

Physical Education at Oak Hill C of E Primary School



In love we, Learn - Grow - Flourish

At Oak Hill CE Primary, we use images of an oak tree's roots, trunk and leaves to symbolise different parts of our identity and our sense of belonging. As a school community, we work to link their symbolism to our Vision in a variety of ways.

Learn - In PE, learning focuses on developing knowledge, skills, and understanding of physical activity, health, and wellbeing. Pupils build foundational skills in coordination, balance, agility, and teamwork while also learning the rules, strategies, and techniques of different sports and activities. They gain knowledge about the importance of physical fitness, nutrition, and healthy lifestyles, forming the "roots" of lifelong physical literacy.

Grow - Growth in PE comes from applying learned skills in increasingly challenging situations, developing resilience, perseverance, and confidence. Pupils enhance their teamwork, leadership, and problem-solving abilities through collaborative activities, competitive games, and individual challenges. They learn to set personal goals, reflect on their performance, and adapt strategies, developing physically, socially, and emotionally. Growth also includes understanding and embodying school values, such as curiosity, bravery, and kindness, both in effort and collaboration.

Flourish - Flourishing in PE occurs when pupils use their skills and understanding to participate independently and creatively in physical activity. They take pride in their achievements, make healthy lifestyle choices, and inspire others through leadership and sportsmanship. Pupils engage fully with the wider PE curriculum, including competitive sports, extracurricular clubs, and community events, demonstrating confidence, enjoyment, and a lifelong love of physical activity. Through PE, pupils flourish as active, healthy, and motivated individuals who can thrive in both school and wider life contexts.

Physical Education Curriculum Intent

At Oak Hill CE Primary, our PE curriculum aims to inspire all pupils to develop a lifelong love of physical activity, health, and wellbeing. Using the Get Set 4 PE scheme, we provide a progressive, inclusive, and carefully structured programme that ensures pupils acquire the knowledge, skills, and understanding necessary to participate confidently in a wide range of physical activities.

We have a commitment at Oak Hill, that children will:

- Develop the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities.
- Be inspired to succeed and excel in competitive sport (against themselves and others) and other physically demanding activities.
- Understand their bodies in action, involving thinking, selecting and applying skills.
- Develop positive attitudes towards a healthy lifestyle.
- Encourage pupils to be courageous and resilient learners.
- Provide pupils with opportunities to engage in a broad and diverse range of physical activities, encompassing both traditional sports and alternative or non-traditional pursuits.

Physical Education Implementation

Get Set 4 PE at Oak Hill CE Primary provides a progressive, inclusive PE curriculum that enables pupils to develop a broad range of skills over time. Lessons follow a structured approach, including a warm-up, skill-focused main activity, and cool-down or reflection period. Activities build on prior learning to ensure progression in coordination, balance, agility, fitness, and teamwork, while developing resilience, confidence, and independence.

In Get Set 4 PE, all of these areas carefully ensure progression is managed so that pupils build on prior learning. For example, agility is developed progressively to build control, confidence, and coordination over time. In EYFS, pupils begin with simple movement activities that develop fundamental gross motor skills, such as running, dodging, and changing direction safely in open spaces or guided obstacle courses. In KS1, these skills are built on through short agility drills, such as running around cones or following simple movement patterns, focusing on control and spatial awareness. In lower KS2, agility is developed further through more complex challenges, including obstacle courses or partner-based activities that require quick reactions and decision-making. By upper KS2, pupils apply agility in competitive games and sports, responding to unpredictable situations while combining speed, balance, and tactical awareness.

This step-by-step progression ensures that pupils learn fundamental movement patterns in EYFS, grow in confidence and control through KS1, and flourish by applying coordination, balance, agility, fitness, and teamwork effectively in a range of physical contexts in KS2.

In EYFS, pupils participate in Balanceability lessons, which use structured cycling activities to develop core balance and fundamental movement skills in a safe, scaffolded environment. In KS2, pupils take part in a Cycling Proficiency road course (Y5 and Y6), providing practical cycling skills, road safety knowledge, and confidence in real-life situations. All KS2 pupils also benefit from a term of local swimming lessons, developing water confidence, safety skills, and stroke technique.

Through this structured approach, pupils gain a variety of physical competencies, learn to set goals and reflect on their performance, and are supported to become active, healthy, and motivated individuals ready to engage with physical activity both in school and beyond.

Time Allocation

PE is a statutory entitlement for all pupils from Reception to Year 6 and receives at least two hours of high-quality PE per week.

