



COLLINGWOOD PRIMARY SCHOOL

PE @ Collingwood Primary School

Our PE curriculum is taught through 1 key strand – ‘Developing practical skills in order to participate, compete and lead a healthy lifestyle. At Collingwood we aim to ensure all children enjoy and are engaged in Physical Education and Sport by providing them all with positive experiences. We will provide a high-quality P.E curriculum, where children will learn to remain physically active, in a way that instils excellent sporting attitudes such as fairness and respect. Through Physical Education we aim to develop the children’s knowledge, skills and understanding, so that they can perform with increasing confidence and competence in a range of activities. We aim to improve the health and well-being of the children and ensure that they understand the positive effects that a healthy lifestyle can have on their future.

Retrieval Practice

Varied teaching and learning activities
Thoughtful sequencing of content
Specific teaching of vocabulary

Content and Sequencing

EYFS Children develop fine and gross motor skills through play, music, and movement, exploring balance, coordination, and control. They begin to use simple equipment, express ideas through dance, and understand the basics of keeping healthy.

Year 1 Pupils master basic movements such as running, jumping, throwing, and catching, and begin to apply balance, agility, and coordination in simple games. They follow basic rules, explore movement patterns in dance, and learn to take turns and share fairly.

Year 2 Children consolidate fundamental skills and apply them with increasing control in games and activities. They develop simple attacking and defending tactics whilst participating in team games, link movements in dance and gymnastics, and show improved accuracy when using equipment.

Year 3 Pupils build on core skills and apply them in structured games, athletics, and sequences. They combine movements with greater fluency, begin evaluating performance, and show cooperation and communication when working in pairs and small teams.

Year 4 Children refine skills across a wider range of activities, developing accuracy and control in dance, gymnastics, and competitive games. They apply tactical awareness, work collaboratively, and take part in problem-solving through outdoor adventurous activities. Swimming and water safety are introduced.

Year 5 Pupils apply skills in modified competitive sports and focus on stamina, strength, and flexibility. They create and refine complex sequences, use feedback to improve, and demonstrate resilience and sportsmanship. Swimming and water safety continue to be taught and developed.

Year 6 Children confidently apply a broad range of skills in competitive and cooperative contexts, showing leadership and tactical awareness. They perform with precision and creativity, analyse performances, and support younger peers. By the end of Year 6, all pupils are expected to swim 25m, use a range of strokes, and perform safe self-rescue. They take part in outdoor and adventurous activity challenges both individually and within a team.

Essentials

The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.

The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen

activities, to achieve high levels of performance.

High levels of physical fitness.

A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.

The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.

The ability to motivate and instil excellent sporting attitudes in others. Knowledge of how to improve their own and others’ performance and the ability to work independently for extended periods of time without the need of guidance or support.

A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.

The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

Assessment and Progress

Units of work are carefully sequenced; making connections with prior knowledge, concepts and vocabulary

Regular formative assessment and immediate feedback ensures misconceptions are addressed and learning is effective.

Effective questioning and higher order thinking are embedded within all learning experiences.

Adaptive teaching strategies ensure individualised instruction; supporting the needs of all learners

Opportunities for revisiting content and mastery learning/teaching for mastery

