

PE at John Blow Primary School

Intent

At John Blow Primary School, our intent for Physical Education (PE) is to provide a high-quality curriculum that inspires all pupils to develop a lifelong commitment to physical activity, wellbeing, and teamwork. We are committed to teaching key transferable physical skills that form the foundation of all sports and physical pursuits—from agility and coordination to strength, control, and spatial awareness.

Crucially, we recognize that effective communication, listening, and attention are integral to successful participation in PE. Therefore, our curriculum is deliberately structured to cultivate these attributes, enabling children to become not only physically competent but also attentive, responsive, and collaborative learners in all aspects of school life.

We aim for every child to:

- Develop a broad base of physical competencies that are adaptable across sports and activities.
- Improve core listening and attention skills to enhance team play, follow multi-step instructions, and build resilience.
- Enjoy PE and understand the benefits of physical activity for their mental, emotional, and physical health.

Implementation

Our PE curriculum follows a progressive model from EYFS through Year 6, ensuring consistency and coverage of two key PE topics per term. It is built on the following key principles:

- **Skill Transferability:** We teach fundamental skills such as balance, coordination, speed, and control early on and revisit them in different contexts (e.g. gymnastics, games, athletics), helping children apply what they learn across multiple physical domains.
- **Structured Listening and Attention Focus:** Each lesson includes explicit opportunities to practice active listening—during instruction, demonstration, team strategy discussions, and feedback sessions. Children are supported in developing turn-taking, focus on key vocabulary, and visual attention to movement sequences.
- **Inclusive and Adaptive Learning:** Lessons are scaffolded to meet the needs of all learners, including those with SEND, through differentiated tasks and visual/verbal prompts to enhance understanding and engagement.
- **Enriched Opportunities:** We supplement curriculum PE with after-school sports clubs, inter- and intra-school competitions, and active play during break times to reinforce skill application in varied environments.
- **Assessment for Learning:** Ongoing formative assessment allows teachers to adapt sessions based on physical proficiency and listening behaviours, ensuring that progress in both skill and attention is closely monitored.

Impact

As a result of our approach to Physical Education at John Blow Primary School:

- Pupils leave school with a strong foundation in core physical skills that are transferable across a wide range of sports and recreational activities.
- Children demonstrate marked improvement in their listening, concentration, and ability to follow instructions, both within PE lessons and across the curriculum.
- Pupils develop positive attitudes toward teamwork, communication, and challenge, showing increased self-confidence and perseverance.
- Our children are active participants in lessons and extra-curricular activities, and show an understanding of how PE contributes to a

healthy lifestyle.

- By the end of Key Stage 2, all pupils are physically literate, aware of the importance of fair play, and equipped with the social and cognitive tools to thrive in secondary PE and beyond.

Early Learning Goals for Physical Development (Relevant to PE)

1. Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

2. Fine Motor Skills (*Less central to PE but still supportive*)

Children at the expected level of development will:

- Hold a pencil effectively in preparation for fluent writing.
- Use a range of small tools, including scissors, paintbrushes and cutlery.
- Begin to show accuracy and care when drawing.

Key Stage 1 (KS1) – Years 1 & 2

Pupils should be taught to:

- **Master basic movements** including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.
- **Participate in team games**, developing simple tactics for attacking and defending.
- **Perform dances** using simple movement patterns.

Key Stage 2 (KS2) – Years 3 to 6

Pupils should be taught to:

- **Use running, jumping, throwing and catching** in isolation and in combination.
- **Play competitive games**, modified where appropriate (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending.
- **Develop flexibility, strength, technique, control and balance**, for example through athletics and gymnastics.
- **Perform dances** using a range of movement patterns.
- **Take part in outdoor and adventurous activity challenges**, both individually and within a team.
- **Compare their performances** with previous ones and demonstrate improvement to achieve their personal best.

