Phsical Education

Curriculum Overview

Place Partnership

A MULTI-ACADEMY TRUST

Our Vision

"For all children at Horbury Primary Academy to experience high-quality Physical Education, School Sport and Physical Activity that inspires lifelong participation."

At Horbury Primary Academy, we believe that Physical Education is an essential part of every child's development and wellbeing. Through our vision of **Strong Roots, Growing Minds**, we strive to develop confident, resilient and physically literate pupils who understand the importance of leading healthy, active lives and who develop a lifelong love of movement, sport and physical activity.

We recognise that Physical Education contributes significantly to children's physical, social, emotional and mental wellbeing. Through a broad, balanced and inclusive curriculum, pupils develop the knowledge, skills and confidence needed to participate successfully in a wide range of physical activities and sporting experiences. We aim to ensure that every child experiences success, regardless of their starting point, previous experiences or individual needs.

A key feature of the **Horbury Way** is ensuring that every pupil is encouraged to challenge themselves, demonstrate resilience and embrace opportunities to develop leadership, teamwork and self-belief. Through participation in Physical Education, School Sport and Physical Activity, children learn important life skills including determination, cooperation, communication, respect and responsibility.

Our curriculum develops children's understanding of how physical activity contributes to both physical and mental health. We encourage pupils to understand the positive impact movement can have on their wellbeing and empower them to make healthy lifestyle choices now and in the future.

Beyond curriculum lessons, we provide a rich and varied programme of sporting opportunities, leadership roles, competitions, active lunchtimes and extra-curricular clubs that inspire participation and raise aspirations. Through these experiences, children develop confidence, discover new talents and establish positive habits that will support them throughout their lives.

When children leave Horbury Primary Academy, we aspire for them to have developed:

- A lifelong appreciation of the importance of physical activity and healthy living.
- Confidence and competence across a wide range of sports and physical activities.
- Strong fundamental movement skills and physical literacy.
- Resilience, determination and self-belief when facing challenges.
- Leadership, teamwork and communication skills.

- An understanding of how physical activity supports physical and mental wellbeing.
- Knowledge of how to make informed choices to lead healthy, active lifestyles.
- The confidence to continue participating in sport and physical activity beyond primary school.

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it or work around it."
Michael Jordan

Implementation

Physical Education is taught through a carefully sequenced and progressive curriculum using **Power of PE** and **Premier Education Planning**, ensuring that knowledge, skills and understanding build systematically from the Early Years through to Year 6.

Every learning sequence follows the Horbury curriculum approach:

- Prior learning is revisited through retrieval activities and discussion.
- Key vocabulary is explicitly taught and revisited to support understanding and application.
- Teachers model skills, techniques and tactical understanding through high-quality instruction and demonstration.
- Pupils are given opportunities to practise, refine and apply skills in increasingly challenging contexts.
- Learning concludes with reflection and evaluation opportunities that enable children to recognise progress and identify next steps.

The curriculum provides broad and balanced coverage through:

- Fundamental Movement Skills
- Dance
- Gymnastics
- Athletics
- Invasion Games
- Net and Wall Games

- Striking and Fielding Games
- Outdoor Adventurous Activities
- Leadership and Evaluation
- Health and Fitness

All pupils receive a minimum of **two hours of high-quality Physical Education each week**, alongside opportunities for regular physical activity throughout the school day.

As an active school, we recognise that physical activity extends beyond timetabled PE lessons. Children benefit from:

- Active classroom breaks throughout the school day.
- A wide range of lunchtime sports clubs delivered by staff and external providers.
- A broad programme of after-school sports clubs catering for different interests, abilities and age groups.
- Inter-school competitions and festivals.
- Sports leadership opportunities that allow pupils to organise, support and lead physical activities across the school.
- Educational visits, sporting events and opportunities to watch live sport.
- Strong links with local sports clubs and organisations to promote participation beyond school.

The School Games Values of **Honesty, Respect, Determination, Teamwork, Passion and Self-Belief** are embedded throughout our PE curriculum and wider sporting provision.

A key strength of our provision is our commitment to inclusion and participation. Every child is encouraged to engage in physical activity, represent the school and experience competitive sport during their time at Horbury Primary Academy.

Our commitment to excellence in Physical Education and School Sport has been recognised through the achievement of the **School Games Platinum Mark for two consecutive years**. This reflects the quality of our curriculum, enrichment opportunities, competitive sport provision and commitment to ensuring all children experience the benefits of physical activity.

