Our Curriculum Intent

At our school, we are committed to helping students grow through physical education by focusing on key skills that support their overall development:

- **Social Skills:** Encouraging cooperation, teamwork, responsibility, and personal commitment through collaborative activities.
- **Cognitive Skills:** Developing problem-solving abilities and self-reflection to enhance performance and decision-making.
- **Physical Skills:** Building coordination, control, and movement across various physical settings.
- **Fitness & Resilience:** Improving stamina, strength, flexibility, and mental determination to keep striving.
- **Enjoyment:** Promoting a positive, fun experience through active participation.
- **Healthy Lifestyle:** Fostering an understanding of the important role PE and sport play in maintaining physical and mental wellbeing.
- **Safety & Hygiene:** Instilling good habits for personal safety and hygiene.

Curriculum Overview

Primary Education:
In primary, Physical Education is delivered through engaging lessons using the PE Platform app, aligned with the semi-formal EQUALS curriculum to support pupils' physical, social and emotional development. Activities are adapted to meet a wide range of needs, promoting movement, coordination and communication through inclusive and sensory-aware approaches. Weekly swimming sessions further enhance pupils' physical confidence and wellbeing, offering therapeutic benefits and opportunities to develop water safety skills in a calming environment. PE also serves as a valuable context for practising life skills such as turn-taking, following routines and expressing preferences, reinforcing the holistic aims of the EQUALS framework.

Key Stages 3 & 4

Students at Key Stages 3 and 4 follow National Curriculum topics adapted to their individual needs using the PE Platform app. Lessons are delivered through a weekly schedule of one double session and one single session. The academic year begins with team-building and outdoor adventurous activities designed to enhance social interaction and cooperation. As the year progresses, students develop transferable skills through a variety of sports, including invasion games, net and wall games, and striking and fielding games. At Key Stage 3, the curriculum also includes gymnastics and dance, often creatively linked to broader curriculum themes, supporting the development of coordination, expressive movement, and fundamental motor skills. In Key Stage 4, the emphasis shifts towards fitness and athletics, encouraging personal health, physical development, and preparation for lifelong engagement in physical activity. In KS4, students have the additional option to choose PE as an option choice, where they take part in a variety of team and individual sports, leadership training and outdoor educational trips. They explore careers in sport, gain experience through the ASDAN Sports and Fitness short course and benefit from sessions led by qualified coaches. They also engage in enrichment activities including visits to local sports centres and stadiums.

🛠 Skills and Knowledge Students Develop

At Great Arley, Physical Education is designed to develop pupils' fundamental movement skills, coordination and body awareness through inclusive, engaging activities. Pupils learn to follow instructions, work collaboratively and communicate effectively, often using PE as a context to practise turn-taking, expressing preferences and building independence. The curriculum also supports the development of spatial awareness, resilience and self-motivation through adapted games and physical challenges. Our goal is for every student to leave school with a lifelong passion for sport and physical activity—whether for wellbeing, enjoyment, or competition. They gain an appreciation of the link between physical activity and a healthy lifestyle, while developing vital life skills such as teamwork, sportsmanship and perseverance.

Careers and Cross-Curricular Connections

Physical Education supports students in exploring a range of career pathways, including roles in sport, fitness, health and wellbeing. Through tailored activities and inclusive teaching, students develop transferable skills such as teamwork, communication and resilience, which are valuable in many employment settings. PE also connects meaningfully with other curriculum areas—such as science (understanding the body and health), maths (measuring performance and timing) and PSHE (personal development and emotional wellbeing)—to provide a holistic learning experience that supports both academic and personal growth.

Extra-Curricular Activities

Our PE curriculum is enriched by a variety of extra-curricular opportunities that promote inclusion, teamwork and enjoyment of physical activity beyond the classroom. A wide range of after-school clubs are offered such as multi-skills, tag rugby and speed stacking. Whole-school themed sports days introduce students to exciting activities like glow dodgeball, archery, judo, fencing and ultimate frisbee, providing varied and enriching experiences beyond the classroom. Many pupils have the chance to represent the school in inclusive sports tournaments such as football and boccia, engaging with peers from other schools and building confidence through shared achievement. Inter-house sports events offer further opportunities for participation, celebration, and the development of social and physical skills in a supportive environment. Additionally, external organisations such as Blackpool FC Academy Trust contribute to our provision by delivering lunchtime football clubs, encouraging active lifestyles and fostering positive relationships through sport.