

Abbey Mead Primary Academy PE Policy 2026–2027

Purpose of Study

A high-quality Physical Education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. Inclusivity is at the heart of PE at Abbey Mead Primary Academy. We provide opportunities for all pupils to become physically confident in a way that supports their health and fitness.

We aim to offer a wide range of opportunities that enable pupils to compete in sport and other physical activities, build character and develop important values such as fairness, teamwork, leadership and respect. Pupils develop a strong understanding of the importance of leading a healthy, balanced lifestyle and acquire the skills and knowledge they need to look after their own health and wellbeing.

Our PE curriculum is carefully sequenced to ensure that pupils build on previously acquired knowledge and skills, developing increasing competence, confidence and independence as they progress through the school.

National Curriculum Links

Aims

The National Curriculum for Physical Education 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; and
- lead healthy, active lives.

Subject Content

Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, both individually and with others. They should be able to engage in competitive activities (both against themselves and against others) and co-operative physical activities in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements, including running, jumping, throwing and catching;
- develop balance, agility and coordination, and begin to apply these in a range of activities;
- participate in team games, developing simple tactics for attacking and defending; and
- perform dances using simple movement patterns.

Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing. Pupils should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination;
- play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending;
- develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics);
- perform dances using a range of movement patterns;
- take part in outdoor and adventurous activity challenges, both individually and within a team; and
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and Water Safety

All schools must provide swimming instruction in either Key Stage 1 or Key Stage 2. In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres;
- use a range of strokes effectively (for example, front crawl, backstroke and breaststroke); and
- perform safe self-rescue in different water-based situations.

During the 2026–2027 academic year, pupils in Years 4, 5 and 6 will take part in swimming. In addition, pupils from **The Meadow** will also access swimming opportunities tailored to their individual needs and abilities.

Enrichment

At Abbey Mead Primary Academy, we aim to provide enrichment opportunities that enhance the experiences and learning of all pupils. We do this through:

- offering a range of lunchtime and after-school clubs covering a variety of sports and physical activities, including football, badminton, hockey, netball, tag rugby, multi-sports and athletics;

- providing opportunities for pupils to compete in local events and tournaments whenever possible, including cross-country, football, athletics, badminton, netball and dance;
- giving pupils the opportunity to become lunchtime play leaders and providing them with equipment so they can organise games and activities for other pupils during lunchtimes;
- providing pupils with regular opportunities to be physically active throughout the school day through a range of activities, including the Daily Mile, physical activity and brain breaks, helping to promote physical and mental wellbeing, concentration and enjoyment;
- supporting the organisation and delivery of different sports days across the school; and
- providing a Discovery Dance Day for Year 6 pupils, giving them the opportunity to explore dance in a safe and creative environment, including choreography, design and performance. Pupils work towards a recognised **Arts Award achievement through Trinity College London** and receive a certificate to celebrate their participation and achievement.

EYFS

Foundation 1

- **Autumn 1 & 2:** Fine motor, gymnastics, dance
- **Spring 1 & 2:** Adventures with the Emergency Services, locomotion 1
- **Summer 1 & 2:** Stability 1, athletics, gymnastics

Foundation 2

- **Autumn 1 & 2:** Locomotion 2, fundamental movement skills 1, object control, stability 2
- **Spring 1 & 2:** Dance, gymnastics
- **Summer 1 & 2:** Gymnastics, athletics

Key Stage 1 Subject Content

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Year 1

- **Autumn 1 & 2:** Object control 2, fundamental movement skills 1, net and wall games skills 1

- **Spring 1 & 2:** Gymnastics, dance
- **Summer 1 & 2:** Invasion games skills 1, striking and fielding 1

Year 2

- **Autumn 1 & 2:** Fundamental movement skills 2, invasion games skills 2, net and wall games skills 2
- **Spring 1 & 2:** Dance, gymnastics
- **Summer 1 & 2:** Striking and fielding games skills 2, athletics 2

Key Stage 2 Subject Content

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination;
- play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending;
- develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics);
- perform dances using a range of movement patterns;
- take part in outdoor and adventurous activity challenges, both individually and within a team; and
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Lower Key Stage 2

Year 3

- **Autumn 1 & 2:** Basketball, gymnastics, outdoor and adventurous activities (OAA)
- **Spring 1 & 2:** Tennis, dance
- **Summer 1 & 2:** Hockey, cricket

Year 4

- **Autumn 1 & 2:** Netball, gymnastics, badminton

- **Spring 1 & 2:** Dance, tag rugby
- **Summer 1 & 2:** Athletics 4, rounders

Upper Key Stage 2

Year 5

- **Autumn 1 & 2:** Basketball, gymnastics, outdoor and adventurous activities (OAA)
- **Spring 1 & 2:** Dance, tag rugby
- **Summer 1 & 2:** Athletics 5, cricket

Year 6

- **Autumn 1 & 2:** Netball, gymnastics, badminton
- **Spring 1 & 2:** Hockey, dance
- **Summer 1 & 2:** Athletics 6, rounders