







# *Physical Education* at The Nethersole CofE Academy

**To be light (living in our community and reaching out beyond it)  
bringing out the God-colours in the world.'**

*Jesus said, 'You're here to be light, bringing out the God-colours in the  
world.'* **Matthew 5:16**

HOPE	COMMUNITY	DIGNITY & RESPECT	FORGIVENESS	WISDOM	THANKFULNESS
					

Summer 2025

## Intent -

Our curriculum intent at The Nethersole CofE Academy is to provide a broad, exciting, and challenging curriculum of the highest quality for the children in our care; encouraging, motivating and ensuring all children develop a love of learning, in order to achieve their full potential.

## Vision -

The Nethersole Church of England Academy Primary School and Nursery has a Christian foundation that inspires its life and work. Following the teaching of Jesus, we accept the challenge - *'to be light [living in our community and reaching out beyond it], bringing out the God-colours in the world.'* Matthew 5:16

At the heart of our school is the belief that everyone is a child of God, fearfully and wonderfully made in his image. Our work therefore is to nurture and love every individual, child and adult, to find and develop their gifts, overcoming barriers and growing in confidence to **flourish** - to let their light shine as the very best God version of themselves. Effective teaching and learning underpin this. We wish to inspire everyone to take responsibility for creation, civilisation, and the well-being of each of other, embracing and treasuring our differences.

Our Christ led vision is for a world of justice, respect, and love, and of people who are not afraid to love and sacrifice themselves for others. Our inspiration is Jesus, who loves us in sacrifice, forgives us and reminds us that we each have something special to do to bring out the God colours of the world. We believe that there is a space for everyone to shine brightly and differently and that this adds to the richness of our school family, our community and the wider world.

Our Christian Vision for everyone to be unique shining lights in God's world is illuminated by our biblically based **Christian Values** that we learn to radiate in our daily lives - in our attitudes, relationships, behaviour, choices and decisions.

## Curriculum Design -

Our curriculum is ambitious for our children and is based on the National Curriculum. Nevertheless, we recognise that this is the minimum entitlement for our children. Each subject is taught as a discrete discipline. Whilst developing our curriculum, links were considered very carefully to build on knowledge and skills within each subject, across the school and across subjects. We also carefully considered our local context, diversity, environmental awareness and health education when designing our curriculum.

**The 4R's** The Nethersole CofE Academy School encourages children to display the following positive learning behaviours -

**Resilient Learners** - Children persevere, and they do not give up, even when a task is difficult.

**Responsible Learners** - Children will have their equipment ready, reading books and reading diaries in school daily. Tables tidy and organised.

**Resourceful Learners** - Children will use their previous learning to support their new learning. They will utilise working walls and choose appropriate equipment.

**Respectful Learners** - Children show kindness to all and illustrate good manners to all.

# What is Physical Education?

## What is Physical Education?

**EYFS Definition** – Physical education is embedded within 'Physical Development'. Children learn to move confidently and safely through a range of activities including climbing, running, jumping, and dancing. They develop coordination, balance, and control while using equipment and tools. We encourage children to make healthy choices and understand how their bodies grow and change over time.

**KS1 Definition** - Physical education in Key Stage 1 supports children to develop fundamental movement skills. Through games, dance, gymnastics, and outdoor activities, children learn to move with increasing control, coordination, and confidence. They begin to understand the importance of physical activity for health and well-being, and learn how to work both independently and with others.

**KS2 Definition** - Physical education in Key Stage 2 builds on fundamental movement skills and introduces more complex techniques. Children take part in a wider range of activities including team games, athletics, dance, and swimming. They develop strength, flexibility, and stamina, while learning to evaluate and improve their performance. PE also supports understanding of healthy lifestyles and encourages teamwork, resilience, and fair play.

## Physical Education Intent

The overarching aim for Physical Education at The Nethersole Church of England Academy is to ensure that: We inspire EVERY child to be passionate about Physical Education and Sport, while bringing PE to the heart of the school.

