategy, teamwork, competition, creativity, and resilience* are revisited across year groups.
- **Inclusion & accessibility:** Activities are adapted to ensure all children, including those with SEND, can participate and achieve.
- **Competition and performance:** Opportunities are provided both within lessons (mini-games, performances) and through extra-curricular clubs and local sports partnerships.
- **Cross-curricular links:** PE connects with Science (health, muscles, nutrition), PSHE (resilience, teamwork), and Geography/History (Olympics, rivers in outdoor education).

## Impact

By the end of KS2, pupils will be able to:

- Demonstrate fluency, control, and confidence in fundamental movements.
- Apply these skills effectively in a range of sports and physical activities.
- Use subject-specific vocabulary (*attack, defend, coordination, balance, stamina*) to explain their learning.
- Work effectively as individuals, in pairs, and in teams, showing fairness and respect.
- Understand how physical activity contributes to health, fitness, and wellbeing.

Pupils leave Park Schools Federation ready to enjoy, participate in, and value sport and physical activity for life.

## Topic Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Fundamental movement skills	Balance & Coordination	Target Games & Throwing Skills	Movement & Sequences – Gymnastics & Dance	Sending & Receiving	Athletics
2	Fundamental movement skills	Exploring Balance & Coordination	Invasion Games	Movement & Sequences – Gymnastics	Dance	Athletics
3	Sports Hall athletics	Gymnastics	Uni-hoc	Dance	Rounders	Athletics
4	Sports Hall athletics	Gymnastics & Dance	Dodgeball	Tag Rugby	Cricket	Athletics
5	Gymnastics & Dance	Dodgeball	Sports Hall athletics	Tag Rugby	Rounders	Athletics
6	Gymnastics & Dance	Basketball	Handball	Tag Rugby	Cricket	Athletics