



# Curriculum Statement for Physical Education (PE)



## Inspiring Active, Healthy and Resilient Learners

At Red Oaks, Physical Education (PE) is a vital part of our curriculum, designed to inspire all pupils to succeed and excel in sport and physical activity. We believe PE is not just about movement—it's about building character, resilience, teamwork, and embedding values such as respect, empathy, and determination to succeed.

### Intent

Our PE curriculum aims to:

- Develop children's physical competence and confidence.
- Promote healthy lifestyles and lifelong participation in physical activity.
- Encourage teamwork, sportsmanship, and personal growth.
- Support the development of key values including resilience, respect, and empathy.
- Provide inclusive opportunities for all children to enjoy and succeed in PE.

We want every child to leave Red Oaks with a positive attitude towards physical activity and the skills to lead a healthy, active life.

### Implementation

Our broad and progressive PE curriculum follows the **National Curriculum for PE**, ensuring children:

- Develop competence in a wide range of physical activities
- Are physically active for sustained periods
- Engage in competitive and cooperative sports
- Lead healthy, active lives

To bring our PE vision to life, we integrate high-quality programmes and resources including:

- **PE Passport** – supporting planning, assessment and progression
- **Cross-Curricular Orienteering** – combining physical activity with learning across subjects
- **Power Up** – a termly initiative blending physical activity with technology to track and enhance physical literacy

Children enjoy a rich and varied PE offer, including sports such as dance, netball, tennis, and hockey. Pupils in **Years 4 and 5** also take part in **swimming lessons**, promoting water safety and confidence.

### Extra-Curricular Opportunities

We are proud to offer a wide range of exciting physical challenges and enrichment activities beyond the classroom, including:

- **Year 3:** Rock Climbing
- **Year 4:** Ninja Warrior Experience
- **Year 5:** Kayaking and Canoeing
- **Year 6:** Paddleboarding
- **Mini Warriors Training:** A fun and engaging programme to build strength, agility, and teamwork
- **Residential Trips:** For Years 5 and 6, offering outdoor adventure, team-building, and lifelong memories
- Children also have access to **after-school clubs** such as football, multi-sports, and gymnastics, and can participate in **school competitions** to showcase their talents and experience the thrill of friendly competition.

## Impact

Through our PE curriculum and enrichment offer, children at Red Oaks:

- Develop physical skills, stamina, and coordination
- Build resilience, confidence, and teamwork
- Understand the importance of health and fitness
- Experience success and enjoyment in a range of physical activities
- Are well-prepared for future participation in sport and physical activity

PE at Red Oaks supports both academic and personal development, helping children grow into confident, active, and well-rounded individuals.

	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
<b>Reception</b>	<b>Dance</b>	<b>Balance Gymnastics</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Athletics skills</b>	<b>Target games 1</b>
<b>Year 1</b>	Target games Dance	Gymnastics – Net and wall games	Gymnastics Invasion games	Fundamental skills Striking and fielding	Gymnastics – Athletics	OAA Dance
<b>Year 2</b>	Gymnastics Invasion games	Target games Dance	Striking and Fielding Gymnastics	Fundamental movement Dance	Net and wall games Athletics	Gymnastics OAA
<b>Year 3</b>	Dance Invasion games	Health related fitness Hockey	Dance– Gymnastics Tennis	OAA Netball	Athletics Dance	Cricket Football
<b>Year 4</b>	Gymnastics Tag Rugby	Dance Basketball	Badminton Handball	OAA Dodgeball	Gymnastics Athletics	Swimming Rounders
<b>Year 5</b>	Invasion games Dance	Health related fitness Hockey	Gymnastics Netball	OAA Handball	Athletics Swimming	Football Cricket
<b>Year 6</b>	Dance Tag rugby	Gymnastics Dodgeball	Dance Basketball	Gymnastics Badminton	Athletics Tennis	OAA Rounders

## Useful links

- [60 Second Physical Activity Challenges - Youth Sport Trust](#)  
Some fun 60 second physical activities that can be done at home
- [Disney Dance-Alongs | This girl can](#)  
Disney themed dance alongs
- [The FA SuperKicks - Get Involved | The Football Association](#)  
Information about the FA superkicks app – perfect for the garden or outdoor space
- [\(471\) The Body Coach TV by Joe Wicks - YouTube](#)  
PE with Joe Wicks