



Martock Church School

Physical Education Document (PE)

Intent

At Martock Church School, we believe that Physical Education plays a vital role in promoting children's physical health, emotional wellbeing, confidence and personal development. We aim to provide all pupils with the knowledge, skills and motivation to lead active, healthy lifestyles both now and in the future.

Our PE curriculum is designed to be inclusive, ambitious and enjoyable, enabling every child to experience success and develop a positive relationship with physical activity. Through high-quality teaching and a wide range of sporting opportunities, we encourage children to challenge themselves, show resilience, work collaboratively and develop respect for others.

Using the **Get Set 4 PE** curriculum as the foundation for our teaching, we ensure progression in skills and knowledge from Reception to Year 6. Consideration is given to our mixed-age classes (Years 1-5) to ensure learning is carefully sequenced, allowing children to revisit, consolidate and extend their skills over time.

We aim for all children to:

- Develop competence and confidence in a broad range of physical activities.
- Master fundamental movement skills which underpin future sporting success.
- Understand the importance of physical activity for physical and mental wellbeing.
- Demonstrate teamwork, sportsmanship and respect.
- Embrace challenge and develop resilience and determination.
- Experience healthy competition and personal achievement.
- Develop water confidence and swimming proficiency.
- Leave primary school with the knowledge, skills and motivation to remain physically active throughout their lives.

Implementation

PE is taught for **two hours each week across all year groups**, ensuring children have regular opportunities to develop their physical skills, fitness and understanding of healthy lifestyles.

Our curriculum is delivered through the **Get Set 4 PE** scheme, which provides a progressive and comprehensive programme covering:

- Fundamental Movement Skills

- Dance
- Gymnastics
- Athletics
- Invasion Games
- Net and Wall Games
- Striking and Fielding Games
- Outdoor and Adventurous Activities
- Swimming

In Reception, PE focuses on the development of gross motor skills, coordination, balance and spatial awareness through structured activities and active play.

Our mixed-age classes are carefully planned to ensure progression and coverage of National Curriculum expectations. Teachers adapt learning appropriately so that all pupils can achieve and make progress regardless of their starting point.

Swimming is a key priority within our school. We provide swimming instruction for **three different year groups each year**, Years 4, 5 and 6, giving pupils multiple opportunities to develop water confidence, water safety knowledge and swimming competence. Our aim is that all children achieve proficiency in swimming **25 metres confidently and safely** by the end of Key Stage 2.

PE is further enriched through a wide range of extracurricular opportunities, festivals and competitions. As a **School Games Gold Award** school, we actively participate in local sporting events and competitions, giving pupils opportunities to:

- Represent the school.
- Experience competitive sport.
- Develop leadership skills.
- Celebrate achievement.
- Build confidence and resilience.
- Engage with the wider sporting community.

Sporting opportunities are offered to children of all abilities, reflecting our commitment to participation, inclusion and enjoyment.

Impact

By the time pupils leave Martock Church of England Primary School, they will:

- Demonstrate age-appropriate physical skills across a wide range of sports and activities.
- Have developed confidence, competence and enjoyment in physical activity.
- Understand how physical activity contributes to a healthy lifestyle and positive mental wellbeing.
- Show resilience, determination and a willingness to challenge themselves.
- Demonstrate respect, teamwork and good sportsmanship.
- Participate enthusiastically in both competitive and recreational sporting opportunities.

- Have developed water confidence and, wherever possible, achieve the National Curriculum expectation of swimming at least 25 metres.
- Be physically literate young people who are equipped and motivated to continue participating in sport and physical activity throughout their lives.

The impact of our PE curriculum is evident through:

- High levels of pupil engagement and participation.
- Positive attitudes towards physical activity and sport.
- Success in local sporting events and competitions.
- Strong participation in extracurricular clubs and activities.
- Achievement of the School Games Gold Award.
- Pupils' ability to articulate the benefits of exercise and healthy lifestyles.
- Increasing confidence, independence and leadership within sporting contexts.

Through our PE curriculum, we aim to nurture active, healthy and confident children who embody our school's values, kindness, respect, collaboration and perseverance, and are prepared for the opportunities and challenges of Secondary Education and beyond.