To ensure high-quality provision, teachers:

- Have a secure understanding of progression, assessment and key learning objectives.
- Adapt learning to meet the needs of all pupils.
- Use ongoing formative assessment to inform future teaching.
- Promote healthy lifestyles and positive attitudes towards physical activity.
- Access regular professional development and specialist support.
- Encourage participation, enjoyment and achievement for all.
- Raise aspirations by exposing pupils to a range of sporting pathways and role models.
- Celebrate sporting achievement and success across the school community.

Impact

Through our Physical Education curriculum and extensive enrichment offer, pupils develop the knowledge, skills and attitudes needed to lead healthy, active and successful lives.

By the time they leave Horbury Primary Academy, pupils will:

- Demonstrate enthusiasm, confidence and enjoyment in Physical Education and sport.
- Apply fundamental movement skills and sport-specific techniques with increasing competence and control.
- Understand the importance of warming up, cooling down and exercising safely.
- Recognise the positive impact physical activity has on both physical and mental wellbeing.
- Demonstrate resilience, determination, self-belief and perseverance when facing challenges.
- Work collaboratively, communicate effectively and show respect for others.
- Apply the School Games Values both within sport and across wider school life.
- Evaluate and improve their own performance.
- Participate confidently in both competitive and non-competitive sporting activities.

- Understand how to maintain a healthy and active lifestyle.
- Be aware of opportunities to participate in sport and physical activity within their local community.
- Meet or exceed age-related expectations within Physical Education.

All pupils will leave Horbury Primary Academy having experienced a wide range of sporting opportunities through curriculum lessons, lunchtime provision, extra-curricular clubs, festivals, competitions and leadership roles. They will have developed the confidence to be active participants, supportive teammates and positive role models.

The impact of our provision is reflected through high levels of participation, positive attitudes towards physical activity and our achievement of the **School Games Platinum Mark for two consecutive years**, demonstrating our commitment to providing outstanding opportunities for all children.

Through our commitment to **Strong Roots, Growing Minds**, pupils leave Horbury Primary Academy as confident, active and resilient young people who understand the importance of healthy lifestyles, embrace challenge with determination and possess the knowledge, skills and motivation to remain physically active throughout their lives.

Assessment for Learning

Assessment for Learning is embedded throughout the PE curriculum and is used to ensure pupils develop and apply the knowledge, skills and behaviours required to be successful in physical education. Teachers assess pupils through observation, questioning, discussion, self-assessment and peer assessment, enabling misconceptions to be identified and teaching to be adapted accordingly.

Each unit culminates in an **end-point application task** that pupils work towards throughout their learning. This provides pupils with the opportunity to demonstrate the skills, techniques, tactics and knowledge they have developed. Depending on the focus of the unit, this may take the form of a competitive game, performance, challenge, routine, personal best, independent task or team activity.

Pupils are encouraged to reflect on their performance, identify strengths and areas for development, and respond to feedback to improve outcomes. Assessment focuses not only on physical competence, but also on the development of teamwork, communication, resilience, leadership and sportsmanship.

The information gathered through ongoing assessment and end-point application tasks is used to evaluate progress, celebrate achievement and inform future teaching, ensuring all pupils continue to develop confidence, competence and enjoyment in physical activity.

Adaptive Teaching

At Horbury Primary Academy, we are committed to ensuring that all pupils can access and succeed within an ambitious PE curriculum. Adaptive teaching is informed by ongoing assessment and focuses on providing pupils with the support, practice and feedback needed to develop confidence and competence in physical education.

Adaptations may include:

- Breaking complex skills into smaller, manageable steps.
- Additional modelling and demonstration of techniques.
- Opportunities for repeated practice and rehearsal to build fluency.
- Revisiting and refining skills to secure understanding and confidence.
- Adapting the pace of learning in response to pupil need.
- Use of partner, group and teacher-led coaching.
- Targeted questioning to develop understanding of tactics, rules and strategies.
- Adjusting the level of challenge through task variation, equipment selection or groupings.
- Providing additional opportunities for feedback, reflection and improvement.

These adaptations ensure that all pupils can develop fundamental movement skills, physical competence and confidence whilst accessing the same ambitious curriculum as their peers. Through effective adaptive teaching, pupils are supported to successfully apply their learning within end-point application tasks, whether through competitive games, performances, challenges or individual achievements. High expectations remain at the heart of PE, ensuring that every pupil is supported to achieve success and develop a lifelong enjoyment of physical activity.

