Guide to Teaching PE at Prestbury St. Mary's Federation

Ethos and Mindset

At Prestbury St. Mary's, Physical Education is far more than a series of PE lessons on the timetable. We believe that PE enriches every aspect of school life, shaping not only children's physical development but also their confidence, resilience and sense of belonging.
Our values of **Respect, Responsibility and Readiness** underpin every PE experience: the children's respect for themselves, for others and for the rules of the game; responsibility for their effort, behaviour and personal growth; and readiness to participate, to persevere and to embrace new challenges. Physical Education lives in our classrooms, on our playgrounds, in our clubs and sports events, and in every opportunity children have to move, to challenge themselves and discover what their bodies can do.

Our PE curriculum is designed to inspire all children to develop a lifelong love of physical activity. We aim to help every child understand the importance of a healthy body and mind, to take pride in their progress, and to recognise the value of teamwork, fairness and determination. Through a wide range of sports and movement experiences, pupils learn to show respect through good sportsmanship, responsibility in practising and improving their skills and readiness in approaching each session with a positive and motivated mindset. We want our children to deepen their understanding of themselves as learners—celebrating strengths, learning from setbacks and appreciating how effort leads to improvement.

Physical Education at Prestbury St. Mary's is a powerful contributor to our vision of 'developing remarkable people'. We want our children to leave us with the physical literacy, confidence and motivation to lead active, healthy lives. Equally, we want them to develop qualities such as perseverance, respect, cooperation and courage—traits that will serve them well far beyond the sports field.

Our PE curriculum also reflects the Christian ethos of our school: "For we are God's masterpiece, created in Christ to do good things." (Ephesians 2:10). Through physical activity, we encourage every child to recognise their own potential and to use it in ways that uplift themselves and others.

The PE Curriculum

At Prestbury, we use the Get Set 4 PE scheme to support the delivery of high-quality Physical Education across the school. This teacher-designed programme provides clear lesson plans, structured progression of skills, comprehensive curriculum mapping and meaningful assessment tools. It includes a wide variety of fully planned units that are aligned with the National Curriculum, alongside supportive resources such as knowledge organisers and video guidance. Together, these elements help our staff plan, teach and assess PE with confidence and consistency.

The scheme breaks Physical Education into six key areas: Fundamental Movement Skills (FMS), Games, Body Management, Outdoor Activities and Adventures (OAA), Dance and Swimming. Our carefully mapped curriculum ensures that, throughout their time in primary school, pupils experience a balanced range of these areas and have regular opportunities to revisit and build upon the skills they have developed in previous years. The curriculum map below outlines how these areas are sequenced to support progression and breadth across the school.

The colours used on our curriculum map indicate how specific skills are revisited and progressively built upon each year. For example, the aqua-coloured units, such as gymnastics and yoga, represent strands focused on developing pupils' body-management skills. Similarly, the pink-coloured units highlight invasion games, including sports like rugby, football and hockey. This colour-coding helps to clearly illustrate when key skills are revisited, reinforced and deepened as pupils move through the school, whilst also providing them with the opportunity to experience a range of sports.

	TERM 1		TERM 2		TERM 3	
Reception	Trikes, scooters, SWYW, Dough Introduction to PE : Unit 1 Introduction to PE : Unit 2	Trikes, scooters, SWYW, Dough Fundamentals : Unit 2	Ball Skills : Unit 1 Gymnastics : Unit 1	Ball Skills : Unit 2 Forest School	Athletics Balance Bikes	Games : Unit 1 Balance Bikes Dance : Unit 1
Year 1	Ball Skills Fundamentals	Fitness Dance	Gymnastics Sending and Receiving	Invasion Games Yoga	Athletics Target Games	Athletics Team Building
Year 2	Fundamentals Fitness	Ball Skills Yoga	Dance Gymnastics	Net and Wall Games Team Building	Invasion Games Sending and Receiving	Striking and Fielding Games Athletics
Year 3	Fundamentals Y3/4 Ball Skills Y3/4	Dodgeball Rugby	Dance Dance	Gymnastics Football	Cricket Athletics	Tennis Sports Day Practise
Year 4	Swimming Ball Skills Y3/4	Swimming Ball Skills Y3/4	Hockey Fundamentals Y3/4	Dance Dance	Yoga Athletics	Rounders Sports Day Practise
Year 5	Dance Dance	Gymnastics Rugby	Swimming Athletics	Swimming Athletics	Cricket Netball	Badminton Y5/6 Sports Day Practise
Year 6	Basketball Yoga	Dance Dance	Dodgeball Tennis	Golf Athletics	Swimming Rounders	Swimming Rounders

*The units taught in each year group remain the same; however, the term in which they are delivered may vary. This flexibility allows us to accommodate the availability of external coaches and adapt to any timetabling considerations within the school.

