



Physical Education (PE)

Intent

At Grange Farm, we aim to foster a lifelong passion for sport, physical activity, and healthy living. Our PE curriculum provides engaging, enjoyable, and varied learning experiences that inspire all pupils to succeed and excel in competitive sport and physically demanding activities.

We want every child to understand the importance of physical health and its link to mental and emotional wellbeing. Through regular participation, pupils develop physical competence, confidence, and resilience, alongside essential life values such as teamwork, fairness, respect, and perseverance.

Our curriculum ensures that all children are equipped with the knowledge and skills to lead healthy, active lifestyles. We strive for pupils to meet or exceed the expected standards in PE, developing both their practical abilities and their understanding of movement, tactics, and game strategy.

Implementation

PE at Grange Farm is delivered through a **progressive and well-structured curriculum** that develops fundamental movement skills, builds on prior learning, and promotes increasing physical confidence as pupils move through the school.

In **Key Stage 1**, children master basic movements such as running, jumping, throwing, and catching. They develop balance, agility, and coordination, applying these skills in a variety of individual and team activities. Pupils also begin to explore simple dance sequences and learn to participate cooperatively in team games, developing an understanding of attacking and defending tactics.

In **Key Stage 2**, pupils continue to apply and refine these skills in a wider range of sports and activities. They develop flexibility, strength, technique, control, and balance, both individually and within team contexts. Pupils take part in competitive games, perform dances using more complex movement patterns, and participate in outdoor and adventurous activities.

Throughout all phases, pupils are encouraged to reflect on their performance, compare it to previous achievements, and work towards personal improvement and self-set goals. Lessons promote inclusion, enjoyment, and challenge for all learners, regardless of ability.

Extracurricular opportunities, including school clubs, inter-school competitions, and community partnerships, further enhance pupils' engagement and extend their love of sport beyond the classroom.

Impact

By the end of their time at Grange Farm, pupils are confident, motivated, and physically competent young people who value the importance of health and physical activity. They understand how exercise contributes to overall wellbeing and are inspired to continue active lifestyles beyond school.

Pupils demonstrate:

- Strong physical literacy and coordination across a range of skills and sports.
- Knowledge of rules, tactics, and strategies to apply in competitive and cooperative games.
- Positive attitudes including **sportsmanship, teamwork, resilience, and respect**.
- A secure understanding of how to make healthy lifestyle choices that promote both physical and mental wellbeing.

Most pupils meet the **National Curriculum expectations for PE**. They leave Grange Farm with the confidence, motivation, and discipline to participate successfully in sport and physical activity throughout their lives.