How we teach PE at High Littleton Primary School

Our aim is to inspire all pupils to succeed and excel in competitive sport and other physically demanding activities, while instilling a lifelong love for physical activity and healthy lifestyles. Grounded in the GetSet4PE framework, our curriculum develops four holistic domains of physical learning:

- **Physical**: Mastering fundamental movement skills (FMS), Agility, Balance, and Coordination (ABCs), tactics, and sport-specific techniques.
- **Social**: Developing teamwork, communication, leadership, fair play, and sportsmanship.
- **Emotional**: Building resilience, perseverance, self-regulation, confidence, and managing success/failure.
- **Cognitive**: Understanding rules, evaluating performance, developing tactical awareness, and making healthy choices.

Curriculum:

EYFS:

- **Core Focus:** Fundamental Movement Skills (FMS), sensory-motor exploration, and spatial awareness aligned with Early Learning Goals.
- **Core Activities:** *Introduction to PE*, *Ball Skills*, *Gymnastics*, *Dance*, *Games*, and *Yoga/Mindfulness*.
- **Approach:** Story-led, high-energy themes with continuous equipment active time.
- **Outcome:** Children learn to move safely, negotiate space, control simple equipment, and build confidence.

Key Stage 1:

- **Core Focus**: Refining and combining Fundamental Movement Skills, applying basic tactics, and sequencing movements.
- **Core Activities**: *Fundamentals*, *Ball Skills*, *Gymnastics*, *Dance*, *Invasion/Team Games*, *Striking & Fielding*, *Target Games*, *Athletics*, and *Fitness*.
- **Approach**: Partner work, small-sided modified games, simple rule application, and sequence composition.
- **Outcome**: Children master core physical patterns (running, jumping, throwing, catching, tracking) and apply basic gameplay strategies, preparing for sport-specific units in KS2.

Key Stage 2:

Core Focus: Shifts from fundamental movement skills (FMS) into sport-specific applications, tactical awareness, complex sequence building, and competitive play.

Progression Across KS2:

- **Lower KS2**): Adapts core skills into modified, small-sided invasion, net/wall, and striking/fielding games, alongside structured swimming instruction and basic Outdoor Adventurous Activities (OAA).
- **Upper KS2**: Focuses on full tactical gameplay, peer-coaching, officiating, complex gymnastic/dance performances, and sports leadership.

Structure of a Lesson:

- **Warm-up**: High-energy physical activation, raising heart rate, dynamic stretching, and introducing the lesson theme.
- **Learning Objective / Focus**: Clear explanation and demonstration of key physical, social, emotional, or cognitive targets for the session.
- **Activity / Application**: Progressive skill development, small-sided games, task differentiation, and active gameplay application.

Cool-down / Plenary: Pulse lowering activities, stretching, reflection on success criteria, self-assessment, and key takeaways.

