



Physical Education

OUR CORE AIM FOR PHYSICAL EDUCATION

At Swiss Gardens Primary School, our aim is to provide a high-quality, inclusive and ambitious Physical Education curriculum that enables every child to develop the knowledge, skills and motivation to lead a lifelong healthy and active lifestyle. Our curriculum is underpinned by a clear progression of learning, ensuring that children build competence, confidence and resilience as they move through the school. Through our unique partnership with Twinkl PE Mastery, we deliver a carefully sequenced curriculum that develops both physical literacy and personal development, ensuring all pupils can succeed, regardless of starting point.

What do PE lessons look like at Swiss Gardens Primary School?

Early Years Foundation Stage (Reception)

In Reception, children engage in daily physical development opportunities that support the Early Years Framework, developing core strength, coordination and spatial awareness.

In addition, children take part in a weekly structured PE lesson (approximately 40 minutes), where fundamental movement skills are explicitly taught and practised. These sessions are designed to build early physical literacy through exploration, repetition and guided discovery.

Key Stage 1

Children participate in two PE lessons per week (minimum 45 minutes each), where learning is focused on mastering fundamental movement skills such as agility, balance and coordination.

Lessons are structured to ensure children:

- Develop control and fluency in movement
- Apply skills in increasingly purposeful contexts
- Begin to understand simple rules, tactics and teamwork

Learning is carefully sequenced so that children are not just participating but embedding and refining key physical competencies.

Key Stage 2

Children receive a minimum of two hours of PE per week, with learning organised to ensure breadth and depth across the curriculum.

Each week typically includes:

- Dance or gymnastics – developing control, expression and body awareness
- Invasion, net and wall, or striking and fielding games – applying skills, tactics and strategies As children progress, they are supported to:
- Refine and combine skills with increasing precision
- Make decisions in game situations
- Evaluate and improve their own and others' performance

Children in Years 3 and 4 also have the opportunity to develop their swimming proficiency at Penguins Swimming Club, Lancing College.

What would you see in our PE lessons?

Our lessons are highly active, purposeful and inclusive, with a clear focus on progression and engagement. You would see:

- Energetic, structured warm-ups that prepare the body for learning
- Carefully sequenced tasks that build from simple to complex
- High levels of participation and minimal inactive time
- Explicit teaching of skills, alongside opportunities to apply them
- Strong use of questioning to develop understanding
- Pupils working independently, collaboratively and competitively
- Respectful behaviour, teamwork and excellent sportsmanship
- Pupils reflecting on and improving their performance
- Leadership opportunities, including Year 6 Sports Leaders
- A culture of resilience, determination and enjoyment

What does children's learning look like in PE?

PE at Swiss Gardens is practical, progressive and knowledge-rich.

Children:

- Engage in structured warm-ups, skill development and application phases
- Revisit and build upon prior learning to secure long-term development
- Experience both deliberate practice and game-based learning
- Develop an understanding of why skills and tactics are effective
- Participate in both personal challenge and competitive scenarios

Learning is designed to ensure that children know more, remember more and can do more over time.

How do teachers plan for Physical Education?

Our curriculum is built upon a clear progression model, ensuring that learning is sequential and coherent across all year groups.

Teachers use a structured approach to planning that ensures:

- Skills are explicitly taught, revisited and built upon
- Knowledge of tactics, rules and strategies is developed alongside physical skills
- Lessons are adapted to meet the needs of all learners

Planning is supported by the progressive framework provided through Twinkl PE Mastery, which enables staff to deliver consistently high-quality lessons with clear learning intentions and outcomes.

This includes:

- Long-term plans ensuring full curriculum coverage
- Medium-term plans outlining skill progression and key knowledge
- Short-term plans detailing lesson structure, vocabulary and assessment opportunities

How do we assess progress and attainment?

Assessment is ongoing and integral to teaching.

Teachers:

- Use observation to assess pupils' performance and understanding
- Adapt teaching in real time to provide support or challenge
- Monitor progress against clearly defined learning outcomes

Leaders monitor the quality of provision through:

- Lesson observations and planning reviews
- Pupil voice and engagement
- Analysis of progression across year groups

This ensures that all pupils make strong and sustained progress throughout their time at the school.

How do we support all learners?

If a child finds PE challenging

We use the STEP approach to provide appropriate support:

- Space – adapting the environment
- Task – modifying the activity
- Equipment – adjusting resources
- People – altering group dynamics

This ensures all pupils can access learning and experience success.

Additional adult support and targeted scaffolding are used where needed to build confidence and competence.

If a child excels in PE

Pupils demonstrating high levels of ability are:

- Further challenged through adapted tasks and leadership opportunities
- Encouraged to refine advanced skills and tactical understanding
- Supported in accessing extra-curricular and community sport

We work closely with families to signpost pathways into local clubs and competitive opportunities.

How does PE extend beyond lessons?

We provide a wide range of opportunities to enrich learning beyond the curriculum, including:

- Extra-curricular clubs and competitive sports teams
- Inter-school competitions and festivals
- Partnerships with local organisations such as Sir Robert Woodard Academy and Albion in the Community
- Dance performances and community events

Achievement in PE is celebrated regularly, both in school and beyond, fostering a culture of pride, aspiration and participation.

Who to contact

If you have any questions about Physical Education, please contact:

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