

Intent, Implementation and Impact

Intent

At Quinton Primary School, we deliver a high-quality Physical Education curriculum that inspires all pupils to succeed and excel in competitive sport and physically demanding activities. Our aim is to give every child the opportunity to enjoy physical activity, improve their fitness, and develop the skills and confidence needed to participate in sport and active recreation both within and beyond school.

Our PE curriculum is designed in line with the National Curriculum for Physical Education, which aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.

We recognise that physical activity plays an essential role in supporting children's physical health, mental wellbeing, and social development. Through our PE curriculum, we aim to promote positive attitudes towards movement and physical activity while encouraging pupils to develop healthy lifestyle habits that they will carry into adulthood.

Our curriculum provides opportunities for pupils to develop fundamental movement skills such as balance, coordination, agility, and control, while also learning the importance of teamwork, resilience, leadership, respect, and fair play. Children are encouraged to challenge themselves, reflect on their performance, and celebrate both personal and team achievements.

By providing a wide range of sporting experiences, both competitive and non-competitive, we aim to instil a lifelong love of movement and an understanding of the importance of maintaining physical and mental wellbeing.

Implementation

Physical Education at Quinton Primary School is delivered through a structured and progressive curriculum that follows the expectations of the National Curriculum for Physical Education.

All pupils receive two hours of PE each week. Lessons are delivered by specialist sports coaches alongside the school's PE Lead to ensure high-quality teaching and effective skill development. Lessons are engaging, inclusive, and appropriately challenging for all pupils.

**Belong, grow, love to learn,
cherish memories, shine together!**



We follow the Get Set 4 PE scheme of work, as well as the Onside Coaching scheme of work, both of which provide clear progression of knowledge and skills across each year group. The schemes ensure pupils experience a broad and balanced range of activities, including:

- Gymnastics
- Dance
- Swimming
- Team Building
- Fitness
- Outdoor Adventurous Activities
- Fundamentals
- Sending & Receiving
- Target Games
- Net & Wall Games
- Invasion Games
- Striking & Fielding Games

These activities allow pupils to build upon previously learned skills while developing competence, confidence, and creativity in their movement.

In Key Stage 1, pupils develop fundamental movement skills including balance, agility, and coordination. They begin to apply these skills in simple games, participate in team activities, and perform basic movements in dance and gymnastics.

In Key Stage 2, pupils continue to develop their skills and apply them in a wider range of sports and physical activities. They learn to work collaboratively and competitively, develop tactical awareness in games, perform more complex movements in gymnastics and dance, and take part in outdoor and adventurous activities that encourage problem solving and teamwork.

To further promote active lifestyles, pupils in Years 2–6 take part in daily Active Ten sessions. These short bursts of physical activity encourage regular movement throughout the school day and help children develop positive habits around physical activity.

We also extend opportunities for participation through sporting breakfast clubs, lunchtime clubs, after school clubs, which allow pupils to practise skills, learn new games, and enjoy physical activity in a less structured environment.

Children are provided with opportunities to take part in competitive sport through inter-school matches, tournaments, and festivals. These experiences allow pupils to demonstrate teamwork, resilience, and sportsmanship while representing the school.

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Assessment takes place through ongoing teacher observations ensuring that lessons are adapted to meet the needs of all pupils and that progression is clearly monitored.

Impact

By the time pupils leave Quinton Primary School, they will have developed the knowledge, skills, and confidence outlined in the National Curriculum for Physical Education.

Pupils will:

- Demonstrate competence in a broad range of physical activities.
- Show improved balance, coordination, agility, and overall physical fitness.
- Be able to apply skills, tactics, and strategies in a variety of games and sports.
- Perform movements with increasing control, fluency, and creativity in dance and gymnastics.
- Show confidence in swimming and water safety (where swimming provision is included).
- Understand the importance of regular physical activity for both physical health and mental wellbeing.
- Work effectively as individuals and as part of a team, showing respect, cooperation, and sportsmanship.
- Demonstrate resilience, determination, and confidence when facing physical challenges.
- Have had opportunities to participate in competitive sport and represent the school in events and festivals.

As a result, pupils leave Quinton Primary School with the motivation, physical competence, and knowledge needed to continue participating in physical activity and sport throughout their lives.