Swimming and Water Safety (KS2 requirement)

• All pupils must be taught to:

- **Swim competently, confidently and proficiently over a distance of at least 25 metres.**
- **Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke).**
- **Perform safe self-rescue in different water-based situations.**

EYFS PE Overview

Term	PE Topic 1	Key Physical Skills	PE Topic 2	Key Physical Skills	Listening & Attention Focus
Autumn 1	Movement & Spatial Awareness	Navigating space, starting/stopping on cue, body awareness	Ball Skills	Rolling, throwing, catching, bouncing	Listening to simple instructions, waiting turn
Autumn 2	Balance & Coordination	Static and dynamic balance, crossing midline, weight transfer	Fundamental Movement	Running, jumping, hopping, skipping	Following two-step instructions, focus on speaker
Spring 1	Dance	Moving to rhythm, body shapes, exploring dynamics	Movement Games	Chasing, dodging, turn-taking, role-playing	Remembering sequences, staying focused
Spring 2	Ball Skills	Underarm throwing, catching with two hands, aiming	Gymnastics	Balancing, travelling in different ways, simple sequences	Anticipating instructions, group listening
Summer 1	Athletics	Sprinting, jumping for distance, underarm throw	Team Games	Simple rules, chasing, working in small teams	Taking turns, following game rules
Summer 2	Coordination & Agility	Hopping, skipping, weaving, balancing through obstacles	Outdoor Play	Climbing, crawling, exploring large equipment	Responding to signals, sharing space

Year 1 PE Overview

Term	PE Topic 1	Key Physical Skills	PE Topic 2	Key Physical Skills	Listening & Attention Focus
Autumn 1	Fundamentals	Running, hopping, skipping, balancing, jumping	Gymnastics	Rolling, stretching, balancing, simple sequences	Listening for movement cues, team awareness
Autumn 2	Ball Skills	Bouncing, catching, rolling, passing with control	Dance	Timing, coordination, spatial awareness, patterning	Following movement sequences, tempo awareness
Spring 1	Athletics	Sprint starts, throwing for distance, long jump	Team Games	Passing, finding space, understanding basic rules	Following rules in teams, turn-taking

Spring 2	Gymnastics	Travelling using different body parts, jumping off equipment	Striking & Fielding	Basic bat and ball control, aiming, stopping a rolling ball	Maintaining focus during game play, Responding to cues, spatial awareness
Summer 1	Games Skills	Dodging, chasing, direction changes, scoring	Movement & Coordination	Linking movement patterns, starting/stopping under control	Responding to cues, spatial awareness, Maintaining focus
Summer 2	Dance	Repeating patterns, expressive movement	Athletics	Throwing, sprinting, jumping with control and accuracy	Listening for instructions and feedback

Year 2 PE Overview

Term	PE Topic 1	Key Physical Skills	PE Topic 2	Key Physical Skills	Listening & Attention Focus
Autumn 1	Fundamentals	Agility, balance, core coordination, footwork patterns	Gymnastics	Linking shapes and movements, transition control	Sustained attention in task sequences
Autumn 2	Dance	Linking movements, rhythm patterns, sequencing	Ball Skills	Catching with one hand, overarm throwing, controlled bouncing	Active listening in small groups
Spring 1	Athletics	Sprinting technique, relay baton handling, standing long jump	Striking & Fielding	Striking a ball with accuracy, catching high balls	Following sequences of commands
Spring 2	Team Games	Marking players, using space, teamwork, applying tactics	Movement Skills	Transitions between movements, combining agility with balance	Listening for group communication
Summer 1	Gymnastics	Counterbalance, mirrored shapes, partner sequences	Dance	Partnered routines, direction and level changes	Visual focus on sequences
Summer 2	Athletics	Combination events, competitive running, introduction to pacing	Outdoor & Adventurous	Problem-solving, simple orienteering, direction following	Following complex instructions

Year 3 PE Overview

Term	PE Topic 1	Key Physical Skills	PE Topic 2	Key Physical Skills	Listening & Attention Focus
Autumn 1	Tag Rugby	Passing, dodging, spatial awareness, teamwork	Fundamentals	Agility, balance, coordination	Listening to multi-step instructions, team awareness