Physical Education National Curriculum Aims
Through the teaching of PE, pupils will: • Develop competence to excel in a broad range of physical activities. • Be physically active for sustained periods of time. • Engage in competitive sports and activities. • Lead healthy, active lives. **National Curriculum Purpose of Study** A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Fundamental Movement Skills

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Expected Outcome	Develop balance, coordination and control when moving.	Perform a range of fundamental movements with increasing confidence and control.	Combine movements with greater fluency and coordination.	Apply fundamental movement skills effectively in a range of physical activities.	Demonstrate control, balance and coordination consistently across activities.	Apply movement skills effectively in competitive and cooperative situations.	Select, refine and adapt movement skills confidently across a range of physical activities.
Key Learning	Understand how to move safely and confidently in different spaces.	Understand how balance, coordination and agility improve physical performance.	Understand how movements can be combined and adapted for different activities.	Understand how fundamental movement skills underpin success in a variety of sports and activities.	Understand how control and coordination improve performance and consistency.	Understand how movement skills can be transferred between different activities and sports.	Understand how efficient movement contributes to successful performance and lifelong participation in physical activity.
Key Skills	Run, jump, hop, skip and balance safely. Change direction and speed with control. Develop spatial awareness.	Travel in different ways with control. Balance on different body parts. Change speed and direction safely.	Link movements together fluently. Demonstrate coordination when moving. Show control when balancing, jumping and travelling.	Apply agility, balance and coordination in a range of activities. Move with control and fluency. Maintain posture and body control.	Demonstrate consistent control and coordination. Adapt movements to different situations. Move efficiently and confidently.	Apply movement skills successfully in a range of contexts. Demonstrate speed, agility and coordination under pressure. Refine movement patterns.	Select and adapt movement skills appropriately. Demonstrate high levels of coordination and control. Evaluate and improve movement performance.

Gymnastics	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Expected Outcome	Explore movement, balance and shape with confidence.	Perform simple balances, rolls and sequences with control.	Create and perform short sequences using a range of movements.	Perform and adapt sequences with increasing control and fluency.	Create longer sequences demonstrating flexibility, strength and control.	Perform complex sequences showing precision, creativity and technique.	Perform advanced sequences demonstrating control, strength, flexibility and precision.
Key Learning	Understand that the body can move in different ways to create shapes, balances and movements.	Understand how body tension, balance and control improve performance.	Understand how movements can be linked together to create sequences.	Understand how transitions and flow improve a sequence.	Understand how strength, flexibility and control contribute to successful performances.	Understand how compositions can be developed and refined to improve quality.	Understand how advanced techniques, evaluation and refinement contribute to effective gymnastic performance.
Key	Travel, jump, roll and balance safely. Create simple body shapes. Explore movements using different levels and directions.	Perform basic balances and rolls. Copy and repeat simple sequences. Demonstrate body tension and control.	Link actions together smoothly. Perform balances with increasing stability. Use apparatus safely and effectively.	Create and perform sequences independently and with others. Demonstrate control, flexibility and coordination. Use apparatus purposefully.	Combine balances, travelling and flight into longer sequences. Show fluency and control. Refine performance through practice.	Perform complex sequences with confidence. Demonstrate strength, flexibility and precision. Evaluate and improve performances.	Create, perform and adapt advanced sequences. Demonstrate excellent control, technique and fluency. Evaluate, justify and refine performance choices.

Dance	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Expected Outcome	Move expressively and safely in response to stimuli and music.	Perform simple movement patterns and sequences.	Create and perform short dance sequences with control and expression.	Compose and perform dances demonstrating coordination and rhythm.	Perform dances with increasing control, fluency and creativity.	Create dances using a range of compositional ideas.	Perform and create dances confidently with expression, control and purpose.
Key Learning	Understand that movement can communicate ideas, feelings and stories.	Understand that dances can be created using simple actions and shapes.	Understand how movement can be linked together to create sequences.	Understand how dance can communicate themes and ideas.	Understand how timing, rhythm and expression improve performance.	Understand how choreography can be developed and refined.	Understand how dance can be composed, performed and evaluated effectively.
Key Skills	Move imaginatively in response to music and stories. Travel, balance and change direction safely. Copy simple movements.	Copy and repeat actions. Create simple movement patterns. Move with increasing control and coordination.	Link actions together to create sequences. Respond to rhythm and music. Perform with control and expression.	Create and perform dances individually and with others. Use rhythm and timing appropriately. Develop movement ideas.	Perform dances with improved fluency and confidence. Work collaboratively to create sequences. Refine movements through practice.	Compose dances using a range of formations, actions and dynamics. Perform with expression. Evaluate and improve performances.	Create, perform and adapt dances confidently. Demonstrate control, expression and creativity. Evaluate and justify performance decisions.

