



Essendon C of E Primary School

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PE Curriculum Statement (Using Get Set 4 PE)

Intent

Our PE curriculum aims to inspire all pupils to enjoy physical activity, develop competence in a range of skills, and understand the importance of leading a healthy, active lifestyle. Through the Get Set 4 PE scheme, we provide a broad, inclusive and aspirational programme that builds confidence, resilience and teamwork.

We intend for pupils to:

- Develop fundamental movement skills and progress towards applying them in a variety of sports and physical activities.
- Build confidence, coordination, flexibility, strength and stamina.
- Learn the values of fairness, respect, teamwork and perseverance.
- Understand how physical activity supports mental and physical wellbeing.
- Experience a wide range of sports and activities to discover personal strengths and interests.
- Foster positive attitudes towards lifelong physical activity and healthy living.

Implementation

PE is delivered using the structured progression and high-quality resources of the Get Set 4 PE curriculum, ensuring consistency and strong skill development across all year groups.

Our implementation includes:

- **A sequenced programme** covering games, dance, gymnastics, athletics, fitness, OAA and fundamental movement skills.
- **High-quality teaching resources**, videos and demonstrations that support accurate skill modelling.
- **Lessons designed to be active, inclusive and engaging**, with opportunities for all pupils to succeed.
- **Progressive skill development**, revisiting and building on previous learning.

- **Regular assessment for learning**, enabling teachers to adapt lessons, support individuals and challenge higher attainers.
- **Opportunities for competition**, teamwork and personal challenge both within lessons and through wider school sport.
- **A focus on health and wellbeing**, including warm-ups, cool-downs and discussions about healthy lifestyles.
- **Use of a range of equipment and activities**, including outdoor spaces, to provide varied, high-quality physical experiences.

Impact

Our PE curriculum enables pupils to become physically confident, motivated and knowledgeable about the importance of staying active.

Impact is seen in:

- **Pupils who enjoy PE**, approach activities with confidence, and participate with enthusiasm.
- **Improved physical skills**, including coordination, agility, balance and strength.
- **Growing resilience, teamwork and sportsmanship**, demonstrated in lessons and events.
- **Children who understand how to keep themselves healthy**, both physically and mentally.
- **Visible progression**, with pupils mastering skills, achieving personal goals and applying tactics and strategies increasingly well.
- **Growing numbers of children participating in inter school sports**
- **Learners who leave primary school with the motivation, confidence and foundations needed for secondary PE and lifelong physical activity.**