Autumn 2	Dodgeball	Throwing, evading, reaction time	Fundamentals	Running, jumping, balancing	Reacting to signals, maintaining attention during fast-paced play
Spring 1	Dance	Rhythm, timing, sequencing, expression	Football	Dribbling, passing, shooting, positioning	Listening for cues, responding to rhythm, team communication
Spring 2	Gymnastics	Control, balance, core strength, sequences	Basketball	Passing, dribbling, shooting, spatial movement	Concentrating on task cues, tracking ball and team positions
Summer 1	Cricket	Hand-eye coordination, batting, fielding	Athletics	Sprinting, long-distance running, jumping, throwing	Responding to feedback, tracking performance
Summer 2	Rounders	Catching, striking, throwing with accuracy	Tennis	Rallying, forehand/backhand strokes, footwork	Sustained focus in rally, turn-taking in individual play

Year 4 PE Overview

Term	PE Topic 1	Key Physical Skills	PE Topic 2	Key Physical Skills	Listening & Attention Focus
Autumn 1	Tag Rugby	Agility, teamwork, passing on the move	Fundamentals	Advanced balance, coordination, change of direction	Listening in competitive settings, responding to tactics
Autumn 2	Football	Passing under pressure, positioning, defending	Fundamentals	Reaction time, endurance, strength	Tactical listening, anticipating play instructions
Spring 1	Basketball	Spatial awareness, strategic passing, shooting	Dodgeball	Dodging techniques, throwing for accuracy	Quick responses to cues, maintaining focus during transitions
Spring 2	Hockey	Dribbling with control, passing, teamwork	Dance	Synchronisation, control, expressive movement	Coordinating group movement, listening to timing instructions
Summer 1	Gymnastics	Strength, flexibility, balance in routines	Cricket	Underarm and overarm throwing, batting technique	Listening to perform sequences, anticipating ball movement
Summer 2	Athletics	Speed, agility, stamina, measuring performance	Tennis	Serve, volley, shot placement	Focusing on ball trajectory, turn-taking, following scoring

Year 5 PE Overview

Term	PE Topic 1	Key Physical Skills	PE Topic 2	Key Physical Skills	Listening & Attention Focus
Autumn 1	Football	Tactical play, advanced passing, communication	Fundamentals	Power, reaction speed, coordination under pressure	Listening to coach feedback, adapting in real-time
Autumn 2	Tag Rugby	Defensive techniques, spatial strategy	Fundamentals	Precision in movements, quick direction changes	Understanding roles in team play, listening to play developments
Spring 1	Basketball	Shot selection, movement off the ball, positioning	Dance	Complex choreography, interpretation	Interpreting non-verbal cues, group synchronisation
Spring 2	Hockey	Ball control in space, team formations	Dodgeball	Quick decision-making, aiming under pressure	Tracking multiple players, staying alert
Summer 1	Cricket	Bowling technique, catching under pressure	Athletics	Pacing, technique refinement, event-specific skills	Listening to start signals, self-monitoring performance
Summer 2	Gymnastics	Transitions, advanced routines, body control	Tennis	Strategy, positioning, footwork	Sustained attention in rally play, responding to tactical advice

Year 6 PE Overview

Term	PE Topic 1	Key Physical Skills	PE Topic 2	Key Physical Skills	Listening & Attention Focus
Autumn 1	Football	Game analysis, leadership, strategy	Fundamentals/Swimming	Endurance, technique refinement, water safety, agility under pressure, explosive power, reaction time, speed control	Leadership listening, giving and receiving instructions
Autumn 2	Tag Rugby	Communication under pressure, game awareness	Fundamentals/Swimming	Stamina, breathing control, stroke technique, agility under pressure, explosive power, reaction time, speed control	Collaborative listening, adjusting to environment cues
Spring 1	Hockey	Quick decision-making, advanced formations	Dodgeball	Evading and accuracy under stress	Strategic communication, rapid reaction to gameplay changes
Spring 2	Basketball	Competitive play, spacing, transitions	Dance	Interpretation of complex movement	Focus on timing, adjusting to music and team dynamics

Summer 1	Gymnastics	Sequence creation, peer feedback, performance analysis	Cricket	Match awareness, tactical bowling, batting choices	Active peer feedback, awareness of match conditions and strategy
Summer 2	Athletics	Performance measurement, self-improvement goals	Tennis	Match strategy, control, tactical shot placement	Independent focus, responding to opponent's movement and cues