Physical Education

What We Teach in P.E.:

Our PE curriculum is carefully sequenced to ensure that children progressively develop the knowledge, skills and understanding required to lead healthy, active and successful lives.

Substantive Knowledge

- Understanding how physical activity contributes to physical health, mental wellbeing and a healthy lifestyle.
- Developing knowledge of rules, tactics and strategies across a range of sports and physical activities.
- Understanding the importance of teamwork, leadership, sportsmanship and fair play.
- Learning how to exercise safely and responsibly, recognising the importance of warming up, cooling down and safe participation.
- Understanding how physical activity can support emotional wellbeing, resilience and positive mental health.
- Understanding how local sports clubs, competitions and community sporting organisations provide opportunities for lifelong participation in physical activity.
- Developing problem-solving, teamwork and resilience through outdoor and adventurous activities, both individually and collaboratively.
- Developing water confidence, swimming competence and an understanding of water safety through the school's swimming curriculum.

Disciplinary Knowledge

- Developing competence in fundamental movement skills including running, jumping, balancing, throwing, catching and coordination.
- Applying movement skills effectively in increasingly challenging and competitive situations.
- Evaluating and improving performance through observation, reflection and feedback.
- Making tactical decisions and adapting strategies during individual and team activities.
- Applying rules, tactics and techniques appropriately across a range of physical activities.
- Demonstrating leadership, communication and collaboration within physical activities and sporting contexts.

Physical Development

- Developing agility, balance, coordination, strength, stamina, flexibility and control.
- Refining movement patterns and applying them across a range of physical activities.
- Building confidence, competence and independence when participating in physical activity.
- Increasing physical fitness and understanding how exercise contributes to overall health and wellbeing.

Personal Development

- Developing resilience through challenge, competition, perseverance and personal improvement.
- Building confidence through participation, achievement and success.
- Learning to communicate effectively, work collaboratively and show respect towards others.
- Developing leadership skills through team activities, officiating responsibilities, playground leadership opportunities and supporting peers.

- Learning how to manage success and setbacks positively whilst demonstrating good sportsmanship and respect for others.

Vocabulary Development

- Learning and applying subject-specific vocabulary related to movement, fitness, tactics, performance, evaluation and physical wellbeing.
- Developing the language needed to analyse performance, explain strategies, evaluate effectiveness and provide constructive feedback to others.

How We Teach P.E.:

At Bocking Primary School, PE is taught through engaging, inclusive and carefully structured lessons using the Get Set 4 PE scheme of learning. Lessons are sequenced progressively to build upon prior learning and ensure that children develop secure foundations before moving on to more complex skills, tactics and concepts.

- Through a carefully planned curriculum that develops fundamental movement skills before applying them within increasingly complex sporting contexts.
- By explicitly modelling techniques and providing opportunities for deliberate practice, repetition and refinement of skills.
- Through demonstrations, questioning and feedback that help children understand how to improve their performance.
- By revisiting and retrieving previously taught skills and knowledge to secure learning and strengthen long-term retention.
- Through opportunities for both individual and collaborative learning, enabling children to develop independence, teamwork and leadership.
- Using ongoing assessment to identify strengths, misconceptions and next steps, ensuring teaching is responsive to pupils' needs.
- Providing differentiated activities, adapted equipment and carefully structured scaffolds so that all children can access the curriculum and experience success.
- Ensuring pupils with SEND are supported through inclusive teaching approaches and, where appropriate, personalised adaptations that enable meaningful participation and progress. For a small number of pupils with more complex needs, learning may be delivered through highly adapted provision to ensure it remains ambitious, purposeful and appropriate to their developmental stage.
- Through ongoing professional development, training and support for staff, ensuring consistently high-quality PE provision across the school.
- Through opportunities beyond curriculum lessons, including active lunchtimes, extra-curricular clubs, competitions, festivals and links with local sporting organisations, enabling children to broaden their experiences and develop a lifelong engagement with physical activity.
- Embedding discussion, reflection and evaluation throughout PE so that children develop subject-specific vocabulary and can articulate their understanding confidently.

What Our Children Have Learnt in P.E.:

By the end of primary school, our children have developed the knowledge, skills and confidence needed to participate successfully in a wide range of physical activities and sporting contexts. They understand the

importance of maintaining healthy, active lifestyles and appreciate the positive impact that physical activity can have on both physical and mental wellbeing.

- They demonstrate competence in a broad range of physical skills and can apply them effectively within individual and team activities.
- They understand and apply rules, tactics and strategies appropriately across a range of sports and physical activities.
- They demonstrate sportsmanship, respect and a clear understanding of fair play.
- They show resilience, determination and perseverance when facing challenge and competition.
- They work effectively with others, demonstrating strong communication, teamwork and leadership skills.
- They can evaluate and improve their own performance and provide constructive feedback to support others.
- They understand the importance of maintaining healthy, active lifestyles and recognise the benefits of regular physical activity.
- They participate with confidence, enthusiasm and independence, demonstrating a positive attitude towards physical activity and sport.
- They understand water safety principles and develop swimming skills appropriate to their stage of learning.
- They use problem-solving, collaboration and decision-making skills effectively during outdoor and adventurous activities.
- They understand the opportunities available within their local community to continue participating in sport and physical activity beyond school.

Children demonstrate their learning through participation, performance, observation, discussion and ongoing teacher assessment. Progress is evident through increasing confidence, competence and independence, with all pupils, including those with SEND and those who may be disadvantaged, supported to achieve well from their individual starting points. Through our ambitious and inclusive curriculum, children leave Bocking Primary School as physically active, resilient and confident young people who are well prepared to continue leading healthy, active and fulfilling lives.