
PHYSICAL EDUCATION

2025 - 26



PORTSWOOD PRIMARY SCHOOL

KEY INFORMATION

PHYSICAL EDUCATION INTENT



At Portswood Primary School we strive to **engage** all pupils in physical activity, and to be **confident** in developing new skills whilst building a **passion** for Physical Education.

PE is an **engaging** and **inspirational** subject that encourages **active learning** and a **healthy lifestyle**. We believe that developing a mastery of skills that can be transferable enables **self-confidence** and **creativity**, which in turn fosters a sense of **pride** and **achievement**.

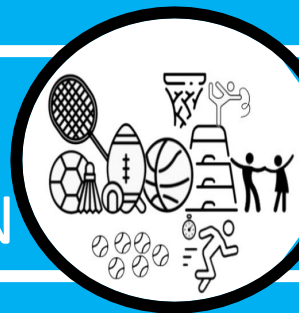
Our aims for PE, reflect the aims of the national curriculum. Pupils:

- 🏸 develop competence to excel in a broad range of physical activities
- 🏸 are physically active for sustained periods of time
- 🏸 engage in competitive sports and activities
- 🏸 lead healthy, active lives.

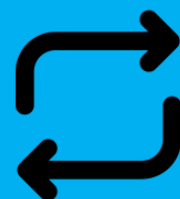
Our units provide a **broad, enriched, high quality** curriculum that teaches the necessary skills for basic movements such as **running, jumping, throwing** and **catching**. This progresses into further development with their **balance, agility, technique** and **co-ordination**. The curriculum then provides opportunities to compete in sport and other activities to build **character** and help to embed values such as **fairness** and **respect**. This is further encouraged through participation in sports fixtures and extra-curricular activities.

Pupils at Portswood Primary School experience a range of sports and activities, ranging from team games to dance. They have been provided with imaginative teaching methods that encourages a **'can do' attitude** when faced with **adversity**. Pupils should be aware of the importance of being **healthy** and **active** throughout their lives.

PHYSICAL EDUCATION IMPLEMENTATION



Long term curriculum planning, for Physical Education is created so that the pupils develop fundamental movement skills and become increasingly competent and confident in these. The LTP enables the pupils to use these skills in different ways and enjoy communication, collaborating and competing. The LTP matches the aims set out in the Primary National Curriculum.



In each unit of planning pupils will be taught:



Skills



Vocabulary

They will also be given an opportunity to:



Practice



Apply

These skills are supported by strands within the curriculum which allows pupils to retain and build upon previously learned skills.

These strands are:



Athletics



Dance



Gymnastics



Games



Outdoor and Team Games



Swimming

PHYSICAL EDUCATION IMPLEMENTATION



Whole School provision for Physical Education:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Body Management	Dance	Speed Agility Travel	Cooperate and solve problems	Dance	Manipulation and Coordination
Year 1	Attack, Defend & Shoot	Run, Jump & Throw	Send & Return	Speed Agility Travel	Hit, Catch, Run	Hit, Catch, Run
	Gymnastics	Gymnastics	Dance	Cooperate & Solve Problems	KSI Wellbeing	OAA
Year 2	Attack, Defend & Shoot	Send & Return	Team Games	Volleyball	Run Jump Throw	Hit Catch Run
	Gymnastics	Gymnastics	Dance	Dance	Dodgeball	OAA
Year 3	Hockey	Basketball	Create a game	Tag Rugby	Athletics	Rounders
	Gymnastics	Dodgeball	Dance	Commonwealth Games	Gymnastics	OAA
Year 4	Football	Tennis	Netball	Volleyball	Athletics	OAA
	Gymnastics	Gymnastics	Team Games	Dance	Swimming	Swimming
Year 5	Hockey	Basketball	Handball	Tag Rugby	Athletics	Rounders
	Gymnastics	Dance	Dodgeball	Dance	Fitness	OAA
Year 6	Hockey	Tennis	Netball	Tag Rugby	Athletics	Cricket
	Gymnastics	Dance	Gymnastics	Fitness	Wellbeing	OAA

There should be an emphasis on the teaching and modelling of appropriate skills and vocabulary in order to develop competence in physical activity.



Safety and PE:

Pupils will have had appropriate modelling and discussion of how to use/ hold equipment before partaking in physical activities.

Pupils will be aware of the importance of leading a healthy and activity lifestyle. This includes warming up before any physical activity and the teacher will ensure that this occurs before any lesson.



PHYSICAL EDUCATION

Key strands: Dance

IMPLEMENTATION



Key stage 1:

Pupils are encouraged to perform dances using **simple movement patterns**. This provides an opportunity to improve their **agility, balance** and **co-ordination**. Firstly, they are immersed in the dance, then they are provided an opportunity to **perform** before creating their own dance performance for an audience.

