

What we teach in PE

At New Avenue, Physical Education is taught to develop pupils' physical skills, teamwork, resilience and understanding of healthy living. We teach a broad PE curriculum that includes invasion games, gymnastics, fitness, athletics, skiing, dance and outdoor activities.

Our PE curriculum focuses on building strength, flexibility, coordination, stamina and teamwork, preparing pupils to lead healthy, active lives. It promotes physical, mental and social well-being, and helps pupils to develop a positive relationship with exercise.

PE lessons also support SMSC and British Values by encouraging cooperation, resilience, fairness, leadership and respect for others.

How we teach PE

PE lessons follow a consistent structure across all phases:

- **Do Now / Warm Up**
Pupils begin each session with warm-up activities linked to the skills for the lesson.
- **Retrieval Task**
Pupils revisit previously taught skills and apply them in warm-up or small game activities.
- **New Learning**
One key skill, technique or tactic is introduced clearly, with teacher modelling and demonstration.
- **Guided Practice**
Pupils practise skills in structured drills, small-sided games or creative sequences.

- **Independent Application**

Pupils apply their learning in competitive games, performances, circuits or team challenges.

- **Reflection and Cool Down**

Pupils reflect on their progress and complete structured cool-down activities.

Lessons are highly practical, multisensory and accessible, building confidence and enjoyment for all pupils.

How we measure progress in PE

Progress is assessed through:

- Teacher observation of skills, movement quality, participation and cooperation.
- Practical performances and small-sided games.
- Pupil self-assessment and peer feedback during and after activities.
- Skills mapping and milestone tracking across units and phases.

Assessment focuses on the development of physical competence, teamwork, resilience, personal fitness and healthy attitudes towards exercise.

Curriculum Overview for PE

Phase	Focus	Key Topics
Foundation (Years 1–2)	Developing fundamental movement and early sports skills	Running, Jumping, Throwing, Catching, Teamwork, Basic Games, Dance, Gymnastics
Phase 1 (Years 3–4)	Strengthening control, coordination and tactical awareness	Invasion Games, Ball Skills, Dance, Gymnastics, Athletics, Outdoor Challenges
Phase 2 (Years 5–6)	Deepening tactical thinking and athletic performance	Advanced Invasion Games, Fitness, Gymnastics, Athletics, Dance, Skiing
Phase 3 (Years 7–9)	Applying skills creatively and competitively	Competitive Team Sports, Personal Fitness, Outdoor Adventure Challenges, Dance, Athletics
Phase 4 (Years 10–11)	Preparing for lifelong physical activity and leadership	Sport Leadership, Personal Fitness Plans, Advanced Team Sports, Athletics, Outdoor Pursuits

PE Long-Term Plan

Phase	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation (Years 1–2)	Invasion Games	Ball Games	Dance and Movement	Gymnastics	Athletics and Fitness	Outdoor Challenges
Phase 1 (Years 3–4)	Invasion Games (Tactics and Teamwork)	Ball Handling Skills	Skiing Introduction / Movement Control	Gymnastics (Strength and Flexibility)	Athletics (Running, Jumping, Throwing)	Outdoor Adventure and Team Challenges
Phase 2 (Years 5–6)	Invasion Games (Advanced Play)	Ball Games (Strategy and Control)	Skiing and Adaptation	Gymnastics (Advanced Sequences)	Personal Fitness and Athletics	Competitive Games and Sportsmanship
Phase 3 (Years 7–9)	Team Games (Tactics and Analysis)	Personal Fitness Programmes	Skiing or Outdoor Physical Challenges	Dance (Choreography and Performance)	Athletics (Technique and Endurance)	Outdoor Adventure Activities
Phase 4 (Years 10–11)	Leadership in Sport and Fitness	Personal Fitness Development	Advanced Team Strategies	Fitness Testing and Personal Goal Setting	Athletics and Lifelong Fitness Skills	Community Sports Links and Active Living