Lessons

Throughout the Federation, every child receives two PE lessons a week. Lessons follow the same format:

- Warm Up (5-10mins)
- Skill- develop (15-20mins)
- Skill-apply (15-20 mins)
- Reflect and Review (5 mins)

Warm Up: Lessons start with a warm up to get all children moving to help prepare them for physical activity. Stretches may also be done to help injury. The lesson focus is introduced.

Skill- develop: The skill being taught is introduced and modelled by the teacher. The children then practise it on their own, in pairs or in small groups as appropriate. The teacher will give feedback and offer alternative challenges or adaptations to develop each individual child's skill, using the STEP principle.

Skill-apply: The learned skill is then applied into a game context or put into a sequence.

Reflect and Review: This is the chance to discuss what the children have learnt and to self-assess- what they have improved upon, how they can improve and what they may have found easy/difficult. It may be appropriate to do some cool down stretches, depending on the activity.

EYFS
In EYFS

SEN - step

In addition, outdoor play opportunities and resources to encourage physical development are provided for the children to use in continuous provision. Every child in EYFS partakes in a 10 week Balanceability course in the Summer term.

In KS2, our children take part in ten swimming lessons at a local leisure centre, led by professional swimming instructors. Learning in this environment gives them the opportunity to progress through pools of increasing depth as their confidence grows, and to practise swimming longer distances without needing to stop. For children who reach upper KS2 and are still unable to swim at least 3m without support, we offer the opportunity to take part in the Heidi's Heroes sessions organised by Move More. This week-long intensive programme provides one-to-one teaching with a qualified swimming instructor. The sessions focus on developing water safety, building confidence in the water, and learning to swim with increasing independence.

Fitness Friday provides another valuable opportunity for KS2 children to be active each week and helps to raise the profile and importance of PE across the school. Every Friday, all children and staff come to school wearing their PE kits, ready to take part in a 20-minute fitness session. The aim is not only to introduce children to new skills, but more importantly to support them in working towards the NHS-recommended 60 minutes of moderate-to-vigorous physical activity each day. Examples of Fitness Friday activities include circuits, running, skipping, shuttle runs, body-weight exercises, tag games and high-intensity dance.

-Forest School

Coaches are also utilised in our school to provide high-quality PE teaching for all children. Each year group receives a series of lessons delivered by an external coach from organisations such as Move More and Progressive Sports. These coaches bring specialist expertise in a wide range of sports and physical activities, ensuring pupils benefit from accurate modelling, skilled instruction, and engaging,

well-structured sessions. They also support teachers by demonstrating effective teaching strategies, introducing new sports, and helping to develop staff confidence in delivering PE.

Extra PE Opportunities

After school, a range of clubs is available for children to attend. We ensure that a significant number of these clubs are sport- or PE-focused, providing additional opportunities for pupils to be active and develop their skills. Many clubs are planned to align with upcoming sporting events and competitions, allowing children to practise relevant skills and feel confident and well-prepared when representing the school. This approach helps to create positive experiences and supports pupils in enjoying and engaging with sport beyond the school day.
After school clubs are run by teachers or outside coaches that the school has formed links with.

As part of our extra-curricular PE offer, we strive to ensure that all pupils have the opportunity to participate in a wide range of sporting activities and to represent the school at events throughout the year. Wearing a Prestbury St Mary's T-shirt at competitions gives pupils a strong sense of pride and belonging, helping them feel part of a wider team. We place great importance on enabling every child to feel confident when taking part in sport. By preparing pupils well for the events they attend and ensuring they feel supported, we aim to create positive sporting experiences that encourage enjoyment, motivation, and a sense of achievement. Our priority is that, during their time with us, every pupil has the opportunity to represent the school in at least one sporting activity before the end of Year 6. At the same time, we recognise and nurture children who show a particular interest or talent in sport, providing them with additional opportunities to extend their skills and deepen their passion.

-Broader Opportunities: Climbing wall
-House Events: Sports Day, Prestbury Dash

CPD

-Sports Premium Spending
-Coaches