



At Roding, we are 'Free to Achieve.'



Ambition



Compassion



Curiosity



Independence



Resilience



Respect

Physical Education

Curriculum Intent

At Roding Primary School, the Physical Education (PE) curriculum is designed to inspire all students to engage in physical activity, develop competence in a range of physical skills, and promote a lifelong commitment to healthy living. Our curriculum is carefully sequenced to build upon prior knowledge and skills, ensuring that children revisit key concepts and techniques to deepen their understanding, competence and mastery.

By providing a broad and balanced PE curriculum, we aim to equip students with the knowledge and skills they need to lead healthy, active lives. We ensure that pupils acquire and apply appropriate technical vocabulary related to physical movement, sports, and health, enhancing their ability to articulate their experiences and understanding of PE. This focus on vocabulary acquisition (in line with our whole-school approach to teaching and learning through oracy and discussion) allows pupils to connect theoretical knowledge with practical application, enriching their learning experience.

The PE curriculum offers a range of activities that increase in complexity as students move through the school, ensuring appropriate challenge at each stage. It includes dance, gymnastics, games, athletics, outdoor and adventurous activities, and swimming, providing a well-rounded and diverse scope of physical development and opportunities for cultural capital to be enhanced for all children.

Curriculum Implementation

Our PE curriculum is delivered through a structured and progressive approach that covers the National Curriculum requirements and beyond. Lessons are designed to be inclusive and adapted to meet the needs of all learners, ensuring every child has the opportunity to develop their physical literacy and body confidence.

Key features of the implementation include:

- **Progression and Sequencing:** Lessons are sequenced to ensure prior knowledge is revisited and built upon. This includes the development of movement, coordination, and technical skills, with increasing levels of complexity. Our chosen scheme of work (LCP) enables teachers to see the progression across key stages ensuring they can adapt teaching where appropriate.
- **Skill Development:** Each unit focuses on specific physical skills such as balance, agility, coordination, and strength, as well as teamwork, tactics, and strategies for

game play. This ensures students not only develop physical skills but also learn how to work collaboratively and communicate effectively when working both independently and as a team.

- **Technical Vocabulary:** Throughout each unit, children are introduced to new technical terms related to the activity, such as 'agility,' 'pivot,' 'tactics,' and 'balance.' These terms are revisited regularly to embed understanding and ensure students can use them with confidence during discussions and self-assessments.
- **Assessment for Learning:** Teachers assess students regularly to track their progress and provide targeted support or challenge where needed. This ensures all students are supported in mastering the content and developing their physical abilities.
- **Opportunity for success, competition and performance:** The chance to share accomplishment and mastery with the wider Roding community including parents and local residents encouraging enthusiasm and excitement for physical activity and sport.

Extracurricular clubs, inter-school competitions, and whole-school events like sports day provide additional opportunities for pupils to apply their skills in a broader context and promote teamwork and healthy competition. The exciting range of activities available enable children to explore their abilities and enthusiasm beyond the classroom and aim to remove barriers faced by children in the local community in accessing sports and recreational facilities.

Curriculum Impact

The impact of the PE curriculum is seen in the confidence, competence, and enjoyment children display during physical activities. By revisiting and building on prior learning, students are able to retain key knowledge, demonstrate physical skills, and articulate their understanding using appropriate technical vocabulary.

We measure the impact of our curriculum through:

- **Pupil progress** in physical skills, tracked through regular assessments and observations.
- **Application of vocabulary:** Children's ability to accurately use technical terms in both spoken and written contexts is monitored through discussions, reflections, and self-evaluations.
- **Physical and mental health and well-being:** Students' fitness levels, enthusiasm for physical activity, and understanding of a healthy lifestyle are evaluated through their participation in PE lessons, extra-curricular activities, and school-wide sports events.
- **Broader outcomes:** The curriculum fosters resilience, leadership, and teamwork, preparing students for secondary school PE and lifelong participation in physical activity.

The PE curriculum at Roding aims to leave a lasting impact on pupils, equipping them with the physical, cognitive, and social skills necessary to lead healthy and active lives, as well as recognition of their skills and talents moving on to further education.