Invasion	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Expected Outcome	Participate cooperatively in simple team games.	Apply basic attacking and defending skills.	Use simple tactics during gameplay.	Apply attacking and defending principles in competitive games.	Maintain possession and create space effectively.	Make tactical decisions to influence gameplay.	Adapt tactics and strategies to meet the demands of different games.
Key	Understand the importance of sharing, taking turns and working with others.	Understand that teams can attack and defend.	Understand how movement and passing can support teammates.	Understand how attacking and defending principles influence success.	Understand how creating and using space improves performance.	Understand how tactics can be adapted during a game.	Understand how strategic decisions affect team performance and outcomes.
Key Skills	Take turns. Work cooperatively. Move safely within a game.	Throw, catch, travel and stop with control. Follow simple game rules.	Pass and receive accurately. Move into space. Apply simple tactics.	Apply attacking and defending skills. Work effectively as a team. Follow rules consistently.	Maintain possession. Create and use space. Support teammates.	Transition between attack and defence. Select appropriate tactics. Communicate effectively.	Adapt tactics during gameplay. Lead and evaluate performance. Make effective strategic decisions.

Net and wall	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Expected Outcome	Send and receive objects with increasing control.	Send and receive successfully using simple techniques.	Sustain simple rallies.	Demonstrate consistency when sending and receiving.	Apply positioning and tactical awareness.	Demonstrate accuracy, control and tactical understanding.	Adapt tactics and techniques to outwit opponents.
Key Learning	Understand that objects can be sent and received in different ways.	Understand how control improves accuracy.	Understand how rallies can be maintained.	Understand how positioning affects success.	Understand how shot selection influences outcomes.	Understand how tactics can create advantage.	Understand how strategy and decision-making affect performance.
Key Skills	Roll, stop and retrieve equipment. Track objects visually.	Throw and catch accurately. Send objects towards a target.	Strike and return objects. Maintain simple rallies.	Control direction and power. Demonstrate consistency.	Move into appropriate positions. Apply simple tactics.	Select appropriate shots. Control placement and accuracy.	Adapt tactics. Vary shots effectively. Evaluate performance and make improvements.

Striking and fielding	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Expected Outcome	Strike and retrieve objects safely.	Strike objects with increasing control.	Apply simple fielding skills.	Demonstrate effective striking and fielding techniques.	Apply tactics within striking and fielding games.	Select appropriate tactics and techniques.	Demonstrate advanced tactical awareness and game understanding.
Key Learning	Understand that equipment can be used to strike and retrieve objects.	Understand how technique improves striking accuracy.	Understand the role of fielders within a team.	Understand how striking and fielding contribute to team success.	Understand how tactics can improve performance.	Understand when to apply different tactics.	Understand how tactical decisions influence the outcome of games.
Key Skills	Roll, retrieve and stop objects. Work cooperatively.	Strike stationary objects. Retrieve and return equipment safely.	Catch and return equipment accurately. Work as part of a team.	Strike with increasing consistency. Field effectively. Apply game rules.	Use tactics when batting and fielding. Support teammates.	Adapt techniques according to the situation. Demonstrate tactical awareness.	Lead and evaluate gameplay. Adapt tactics effectively. Demonstrate advanced decision-making.

Athletics	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Expected Outcome	Explore running, jumping and throwing with increasing confidence and control.	Perform basic running, jumping and throwing actions with control.	Demonstrate improved technique and coordination across athletic activities.	Apply running, jumping and throwing skills effectively in athletic events.	Perform athletic techniques with increasing consistency, control and accuracy.	Refine athletic performance through improved technique, stamina and self-evaluation.	Select and apply advanced athletic techniques confidently, demonstrating efficiency, resilience and determination.
Key Learning	Understand that running, jumping and throwing are fundamental movements that can be performed in different ways.	Understand how control and technique improve athletic performance.	Understand how effort, coordination and technique influence outcomes in athletic activities.	Understand how different athletic events require specific skills and techniques.	Understand how pace, power and control affect performance across a range of events.	Understand how technique and perseverance can improve athletic achievement.	Understand how analysing and refining performance leads to continual improvement and success.
Key Skills	Run, jump and throw in a variety of ways. Move safely in space. Explore movement with increasing confidence.	Run at different speeds. Jump for height and distance. Throw objects accurately towards a target.	Demonstrate control when sprinting and jumping. Throw with increasing accuracy and distance. Apply simple techniques	Sprint, jump and throw using developing techniques. Perform athletic activities competitively. Measure and compare performances.	Demonstrate effective sprinting and jumping techniques. Develop accuracy and power when throwing. Apply pace appropriately	Refine techniques in running, jumping and throwing events. Demonstrate stamina and determination. Evaluate and	Apply advanced techniques across a range of athletic disciplines. Pace themselves effectively. Analyse, evaluate and refine performance to

			across activities.		during longer-distance activities.	improve performance.	achieve personal bests.