Our children will develop a love of movement and physical activity from the earliest stages, beginning in Nursery and continuing throughout their primary years. We provide opportunities for children to explore how their bodies move, grow and stay healthy, helping them to build confidence, resilience and enjoy being active.

From early years onwards, children learn to move with increasing control and coordination through play, dance, games and outdoor exploration. As they grow, they begin to understand the importance of physical activity for their health and well-being and how it can help them feel strong, focused and happy.

We encourage children to work together, challenge themselves and celebrate their achievements - whether through team sports, individual goals or creative movement. They learn to show respect, fairness and empathy, both in competition and collaboration.

Through PE, our children will develop not only physical skills but also character and values that reflect our Christian ethos. They will learn to care for their bodies, persevere through challenges and support others - living out our school vision by letting their light shine in all they do.

## Physical Education Implementation -

- Physical Education is taught in accordance with the National Curriculum for PE in England, ensuring coverage of statutory requirements across all key stages, including the Early Years Foundation Stage.
- Physical Education is taught for two hours per week.
- We use the Primary PE Planning (PPP) platform to deliver a high-quality, progressive PE curriculum. The scheme embeds the three pillars of progression-motor competence, rules, strategies and tactics, and healthy participation. It provides excellent resources for non-specialist teachers, including easy-to-follow lesson plans, videos, and schemes of work, ensuring consistency and confidence across the school.
- Lessons follow a consistent structure, including warm-ups, skill development, key vocabulary, linking learning, questioning, and plenaries. The curriculum is fully inclusive, with adaptive methods and resources that cater to all abilities, ensuring every child can access and enjoy PE.
- A designated member of staff is responsible for leading and developing PE across the school. This includes overseeing curriculum planning, assessment, and enrichment opportunities such as sports clubs and competitions.
- Staff are supported through access to relevant professional development and training, ensuring high-quality PE teaching and inclusive practice.
- All pupils, including those in Nursery, participate in regular physical activity through structured PE lessons, active play, and outdoor learning. Adaptations are made to ensure all children, including those with SEND, can access and enjoy PE.
- The school promotes physical activity beyond the curriculum through active breaktimes, sports events, and links with local clubs and organisations.
- Swimming instruction is provided in Key Stage 2, in line with national expectations, to ensure children develop water safety and swimming competence.
- A well-planned, progressive curriculum map ensures coverage of all key areas of PE and supports continuity and progression across year groups.
- PE values, such as teamwork, resilience, and respect, are integrated throughout PE and align with our school's Christian ethos and wider values.
- We offer a range of inclusive clubs and competitive opportunities, both within school and through the School Games programme, ensuring all children have the chance to participate and succeed.
- Leadership opportunities are embedded through the use of Play Leaders at lunch times, helping children develop confidence, responsibility, and collaboration skills.

	Autumn	Spring	Summer
EYFS N	Climb stairs, steps and move across climbing equipment using alternate feet.  Maintain balance using hands and body to stabilise.	Run with spatial awareness and negotiate space successfully, adjusting speed or direction to avoid obstacles.	Grasp and release with two hands to throw and catch a large ball, beanbag or an object.  (Birth to 5 Matters)