Key stage 2:

Pupils are encouraged to perform dances using a **range of movement patterns**. This provides an opportunity to improve their **agility, balance** and **co-ordination**. Firstly, they are immersed in the dance, then they are provided an opportunity to **collaboratively perform** before creating their own dance performance for an audience. They are then encouraged to **evaluate** their performance with peers.

The curriculum has been designed so that each year group will experience dance units each year. Revisiting dance allows pupils to revise, refine and develop further skills within dance. These may be linked to other areas of their curriculum.



PHYSICAL EDUCATION

Key strands: Gymnastics

IMPLEMENTATION



Key stage 1:

Pupils are taught to develop basic movements including **creating shapes, balancing, moving and jumping**. They practice these skills before creating **simple sequences** of different movements.

Key stage 2:

Pupils are taught to develop movements including **creating shapes, balancing, moving and jumping**. These are applied in different contexts, such as rhythmic gymnastics. Pupils develop their **flexibility, strength, control and balance**. They practice these skills before **collaboratively** creating and performing **sequences** of different movements. Finally, they **reflect and comment** on performances.

The curriculum has been designed so that each year group will experience at least one gymnastic unit each year. Revisiting gymnastics allows pupils to revise, refine and develop further skills within the unit.



PHYSICAL EDUCATION




Key strands: Swimming

IMPLEMENTATION



Year 4:

In Year 4 pupils are given a 10-week course, provided by the University of Southampton, where the aim is for the pupils to:

-  Swim competently, confidently and proficiently over a distance of at least 25 metres
-  Develop a range of strokes effectively such as front crawl and backstroke.
-  Develop an awareness of water safety – entry to and exit from the water



PHYSICAL EDUCATION IMPACT



At Portswood Primary School we pride ourselves on providing high quality resources so that children are able to participate and learn key skills in Physical Activity.

Children are enthusiastic, eager and passionate about PE. When talking with Upper Key Stage 2 children, they will often talk about memorable units from previous years. PE and games topics give children the opportunity to work on different sets of skills. For example, the introduction of indoor Athletics this year and the many inter and intra competitions that we have competed in this year.



As different skills and units are revisited throughout key stage 1 and 2, there is progression and children build on prior skills. For example, football is introduced in Year 1 and then skills are further developed in Years 2 and 4.



The quality of teaching is high. Teachers are enthusiastic and keen to teach PE. Coaches are provided to upskill and develop confidence in class teachers so units can be constantly adapted and provide the highest quality learning. As a school, we strive to link units in with other units of planning, such as Year 4's Antarctica Dance and Year 2 India Dance.

PHYSICAL EDUCATION

Physical Literacy



Physical Literacy- The concept that we should view a person's mind and body as a whole, and that by developing the child through a combination of areas (physically, emotionally and cognitively) they will grow up to be physically active.

At Portswood Primary School we strive to develop a positive relationship between our children and their physical journey. This is achieved in many ways including through a broad and varied curriculum, positive messages about our mental well-being and how this can be impacted by physical activity and connections with people, opportunities for all regardless of background to participate in sport and opportunities for all to compete in sporting competitions.



PHYSICAL EDUCATION IMPACT



By the time pupils leave Portswood Primary School, they can:

- Run, jump, throw and catch in isolation and in grouped activities



- Develop flexibility, strength, technique, control and balance



PHYSICAL EDUCATION IMPACT



By the time pupils leave Portswood Primary School, they can:

- Plan, perform and evaluate dances using a range of movement patterns



- Take part in team games challenges, both individually and within a team



- Play a broad range of competitive games which allows for attacking and defending



PHYSICAL EDUCATION

Engagement Days



This year has been packed with exciting engagement days and new initiatives in PE! Pupils explored the rules and basic skills of **cricket**, showing great enthusiasm and teamwork throughout.



A major focus has been **orienteering**, now fully embedded across the school with dedicated KS1 and KS2 courses set up on the playgrounds. This has encouraged outdoor learning and supported cross-curricular links, with children enjoying the challenge of navigating the school using maps.



Another key event was the hugely successful '**Let Girls Play**' football day. Every girl in the school had the opportunity to take part in fun football drills and activities, supported by inspiring visitors from **Stoneham FC**. Some lucky pupils even received club merchandise! The day was a celebration of inclusion and empowerment through sport.

PHYSICAL EDUCATION

IMPACT – PUPIL VOICE



We do PE to stay fit and healthy!

Year 2

When you exercise it releases happy hormones which put you in a good mood.



Year 5



The Let Girls Play event was an amazing opportunity. I hope we can do one every term!

Year 6

I love all the different sports we play, especially learning about the Greek Games.



Year 3



Swimming was really good fun as I didn't feel confident in the pool before but now I do.

Year 4