



PE Curriculum Overview

Intent:

At St Francis CE Primary School, our PE curriculum is rooted in our Christian vision that “Every person matters, every person helps, every person succeeds,” enabling all children to **live life in all its fullness** (John 10:10).

Through the **Get Set PE** scheme, our intent is to provide a high-quality, inclusive physical education curriculum that inspires enjoyment, confidence, and a lifelong love of physical activity. We aim to ensure that every child has the opportunity to participate, develop physical competence, and experience success, regardless of ability or background.

Our PE curriculum is carefully sequenced to develop pupils’ **fundamental movement skills**, agility, coordination, balance, and teamwork, while also promoting healthy lifestyles and positive attitudes towards physical and mental wellbeing. Lessons are engaging, progressive, and accessible, allowing pupils to build skills, resilience, and confidence over time.

PE at St Francis actively promotes our Christian values:

- **Courage** – encouraging pupils to challenge themselves, try new activities, and persevere
- **Peace** – supporting emotional regulation, fairness, and respect in physical activity
- **Thankfulness** – celebrating effort, improvement, and personal achievement
- **Trust** – building confidence through clear routines, safe practice, and mutual support
- **Friendship** – fostering teamwork, cooperation, and respect for others
- **Hope** – inspiring aspiration, resilience, and belief in personal potential

Through physical education, pupils develop positive attitudes towards competition, cooperation, and personal challenge, learning to win and lose graciously and to support one another. Opportunities for participation in sport and physical activity within and beyond school help pupils to develop leadership, responsibility, and a sense of belonging.

Our intent is that all pupils leave St Francis CE Primary School with the **skills, confidence, and motivation** to lead healthy, active lives and to engage positively in physical activity, supporting their physical, emotional, and social wellbeing as they continue to **live life in all its fullness**.

Implementation: Early Years

In the Early Years at St Francis CE Primary School, the impact of PE is seen in happy, confident children who enjoy exploring movement and physical activity. Using age-appropriate activities from **Get Set PE**, children develop **fundamental movement skills** such as running, jumping, balancing, and coordination through playful, engaging experiences. Children learn to move safely, control their bodies, and experiment with new actions, showing **courage** and perseverance. They develop social skills such as sharing, turn-taking, and teamwork, reflecting **friendship** and **trust**, while activities promoting cooperation and listening encourage **peace** and respect. Celebrating effort and improvement fosters **thankfulness** and a sense of **hope** as children grow in confidence and resilience. By the end of the Early Years, children have developed the physical skills, confidence, and enthusiasm needed to engage in a wide range of physical activities, laying the foundation for healthy, active lives and enabling them to **live life in all its fullness**.

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Implementation:

Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamentals Ball Skills	Sending and Receiving Yoga	Dance Net and Wall Games	Fitness Target Games	Gymnastics Invasion Games	Striking and Fielding Games Athletics
Year 2	Fundamentals Ball Skills	Net and Wall Games Yoga	Dance Sending and Receiving	Fitness Invasion Games	Gymnastics Target Games	Striking and Fielding Games Athletics
Year 3	Fundamentals Y3/4 Netball	Fitness OAA	Dance Hockey	Gymnastics Golf	Handball Tennis	Rounders Athletics
Year 4	Ball Skills Y3/4 Yoga	Football Tag Rugby	Dance Basketball	Gymnastics Tennis	Dodgeball Cricket	Athletics OAA
Year 5	Badminton Y5/6 Netball	Fitness Hockey	Dance Tag Rugby	Gymnastics Tennis OAA	Handball Athletics	Swimming Rounders
Year 6	Volleyball Y5/6 Football	Basketball Yoga	Dance Golf	Tennis Gymnastics	Dodgeball Swimming - catch up	Athletics Cricket

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EYFS

1

2

3

4

5

6

SOCIAL

Take turns.
Learn to share equipment with others.
Share their ideas with others.

Encourage others to keep trying.
Talk to a partner about their ideas and take turns to listen to each other.
Work with a partner and small group to play games and solve challenges.

Encourage and motivate others to work to their personal best.
Work with others to achieve a shared goal.
Work with others to self manage games.

Share ideas with others and work together to decide on the best approach to a task.
Lead others and show consideration of including all within a group.
Communicate with others clearly and effectively.

EMOTIONAL

Try again if they do not succeed.
Practise skills independently.
Confident to try new tasks and challenges.

Show determination to continue working over a longer period of time.
Determined to complete the challenges and tasks set.
Explore skills independently before asking for help.
Confident to share ideas, contribute to class discussion and perform in front of others.

Persevere when finding a challenge difficult.
Understand what their best looks like and they work hard to achieve it.
Begin to use rules showing awareness of fairness and honesty.
Show an awareness of how other people feel.

Understand what maximum effort looks and feels like and show determination to achieve it.
Use different strategies to persevere to achieve personal best.
Compete within the rules showing fair play and honesty when playing independently.
Confident to attempt tasks and challenges outside of their comfort zone.

THINKING

Begin to identify personal success.
Choose own movements and actions in response to simple tasks e.g. choosing to travel by skipping.
Begin to provide simple feedback saying what they liked or thought was good about someone else's performance.

Make decisions when presented with a simple challenge. E.g. move to an open space towards goal.
Begin to select and apply skills to use in a variety of differing situations. E.g. choose to use a balance on their bottom on a wider piece of apparatus.
Provide feedback beginning to use key words from the lesson.

Pupils make quicker decisions when selecting and applying skills to a situation. E.g. who to pass to and where to move.
Select and apply from a wider range of skills and actions in response to a task.
Provide feedback using key terminology.

Reflect and evaluate their performances both as a group and as an individual and suggest areas for improvement.
Recognise and explain their thought process when playing games or completing tasks. E.g I moved here because my teammate was over there.
Identify their own and others' strengths and areas for development providing sensitive feedback and can suggest ways to improve.
Select and apply appropriate skills for the situation when under pressure.

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Impact:

At **St Francis CE Primary School**, the impact of our PE curriculum is seen in confident, active pupils who enjoy physical activity and understand its importance for a healthy lifestyle. Through the **Get Set PE** scheme, pupils make strong progress in their physical development, building secure **fundamental movement skills**, coordination, balance, and control as they move through the school.

Children demonstrate increasing confidence, resilience, and motivation to participate in a wide range of physical activities. They apply skills effectively in games, gymnastics, dance, and athletic activities, showing improved teamwork, cooperation, and sportsmanship. Pupils understand the importance of warming up, staying safe, and reflecting on their performance to improve.

Our Christian values are clearly reflected in pupils' attitudes and behaviours. Children show **courage** when attempting new challenges, **trust** in themselves and others, and **friendship** through teamwork and encouragement. A sense of **peace** is promoted through fairness, respect, and emotional regulation, while **thankfulness** and **hope** are evident as pupils celebrate effort, progress, and personal achievement.

PE makes a strong contribution to pupils' **physical, emotional, social, and mental wellbeing**, supporting positive self-esteem and resilience. Opportunities to participate in extra-curricular clubs, sports events, and competitions help pupils to develop leadership skills, confidence, and a sense of belonging.

By the time pupils leave St Francis CE Primary School, they have the **skills, confidence, and positive attitudes** needed to engage in physical activity and sport beyond school, enabling them to lead healthy, active lives and to continue to **live life in all its fullness**.

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