Physical Education (PE) at West Green

At West Green, high-quality Physical Education is central to our commitment to improving pupils' health, wellbeing and life outcomes. We teach our PE curriculum using the *PE Planning* scheme because it aligns strongly with our vision for inclusive, engaging and progressive PE teaching. Working alongside this scheme, Reception meets the 'Physical Development' requirements of the EYFS Framework through their continuous provision utilising their engaging and bespoke outside area. Year 5 and 6 also go swimming as part of their PE curriculum at various points across the year.

PE Planning offers a clearly sequenced curriculum, ensuring pupils build skills progressively from Reception to Year 6. Lessons are carefully structured so every child—regardless of starting point—can access, practise and master key physical skills over time.

A core strength of the scheme is its uncompromising focus on participation and engagement**.** Lessons are designed so that pupils are active for the vast majority of each session, with minimal waiting time and purposeful tasks that keep all children involved. This is particularly important in our context where some learners may face social and economic barriers to leading active lifestyles. Our PE curriculum is therefore deliberately designed to counter these inequalities by maximising opportunities for movement, enjoyment and teamwork for every child.

Crucially, our curriculum prioritises inclusion at every stage. Activities can be easily adapted to meet diverse needs, allowing all children, including those with SEND, to participate fully and make strong progress. This ensures equity of access and reflects our belief that every child deserves the chance to develop the physical literacy, confidence and positive habits that will support a healthy future.

Outside of lessons we also encourage and support our children to be active. We run various extra-curricular sports clubs across the year and are supportive our local Junior Parkrun. At lunchtimes our sports coaches run organised sporting activities to engage pupils and encourage them to be active. We also hold special events, such as the West Green Mile, and organise sports matches with local schools, including our local Secondary school.

Autumn 1						
Reception	**Year 1**	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 6**
						
Athletics: Me and Myself	Hockey	Football	Hockey	Basketball	Tag Rugby	Swimming
Autumn 2						
						
Gymnastics: Movement Development	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Dance	Swimming

Spring 1						
						
Games: Working with others	Dance	Dance	Dance	Dance	Swimming	Gymnastics
Spring 2						
						
Throwing and Catching	Rounders	Cricket	Rounders	Cricket	Swimming	Games
Summer 1						
						
Ball Skills	Tennis	Tag Rugby	Tennis	Football	Swimming	Athletics
Summer 2						
						
Fun and Games	Athletics	Athletics	Athletics	Athletics	Athletics	Swimming