



Chester-le-Street CE Primary School

Physical Education (PE)

INTENT

At CLS, we understand and appreciate the significance of PE in fostering lifelong healthy lifestyles. Our aim is to offer every child high-quality PE and sports provision that is both challenging and enjoyable. We recognise the critical role sport plays in the physical and emotional development of children and strive to cultivate the skills and attitudes needed for participation in both team and individual activities. Through opportunities to compete, children build character and internalise values like fairness and respect. We aim to inspire all students to stay active and discover the joy of sport.

OUR AIMS

The National Curriculum (2014) aims to ensure that all 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.

Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities;
- participate in team games, developing simple tactics for attacking and defending;
- perform dances using simple movement patterns.

Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination;

- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending;
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics];
- perform dances using a range of movement patterns;
- take part in outdoor and adventurous activity challenges both individually and within a team;
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and Water Safety

At CLS, pupils across Key Stage 2 attend swimming lessons in blocks throughout the year.

Pupils are taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres;
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke];
- perform safe self-rescue in different water-based situations.

IMPLEMENTATION

CURRICULUM

Our curriculum is designed to reflect the needs of all pupils and to take best advantage of a wide range of extra sporting festivals and competitions hosted by the Durham and Chester-le-Street School Sport Partnership (DCSSSP). To support this, we strategically use Sports Premium funding to cover costs such as entry fees, transportation, equipment and coaching. This ensures that all children, regardless of background, can engage in competitive sports and benefit from the valuable experiences and personal growth that come with it.

CURRICULUM COVERAGE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	Fundamental movements	Fundamental movements	Orienteering Dance	Gymnastics	Dance	Sports Day Carnival
1	Gymnastics	Dance / Stretching	Ball skills (hand) Invasion Games	Ball skills (foot)	Skiping with a rope	Sports Day Carnival
2	Dodgeball	Games for understanding	Dance	Hockey Skills	Kick Rounders	Sports Day Carnival
3	Cross country	Multi skills	Dance	Tennis	Athletics <i>Swimming</i>	Sports Day Carnival <i>Swimming</i>
4	Gymnastics <i>Swimming</i>	Hockey Cross country <i>Swimming</i>	Team building Problem solving	Rugby	Athletics	Sports Day Carnival
5	Football	Indoor athletics	Netball <i>Swimming</i>	Skip into Spring <i>Swimming</i>	Dance	Sports Day Carnival
6	Sports Hall Athletics	Gymnastics	Handball	Netball	Rounders	Sports Day Carnival

SKILLS PROGRESSION

Progression in PE skills from EYFS to Year 6 is mapped across the following curriculum areas:

- Games
- Dance
- Gymnastics
- Outdoor and Adventurous Activities
- Athletics
- Swimming

EARLY YEARS FOUNDATION STAGE (EYFS)

For our youngest pupils in Reception, PE is taught in alignment with the Early Learning Goals outlined in the Statutory Framework for the Early Years Foundation Stage (EYFS). The focus is on developing children's fundamental physical skills, such as coordination, control, and movement, through play and structured activities. Children are encouraged to explore different ways of moving, balancing, and using equipment, fostering both fine and gross motor skills. Lessons are designed to be engaging and enjoyable, supporting not only physical development but also social skills, such as teamwork and following instructions. By integrating physical activity into the daily routine, we aim to build confidence and lay the foundation for a healthy, active lifestyle from an early age.

SPECIAL EDUCATIONAL NEEDS AND DISABILITY (SEND)

The PE curriculum at CLS is inclusive: lessons are carefully tailored to ensure all children can actively participate and benefit from physical activity. Lessons are adapted to meet individual needs, with modifications made to activities, equipment, and the environment to ensure accessibility and inclusion. We emphasise developing physical skills, confidence, and social interaction, allowing pupils to engage at their own pace. Teachers and support staff work closely with children and ensure that all children can experience success and enjoyment in PE. This approach promotes a positive attitude toward physical activity and encourages lifelong healthy habits.