



Physical Education Curriculum at Gaddesden Row School



INTENT

At Gaddesden Row School, we recognise the importance of Physical Education (PE) in supporting a child's physical, cognitive, social, and emotional development, as well as its role in fostering spiritual, moral, and cultural growth. We are committed to promoting the health and wellbeing of our pupils, understanding that regular physical activity and sport positively impact children's overall development.

We aim to provide a broad and balanced PE curriculum to support children's increasing self-confidence and ability to manage themselves and their bodies across a variety of movement situations. A balance of individual, team, co-operative, and competitive activities ensures that the curriculum caters to all pupils' needs and abilities. We celebrate all achievements in PE while fostering resilience, competitiveness, and sportsmanship—skills that are essential as children mature into young adults.

Our PE curriculum is built on progressive learning objectives. Combined with varied and flexible teaching approaches, it provides motivating, challenging, and enjoyable learning experiences for pupils of all ages and abilities. The curriculum also emphasises the many benefits of exercise through a balanced range of relevant activities.

Beyond PE lessons, pupils have access to a wide range of extracurricular sports and activity clubs, as well as opportunities to compete in school and inter-school competitions.

IMPLEMENTATION

Our curriculum ensures that all children, regardless of background, ability, or additional needs, have the opportunity to flourish and reach their full potential.

- EYFS and Year 1: Pupils engage in daily physical activity through continuous provision and structured activities at least once a week. These activities focus on developing fundamental movement skills, coordination, and key areas essential for overall physical development and wellbeing.
- Year 2 and 3: The curriculum emphasises the development of fundamental skills and early tactical awareness. Pupils develop ball skills, team games, gymnastics, dance, and athletics. The focus is on consolidating basic movement skills while introducing more structured activities.
- Year 4, 5, and 6: Pupils continue to develop and refine their skills, becoming competent in games, dance, gymnastics, and athletics. They are also offered opportunities for outdoor and adventurous activities, such as orienteering and map work, supported by our rural surroundings. Outdoor activity is encouraged throughout the school.
- Swimming: All pupils have the opportunity to take part in swimming lessons annually. These lessons focus on developing water confidence, basic and advanced strokes, and water safety. Swimming ensures that every child acquires essential life skills and promotes fitness, confidence, and enjoyment in the water.

WIDER CURRICULUM

Children are encouraged to participate in a range of extracurricular activities, including lunchtime and after-school clubs. Pupils can compete at various levels, including personal best challenges, inter-team competitions, and inter-school events via the Dacorum Schools Partnership.

DAILY PHYSICAL ACTIVITY

We aim to provide at least 30 minutes of physical activity daily, in addition to twice-weekly PE lessons. Opportunities for physical activity are embedded throughout the school day, including:

- Curriculum-based movement opportunities.
- “Brain breaks” and mindfulness activities.
- Encouragement to be active during break and lunch times using playground resources.

Quiet Zones are also provided for pupils who require calm, reflective spaces.

IMPACT

As a result of our PE curriculum and wider opportunities, children, regardless of background, ability, or additional needs, will:

- Become skilful and confident performers.
- Acquire and develop physical skills with increasing awareness.
- Select and apply skills, tactics, and strategies appropriately.
- Develop ideas in creative and structured ways.
- Set personal targets and compete against themselves and others.
- Understand perseverance, success, and acknowledging others’ achievements.
- Respond effectively to a variety of challenges.
- Take initiative, lead activities, and improve performance.
- Develop competence to excel across a broad range of physical activities.
- Lead healthy, active lifestyles.
- Develop positive attitudes toward physical activity.
- Engage in competitive sports and activities.
- Embed values such as fairness, respect, and sportsmanship.
- Acquire water confidence and swimming skills through annual lessons, promoting safety, fitness, and enjoyment.