



Overview of PE at Sowe Valley Primary School

Vision (Intent)	Immersion (Our Offer)	Personalising the Curriculum to Sowe Valley (Implementation)
At Sowe Valley Primary School, our Physical Education curriculum is designed to inspire all pupils to lead active, healthy, and fulfilling lives. We are committed to meeting the aims of the National Curriculum for PE by ensuring that 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; and - Lead healthy, active lives. Our intent is to provide a high-quality, inclusive, and engaging PE curriculum that supports the development of the whole child. Through a wide variety of physical activities, pupils build confidence, resilience, and a lifelong enjoyment of being active. We place equal importance on physical competence, social and emotional wellbeing, and the development of essential values such as teamwork, respect, and fairness. PE at Sowe Valley is underpinned by our school vision and core values: Belong, Believe, Become. Pupils feel part of a team and wider community, believe in their abilities through encouragement and challenge, and become respectful, responsible, and aspirational individuals. Our 7 R's values – resilience, relate, risk taker, ready, resourceful, responsible, and reflective – are embedded in all aspects of PE, helping children to develop a growth mindset and a positive attitude towards challenge and improvement. We are committed to ensuring that all pupils can participate fully in PE, regardless of ability or background. Lessons are adapted to meet individual needs and promote inclusion, cooperation, and mutual respect. Skills are carefully sequenced across year groups to enable progression and mastery, and learning is regularly assessed through observation, feedback, and reflection. Our curriculum also plays a vital role in supporting pupils' physical and mental wellbeing. Through learning about healthy lifestyles, nutrition, and personal fitness, children develop the knowledge and motivation to make positive choices both in and beyond school. Opportunities to represent the school in sporting events and competitions further promote teamwork, determination, and pride in achievement. Ultimately, our intent is that all pupils at Sowe Valley leave primary school as confident, motivated, and capable individuals who value physical activity and understand its importance for lifelong health and happiness.	Every child has access to a high quality PE curriculum which covers a range of different sports and skills. In addition to curriculum lessons, pupils are offered a broad range of enrichment opportunities designed to inspire lifelong participation in physical activity. These include: - Representing the school in competitive sports and local events; - Taking part in outdoor adventurous activities and residential experiences that build independence and resilience; - Learning to ride a bike, promoting lifelong health and safe travel habits; - Working with external sports coaches and trying new activities such as golf, archery, skateboarding, and BMX to broaden experience and aspiration; - Accessing community sports facilities such as Go Ape and The Alan Higgs Centre, strengthening links between school, home, and the wider community. Our after-school sports clubs are inclusive and varied, encouraging pupils to extend their learning, develop leadership, and nurture a love of sport. Through every PE experience, children are supported to be resilient, reflective, and ready to lead healthy, active lives.	At Sowe Valley, we use the PE Hub programme to provide a structured, progressive, and engaging approach to Physical Education. The scheme offers clear skill development and high-quality visual resources, including video demonstrations that model techniques and promote staff confidence in delivering lessons of consistently high quality. Our approach is strengthened by our specialist sports teacher and external sports coaches, who work alongside teachers to enhance pupils' experiences, develop staff expertise, and ensure a consistent and inspiring PE offer across the school. The PE curriculum map has been carefully sequenced to build pupils' physical competence, teamwork, and confidence year on year. Each unit has a clear purpose and progression pathway: Outdoor and Adventurous Activities (OAA): Taught in the autumn term to develop teamwork, problem-solving, and cooperation. These activities help pupils build resilience, communication, and trust — skills that underpin success across all areas of the curriculum. Attack, Defend and Shoot / Attack, Defend and Score: Taught progressively from Years 1–6 to develop tactical understanding, spatial awareness, and strategic thinking. These units enable pupils to apply skills across invasion games such as football, basketball, tag rugby, handball, volleyball, netball, and hockey, supporting collaboration and fair play. Hit, Catch and Run: Builds striking, fielding, and coordination skills that transfer into sports such as rounders and cricket. This unit encourages anticipation, teamwork, and communication while developing fundamental movement patterns. Send and Return: Introduced in Key Stage 1 to develop hand-eye coordination, control, and accuracy. These foundational skills are revisited and applied in later years through games such as rounders, supporting precision, focus, and consistency. Run, Jump and Throw: Taught throughout the school to promote athleticism, stamina, and goal setting. Children learn to evaluate and improve performance, developing perseverance and a sense of personal achievement through measuring and challenging their own progress. Dance: Encourages creativity, self-expression, and rhythm while developing coordination and performance confidence. Dance allows pupils to explore themes, tell stories, and collaborate through movement, enhancing physical and emotional wellbeing. Gymnastics: Develops balance, strength, flexibility, and control through sequences and routines. Pupils learn discipline, focus, and body awareness, applying feedback to refine and improve performance. Swimming: Delivered across two terms in Year 4, with top-up lessons in Year 6. Pupils learn essential water safety and swimming skills, building confidence, stamina, and responsibility for their own safety in and around water.