OAA	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Expected	Explore simple challenges and work cooperatively with others.	Follow instructions and solve simple physical challenges.	Work collaboratively to complete problem-solving activities.	Apply problem-solving skills and teamwork in a range of outdoor challenges.	Demonstrate resilience and cooperation when completing increasingly complex tasks.	Use communication, teamwork and decision-making skills to overcome challenges.	Lead, evaluate and adapt strategies to solve complex challenges and support others.
Key Learning	Understand the importance of working with others and following instructions.	Understand that cooperation and communication help solve problems.	Understand how teamwork contributes to success.	Understand that challenges can be solved in different ways through planning and discussion.	Understand the importance of resilience, trust and responsibility within a team.	Understand how leadership and communication can influence success.	Understand how adapting strategies and evaluating outcomes can improve performance.
Key Skills	Follow simple instructions. Work with a partner or small group. Explore challenges safely.	Listen and respond to instructions. Share ideas. Complete simple team tasks.	Communicate effectively with others. Work cooperatively. Contribute to solving problems.	Demonstrate teamwork and leadership within a group. Plan and test solutions. Adapt when challenges arise.	Show resilience when faced with difficulties. Support others within a team. Evaluate strategies used.	Lead and contribute effectively within a group. Make decisions collaboratively. Refine approaches to improve outcomes.	Lead groups confidently. Evaluate the effectiveness of strategies. Adapt plans and support others to achieve success.

Leadership, Evaluation and Healthy Participation	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Expected	Participate positively in physical activity and understand simple healthy habits.	Show positive attitudes towards participation and follow rules.	Recognise the importance of exercise and fair play.	Demonstrate responsibility and evaluate simple performances.	Show leadership qualities and identify strengths and areas for improvement.	Lead groups confidently and evaluate performance effectively.	Demonstrate effective leadership, sportsmanship and self-reflection across a range of activities.
Key Learning	Understand that being active is good for our health and wellbeing.	Understand the importance of rules, teamwork and participation.	Understand how physical activity supports a healthy lifestyle.	Understand how feedback can improve performance.	Understand the responsibilities of leadership within physical activity.	Understand how evaluation supports improvement and development.	Understand how leadership, resilience and healthy choices contribute to lifelong participation in physical activity.
Key Skills	Participate willingly in physical activities. Take turns and share equipment. Follow simple rules.	Follow instructions and game rules. Work cooperatively with others. Demonstrate good sportsmanship.	Explain why exercise is important. Respect others during activities. Reflect on own performance.	Give and receive simple feedback. Demonstrate responsibility during activities. Work effectively within a team.	Lead warm-ups or simple activities. Evaluate performance using appropriate language. Set simple targets for improvement.	Lead small groups confidently. Provide constructive feedback. Reflect on strengths and next steps.	Demonstrate leadership and responsibility. Evaluate performance critically. Promote positive attitudes, healthy lifestyles and lifelong participation in physical activity.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Jungle Adventure	Sporty Superheroes	Land of Fairy Tales	Space Explorers	Beach trip and deep blue sea	Time travel adventure
Y1	Multi skills	Invasion Games	Net and wall	Football	Athletics Forest Schools	Gymnastics Striking and Fielding
Y2	Multi Skills OAA	Invasion Games Gymnastics	Hockey Basketball	Forest Schools Health Related Fitness	Striking and Fielding Dance	Athletics Cricket
Y3	Basketball Gymnastics	Football Health Related Fitness	Forest Schools Dance	OAA Hockey	Tennis Volleyball	Athletics Cricket

Y4	Forest Schools Netball	Hockey OAA	Gymnastics Rugby	Health Related Fitness Football	Cricket Athletics	Tennis Dance
Y5	Dance Health Related Fitness	Forest Schools OAA	Volleyball Rugby	Cricket Gymnastics	Athletics Rounders	Tennis Football
Y6	Rugby OAA	Gymnastics Hockey	Netball Health Related Fitness	Tennis Volleyball	Cricket Athletics	Forest Schools Rounders