PE Curriculum Overview

Intent:

At Falmouth Primary Academy, our PE curriculum aims to inspire all pupils to lead healthy, active lives and to develop a lifelong love of physical activity.
Using **Get Set 4 PE** as the foundation of our provision, we deliver a broad, inclusive and progressive curriculum from EYFS to Year 6.
Aligned with our school vision that ' Futures are limitless', we encourage every child to be courageous, ambitious and ready to take on new challenges—both in PE and beyond.

1. Developing Physical Competence

Pupils secure fundamental movement skills and apply them across varied activities and sports.
They develop confidence, control and coordination as they progress through the Get Set 4 PE learning journeys.

2. Building Character and Aspiration

Children learn to collaborate, show respect and demonstrate resilience.
They are encouraged to "set sail" by trying new sports, embracing challenge and striving for personal bests, building self-belief and ambition.

3. Understanding Health and Wellbeing

Pupils learn how physical activity supports both physical and mental health.
They develop healthy habits and understand how to stay safe and active.

4. Accessing a Rich, Progressive Curriculum

All pupils take part in games, athletics, dance, gymnastics, OAA and swimming through high-quality, sequenced teaching.
Skills and knowledge build year on year, allowing children to see their own growth and progress.

5. Enjoying Wider Opportunities

Children benefit from clubs, competitions and festivals through our partnership with **Falmouth School**.
Targeted opportunities such as **Time2Move** and **Bikeability** (KS1 & KS2) support confidence, safety and equality of access.
Adventure experiences, including the **Year 6 residential**, help pupils deepen teamwork skills and raise aspirations for the future.

Implementation: Early Years

In Early Years, Physical development is given prominence as one of the 3 prime areas. Children are given opportunities to explore physical activities as part of our continuous provision with a range of equipment in our outdoor area including large loose parts, a climbing frame, bikes, scooters, bats and balls and obstacle equipment. During continuous provision children are supported by adults to use their gross motor skills to stretch their physical bodies as well as take measured risks to build confidence.

Alongside our varied equipment, our Early Years children also take part in weekly PE lessons either in the hall, playground or field. PE lessons build fundamental skills in balancing, coordination and teamwork as well as listening and following instructions and rules. Our youngest children also have sessions with outside organisations such as Plymouth Argyle.

Futures Are Limitless

Falmouth Primary Academy

Implementation:

Y1 A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Gymnastics	Sending and Receiving	Yoga	Team building	Athletics	Striking and fielding
Y1 B	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Sport	Ball skills	Fundamentals	Invasion	Net and wall	Dance	Target Games

Y2 A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Gymnastics	Team building	Yoga	Dance	Sending and receiving	Fitness
Y2 B	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Sport	Ball skills	Fundamentals	Invasion	Net and Wall	Athletics	Target Games

Y3 A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Fundamentals	Dance	Gymnastics	Football	Dodgeball	Tennis
Y3 B	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Sport	Ball skills	Netball	Handball	Fitness	Athletics	Cricket

Y4 A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Yoga	Gymnastics	Handball	Dance	Tennis	Swimming
Y4 B	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Sport	Football	Basketball	Hockey	Tag rugby	Athletics	Rounders

Y5 A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Gymnastics	Football	Yoga	Dodgeball	Rounders	Dance

Y5 B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Handball	Netball	Badminton	Cricket	Tennis	Athletics

Y6 A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Netball	Gymnastics	Fitness	Dodgeball	Dance	Tennis

Y6 B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	Football	Basketball	Hockey	Rugby	Athletics	Rounders

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Skills Progression.

	EYFS	1 2	3 4	5 6
SOCIAL	Take turns. Learn to share equipment with others. Share their ideas with others.	Encourage others to keep trying. Talk to a partner about their ideas and take turns to listen to each other. Work with a partner and small group to play games and solve challenges.	Encourage and motivate others to work to their personal best. Work with others to achieve a shared goal. Work with others to self manage games.	Share ideas with others and work together to decide on the best approach to a task. Lead others and show consideration of including all within a group. Communicate with others clearly and effectively.
EMOTIONAL	Try again if they do not succeed. Practise skills independently. Confident to try new tasks and challenges.	Show determination to continue working over a longer period of time. Determined to complete the challenges and tasks set. Explore skills independently before asking for help. Confident to share ideas, contribute to class discussion and perform in front of others.	Persevere when finding a challenge difficult. Understand what their best looks like and they work hard to achieve it. Begin to use rules showing awareness of fairness and honesty. Show an awareness of how other people feel.	Understand what maximum effort looks and feels like and show determination to achieve it. Use different strategies to persevere to achieve personal best. Compete within the rules showing fair play and honesty when playing independently. Confident to attempt tasks and challenges outside of their comfort zone.
THINKING	Begin to identify personal success. Choose own movements and actions in response to simple tasks e.g. choosing to travel by skipping. Begin to provide simple feedback saying what they liked or thought was good about someone else's performance.	Make decisions when presented with a simple challenge. E.g. move to an open space towards goal. Begin to select and apply skills to use in a variety of differing situations. E.g. choose to use a balance on their bottom on a wider piece of apparatus. Provide feedback beginning to use key words from the lesson.	Pupils make quicker decisions when selecting and applying skills to a situation. E.g. who to pass to and where to move. Select and apply from a wider range of skills and actions in response to a task. Provide feedback using key terminology.	Reflect and evaluate their performances both as a group and as an individual and suggest areas for improvement. Recognise and explain their thought process when playing games or completing tasks. E.g I moved here because my teammate was over there. Identify their own and others' strengths and areas for development providing sensitive feedback and can suggest ways to improve. Select and apply appropriate skills for the situation when under pressure.

Get Set 4 Education

Impact:

Our PE curriculum ensures that all pupils leave Falmouth Primary Academy as confident, motivated and physically literate learners who value an active, healthy lifestyle. The impact of our provision, built on **Get Set 4 PE**, is seen in the following ways:

1. Pupils demonstrate secure physical skills and knowledge

- Children make strong progress across the Get Set 4 PE learning journeys, developing competence in fundamental movement, games skills, dance, gymnastics, athletics, OAA and swimming.
- They can apply skills with control, confidence and increasing tactical understanding.

2. Pupils show positive attitudes, resilience and ambition

- Children approach physical activity with enthusiasm, self-belief and a willingness to "set sail" into new challenges.
- They show resilience, teamwork and sportsmanship, displaying the academy values through PE and sport.

3. Pupils understand how to keep themselves healthy and active

- Children can explain how exercise impacts their body and mind, and they make informed choices about staying healthy.
- They value physical activity as part of a balanced lifestyle and recognise the importance of wellbeing.

4. Inclusive practice enables all pupils to succeed

- Targeted adaptations ensure pupils with SEND or additional needs engage fully and make progress.
- Disadvantaged pupils benefit from programmes such as **Time2Move**, ensuring equity of access and opportunity.

5. Pupils engage in wider sporting experiences

- Increased participation in extra-curricular clubs, competitive events and festivals—supported by our partnership with **Falmouth School**—builds confidence and aspiration.
- Opportunities such as **Bikeability** and the **Year 6 residential** develop independence, resilience and readiness for future challenges.

6. Pupils are prepared for the next stage of their journey

- Children leave Falmouth with the physical literacy, confidence and aspirations needed to stay active for life.