

Intent

At Southrop Primary School, we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential for children to achieve optimum physical and emotional development and maintain good health.

We are committed to delivering high-quality teaching and learning opportunities that inspire all children to succeed in physical education and to develop key life skills. We aim to equip children with the knowledge and skills to keep themselves safe, including the ability to swim.

We also strive to teach children how to cooperate and collaborate effectively as part of a team, developing an understanding of fairness and equity in play. These experiences help to embed lifelong values.

Our PE curriculum aims to improve the wellbeing and fitness of all pupils at Southrop Primary School, not only through the sporting skills taught but also through the values and disciplines that PE promotes.

Implementation

PE at Southrop Primary School provides challenging and enjoyable learning through a wide range of physical activities, including invasion games, net and wall games, striking and fielding, gymnastics, dance, swimming, and outdoor and adventurous activities.

Our long-term plan ensures clear progression of skills and full coverage of the National Curriculum requirements.

Pupils take part in regular, high-quality PE lessons each week, covering a range of sporting disciplines across the year. In addition, children are encouraged to participate in a variety of extra-curricular sporting opportunities, including clubs and active playtimes.

We provide opportunities for pupils to take part in competitive sporting events within the local community. This inclusive approach supports both physical development and mental wellbeing, while also fostering teamwork, resilience and leadership skills.

Older pupils may take on leadership roles, acting as positive role models for younger children and supporting sporting activities within the school, such as playtime games and whole-school events.

Children also have opportunities to experience a range of sports through workshops and enrichment activities, enabling them to develop new skills, improve fitness and discover new interests.

Swimming is provided for pupils in Key Stage 2, ensuring that children develop confidence and competence in the water and meet national expectations where possible.

We also promote active lifestyles through initiatives that encourage children to be physically active throughout the school day, supporting the aim that all children achieve at least 60 minutes of activity daily.

Impact

At Southrop Primary School, we motivate children to participate in a variety of physical activities through engaging and enjoyable teaching.

Through our PE curriculum, children develop a sense of responsibility for their own health and fitness and gain confidence in their physical abilities. Many pupils also experience the enjoyment and success of competitive sport.

We equip our children with essential skills, knowledge and a positive attitude towards physical activity. As a result, they leave primary school with a strong foundation for leading active, healthy lifestyles and with the confidence to continue participating in sport and physical activity in the future.