	<p>Walk down steps or slopes whilst carrying a small object, maintaining balance and stability.</p> <p>(Birth to 5 Matters)</p> <p><b>Fairytale Adventures</b> <b>Bonfire Night</b></p>	<p>Balance on one foot or in a squat momentarily, shifting body weight to improve stability.</p> <p>(Birth to 5 Matters)</p> <p><b>Superhero Dance</b></p>	<p><b>A Day at the Beach</b> <b>Dinosaur Dance</b></p>
EYFS REC	<p>First PE Fairy Tale Adventures (Dance)</p> <p>Multi-Skills Word Moves</p>	<p>Gymnastics Enjoy a ball</p> <p>Super Hero (Dance) Tennis</p>	<p>Outdoor Adventure Football fundamentals</p> <p>Athletics</p>
Year 1	<p>Multi-Skills and FUNS Ball Skills</p> <p>Rugby Fundamentals Dance</p>	<p>Gymnastics Indoor Athletics</p> <p>Great Fire of London (Dance) Tennis</p>	<p>Fitness Football fundamentals</p> <p>Athletics</p>
Year 2	<p>Multi-Skills and FUNS Ball Skills</p> <p>Rugby Fundamentals Jungle Dance</p>	<p>Gymnastics Indoor Athletics</p> <p>Great Fire of London (Dance) Tennis</p>	<p>Kwick Cricket Football fundamentals</p> <p>Athletics</p>
3/4 A	<p>Multi-Skills Football</p> <p>Tag Rugby Greatest Showman (Dance)</p>	<p>Gymnastics Romans (Dance)</p> <p>Fitness Kwik Cricket</p>	<p>Rounders Tennis</p> <p>Athletics</p>
3/4 B	<p>Multi-Skills Football</p> <p>Tag Rugby Eco Warrior (Dance)</p>	<p>Gymnastics Dance</p> <p>Fitness Kwik Cricket</p>	<p>Rounders Tennis</p> <p>Athletics</p>
5/6 A	<p>Quicksticks Football</p> <p>Tag Rugby Vikings (Dance)</p>	<p>Gymnastics Stomp Dance</p> <p>Fitness (SWIMMING Y5) Kwik Cricket</p>	<p>Rounders Tennis</p> <p>Athletics</p>
5/6 B	<p>Quicksticks Football</p>	<p>Gymnastics Dance</p>	<p>Rounders Tennis</p>

	Tag Rugby WW2 dance	Fitness (SWIMMING Y5) Kwik Cricket	Athletics
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## Examples of Links –

- **Multi-skills and ball skills – linked to football fundamentals and kwik cricket.**

(Vertical Link – small steps within year groups or classes.)

- **Gymnastic for every year, athletics for every year.**

(Horizontal Link – same subject across the whole curriculum.)

- **Great Fire of London dance linked to history topic.**
- **Viking and WWS linked to history**
- **Eco Warrior dance linked to Geography**
- **Fitness is linked PSHE/Science**

(Diagonal Link – between subjects – how learning something in one subject supports the children to learn something similar in another subject.)

## Impact -

At the beginning of each PE lesson, children revisit key movement skills and concepts from previous learning to activate prior knowledge and build progression. Pupils are supported in this process through visual prompts, modelling and peer collaboration.

PE learning is recorded through a combination of observation, pupil voice, and photographic evidence, which together provide a rich and inclusive record of children's physical development and engagement. These will be recorded in a floorbook. These records allow pupils to reflect on their progress over time and offer teachers valuable insight into skill acquisition, confidence and participation. This approach supports inclusive practice, enabling all children to demonstrate achievement regardless of ability.

Teachers assess pupils' progress against the key objectives outlined in the PE curriculum, focusing on physical competence, personal development and social interaction. These objectives are accessible to all staff, ensuring consistency in assessment and enabling targeted support. To support long-term development, we revisit core skills and values across different units and year groups, helping children to deepen their understanding and refine their abilities over time.

Children make strong progress in PE, becoming motor competent, confident and engaged learners. Pupil voice reflects a genuine love for PE, with children willing to take risks and challenge themselves. They develop healthy habits that extend beyond lessons and into daily life.

Teachers deliver progressive, inclusive lessons with increased confidence. All children participate, including those with SEND, and targeted support ensures progress towards National Curriculum expectations. Most able pupils are challenged through differentiated tasks and leadership roles.

Children experience a wide range of physical activities, some of which they may not access outside of school. PE acts as a gateway to community clubs, broadening opportunities and fostering lifelong participation.

Participation in extra-curricular clubs and competitions will increase. All children have opportunities to compete,

and most able pupils excel through School Games and other events.

Leadership is a key focus, with all children given opportunities to lead through mini coaches and play leaders. Leadership roles are extended for more able pupils, both within lessons and through wider school initiatives.