Assessment

Assessment in PE at Oak Hill CE Primary is continuous, formative, and designed to ensure that pupils make measurable progress in knowledge, skills, and understanding across a range of physical activities. Teachers observe pupils during lessons, noting skill development, participation, effort, and application of taught techniques. Live assessment occurs as pupils perform tasks, engage in games, or complete challenges, allowing teachers to provide immediate feedback and adapt activities to meet individual needs.

Opportunities for peer and self-assessment encourage pupils to reflect on their own performance, set personal goals, and recognise areas for improvement. For specific activities, such as swimming and cycling proficiency, pupils are formally assessed against national benchmarks to ensure competence and safety.

Where appropriate, assessment in PE also informs targeted interventions, including additional support for pupils who need extra guidance to develop specific skills, ensuring all children can progress confidently. This combination of formative observation, structured assessment, and reflective practice allows pupils to learn, grow, and flourish as active, skilled, and motivated individuals.

Working in Partnership with Parents and the Community

Working in partnership with parents and the community enriches pupils' physical development and engagement in PE. Parents support learning by encouraging regular physical activity at home, attending sports events (such as Sports Day and Sports Week events), and engaging with school-led initiatives such as swimming or cycling proficiency. Local community partnerships, including sports clubs leaders, leisure centres, and external coaches (such as Move More), provide pupils with access to a wider range of activities and expertise, extending their skills and confidence beyond the classroom. Additionally, opportunities such as inter-school and Trust competitions in rounders, rugby and cricket, and community sports festivals (including the Alderton 5k) allow pupils to apply their PE skills in meaningful contexts, develop teamwork, and experience healthy competition. Initiatives such as the Walking Bus encourage pupils to be active as part of their daily routine, promoting fitness, road safety awareness, and social interaction. Through these strong links, pupils are supported to learn, grow, and flourish as active, confident, and motivated individuals.

Spirituality in PE

At Oak Hill CE Primary, spirituality in PE is explored through the dimensions of in, out, and up, enabling pupils to reflect, connect, and engage with themselves, others, and the wider world.

- Spirituality 'in' focuses on self-awareness and personal reflection. Through PE, pupils are encouraged to recognise their own physical strengths and challenges, reflect on effort, perseverance, and personal growth, and develop a sense of pride and resilience in their achievements.
- Spirituality 'out' relates to relationships and the wider community. Team games, collaborative challenges, and sports competitions allow pupils to work with others, show empathy, develop leadership skills, and understand the value of cooperation and fair play. Pupils learn to respect diverse abilities and perspectives, fostering social responsibility and ethical behaviour.
- Spirituality 'up' explores wonder, purpose, and transcendence. Pupils experience awe and inspiration through physical achievement, mastery of skills, and participation in competitions or outdoor challenges. PE also provides opportunities to consider the wider significance of health, wellbeing, and human potential, encouraging pupils to think beyond

themselves and connect with bigger questions about effort, perseverance, and personal growth.

Through these approaches, PE at Oak Hill develops not only physical competence but also spiritual awareness, helping pupils to grow as reflective, empathetic, and resilient individuals who can connect learning to themselves, others, and the wider world.

Physical Education Curriculum Impact

By the end of their PE journey at Oak Hill, pupils will have:

- **Developed fundamental movement skills** including balance, coordination, agility, and strength, forming a solid foundation for lifelong physical activity.
- **Applied their skills across a variety of sports and activities**, including traditional and non-traditional games, swimming, cycling, and fitness challenges.
- **Demonstrated confidence, resilience, and perseverance** in individual and team activities, setting personal goals and reflecting on their progress.
- **Worked collaboratively and respectfully** with others, showing sportsmanship, leadership, and effective communication.
- **Understood the importance of health, fitness, and wellbeing**, making informed choices to maintain an active and healthy lifestyle.
- **Flourished as independent, motivated, and active learners**, capable of engaging in physical activity both in school and beyond, embodying our school vision to **Learn, Grow, and Flourish**.

Through PE, and in keeping with our school vision—**Learn, Grow, Flourish**—we aim for every child to develop strong roots in fundamental physical skills, knowledge of health and fitness, and an understanding of safe practice. Pupils grow in confidence, resilience, and teamwork as they apply their skills in a range of activities, challenges, and sports. They flourish as active, healthy, and motivated individuals who enjoy physical activity, demonstrate perseverance and sportsmanship, and contribute positively to their communities.