Subject Overview: Physical Education

Progression and Skills			
As a PE learner, in EYFS I have	***As a PE learner, in KS1 I have***	***As a PE learner, in LKS2 I have***	***As a PE learner, in UKS2 I have***
…physical competence (skills). ✓ Develop basic movement skills such as running, jumping, throwing, and catching. **…confidence.** ✓ Encourage participation and enjoyment in physical activities. **…knowledge.** ✓ Understand the importance of physical activity and healthy living. **…teamwork and communication skills.** ✓ Participate in group activities and learn to follow simple instructions	**… physical competence (skills).** ✓ Build on basic movement skills (running, jumping, throwing, catching, balance, agility and co-ordination) and start to apply them in different activities. Understand basic tactics and skills (attacking and defending) when participating in team games. Perform dance through simple movement patterns **….confidence.** ✓ Foster confidence in trying new activities and developing skills. **…knowledge.** ✓ Learn about the benefits of regular physical activity and healthy habits. **…teamwork and communication skills.** ✓ Develop basic teamwork and communication skills through group activities (co-operation, fairness, following rules, turn taking).	**… physical competence (skills).** ✓ Refine and develop a broader range of skills and apply them in different contexts and in different sports. (See below) Develop flexibility, strength, techniques and control, (through athletics and Gymnastics). Perform dance using a range of movement patterns. **…confidence.** ✓ Build self-assurance in applying skills in various activities and sports. **…knowledge.** ✓ Gain knowledge of different sports and physical activities, and their rules. (Cricket, Football, Basketball, Rounders, Netball, Hockey, Rugby, Tennis, Badminton) **…teamwork and communication skills.** ✓ Further develop teamwork and communication skills in more complex activities and sports.	**… physical competence (skills).** ✓ Master a range of skills and use them in different situations, including competitive sports. (Cricket, Football, Basketball, Rounders, Netball, Hockey, Rugby) ✓ Children will have opportunities to take part in competitive sports events within the MAT and Local area. ✓ Master flexibility, strength, techniques and control, (through athletics and Gymnastics). ✓ Perform dance using a range of more complex movement patterns. ✓ To be able to swim 25m. ✓ Our schools support and promote local sporting organisations and teams. **…confidence.** ✓ Develop leadership and teamwork skills, and confidence in competitive situations **…knowledge.** ✓ Deepen understanding of the impact of physical activity on health and well-being. Understand how to compare performances with previous ones and demonstrate improvements. Be able to comment critically on how their piers can improve. **…teamwork and communication skills.** ✓ Demonstrate effective teamwork, leadership, and communication in various sports and activities, including outdoor adventurous activities (orienteering, climbing, abseiling, Forest schools)

What makes this subject special here?		• We aim for all children to have a love for sport and to strive to be healthy. Pupils are active for at least 60 minutes per day outside of PE lessons through Opal Play, the Daily Mile and morning/afternoon play. • Children are given the opportunity to attend a range of competitions and sporting events including: NSSPEA events, KMAT events and local community sports events. We track these to ensure all children are given the option to attend across different key stages. • Children in Key Stage 2 are invited to take part in bike-ability to learn how to cycle safely on the roads with greater control of their bike. Reception children all take part in a bike-ability balance program. • Children are taught by both specialistic sports coaches and upskilled class teachers across a range of sports. They have outdoor and indoor lessons using a range of equipment and apparatus. • The school aims to provide wider opportunities through after school clubs such as a range of dance clubs, dodgeball, netball and football. The holiday club is also run by the sports coaches, where children have opportunities to engage in a wide variety of sports. • Year 2 children attend swim lessons for two terms to give them more confidence in the water, and to encourage them to take up swim lessons outside of school. At the end of Year 5, we assess which children cannot yet swim 25 meters and ensure they attend swim lessons in Year 6. Swim lessons are very popular with the children and are an essential life skill. • Sports days are an opportunity to celebrate children's success in sport. Parents and family members are invited in to see the children take part in a range of team games and then competitive races. • We host an annual KMAT dodgeball event at St Martin's where all schools in the KMAT are invited to bring a team of Year 5/6 children to take part in a friendly event. • We attend the annual swim gala and were the school winner in 2025, and the annual North Somerset Dance Festival. • We achieved an award for Equal Opportunities for Girls in Sports, where we competed in and ran a range of girls' football tournaments. • Year 6 Camp at Mill on the Brue provides a range of sporting and challenging activities for the children to tackle individually and as a team. • We support a range of children with SEND in school using a program called Smart moves which build on the skills children need to develop gross motor skills.
Accessibility for All *pedagogy scaffolding, resources, enrichment, challenge, equity of access*		• Wide range of equipment including a large playground area. • Enriching activities which challenge pupils and take them out of their comfort zone. • Tracking children to ensure equity of access to sporting events and activities. • Staff in PE kit are dressed prepared and equipped to ensure high quality teaching and engagement which gives opportunity to model skills taught and lead by example. • We use a wide range of platforms for planning and delivery of PE across the key stages including Twinkl, Oak Academy and the use of sports coaches for expertise. • Children understand the importance of exercise and the impact it has on the human body. This is through cross-curricular links to Science and PSHE through sport.

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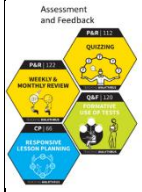
Assessment		• Quizzing at the start and the end of lessons. • Time during lessons for reflection, discussion with talk partners and children to model. • Teachers respond and adapt lessons as necessary to meet the needs of the learners. Extend the more able with challenges when needed. • Assessment goes beyond the fundamental skills of PE. It also includes personal, social skills and tactical understanding.