

Physical Education

Intent

At All Saint's, our PE curriculum from Nursery to Year 4 is designed to ensure that every child develops the physical skills, confidence, and enthusiasm to enjoy active and healthy lives. Rooted in the Early Years Foundation Stage (EYFS) and the National Curriculum for Physical Education, our intent is to give children strong foundations in movement, coordination, balance, and teamwork. We want our pupils to experience the joy of movement, the value of cooperation, and the satisfaction of personal achievement. As a small, village school, we take pride in knowing every child well and providing inclusive opportunities for all to succeed. Our curriculum promotes not only physical competence but also resilience, fairness, and respect - skills that contribute to positive attitudes towards lifelong physical activity and well-being.

Implementation

In Nursery and Reception, physical development is a key focus of the EYFS. Children develop gross and fine motor skills through play, outdoor exploration, and structured movement sessions, helping them to move confidently and safely. As pupils progress into Key Stage 1, they follow the National Curriculum for PE, mastering basic movements such as running, jumping, throwing, and catching, while developing balance, agility, and coordination. In Lower Key Stage 2 (Years 3-4), these skills are refined and applied in a wider range of games, gymnastics, dance, and athletic activities. Our Key Stage 2 children have swimming lessons at a local school. Across all year groups, our active classrooms ensure children engage in regular physical activity every day, supporting concentration and well-being. We make excellent use of our spacious outdoor areas for both lessons and outdoor adventurous activities. In addition, we offer a variety of after-school sports clubs, providing further opportunities for pupils to discover new interests and develop their skills beyond the school day.

Impact

By the time pupils leave All Saint's Academy at the end of Year 4, they demonstrate confidence, enthusiasm, and enjoyment in physical activity. They show the physical competence and control expected within the National Curriculum, as well as strong social and emotional skills such as teamwork, cooperation, and perseverance. Our children understand how physical activity benefits both body and mind, and they recognise its importance as part of a balanced lifestyle. Participation in regular competitions and clubs fosters pride, sportsmanship, and resilience, while our active classrooms promote positive habits for daily movement. Pupils leave All Saint's ready to build upon these strong foundations in Key Stage 2 and beyond equipped with the motivation, confidence, and understanding needed to lead healthy, active lives.