# PE Curriculum Endpoints

## Lowercroft Primary School

## Introduction

At Lowercroft Primary School, our PE curriculum is designed to foster physical literacy, promote resilience, and instill lifelong values such as teamwork, fairness, and self-discipline. Through a broad and inclusive range of activities, our aim is to inspire children to lead happy and healthy lives. We achieve this by providing high-quality teaching, progression from EYFS to Year 6, and opportunities for all pupils to excel, both individually and collaboratively.

## Intent, Implementation, and Impact

### Intent

It is our intent to equip pupils with the knowledge, skills, and confidence to succeed in physical education and beyond. Our curriculum emphasizes developing motor skills, understanding health and fitness, and building character traits such as resilience, empathy, and respect.

### Implementation

Children participate in weekly PE lessons, with clear progression from fundamental skills in EYFS to advanced tactics and leadership in Year 6. Lessons incorporate a range of activities, including gymnastics, dance, athletics, and games, all aligned with our progression model. Staff receive ongoing training to ensure lessons are inclusive and engaging.

### Impact

The impact of our PE curriculum is measured through improved fitness, skill development, and pupil confidence. We use formative assessments to track progress, ensuring all pupils achieve their potential. Our pupils leave Lowercroft with the skills and motivation to lead active, healthy lives.

## Curriculum Progression and Endpoints

### Reception (EYFS)

By the end of Reception, children will have developed foundational motor skills, spatial awareness, and an enjoyment of physical activity. They will:

- Travel safely and confidently in a variety of ways.

- Throw, catch, and kick with basic control.

- Follow simple instructions and routines in gymnastics and dance.

- Show increasing confidence in their physical abilities.

### Key Stage 1 (Years 1-2)

By the end of Key Stage 1, pupils will have built on their foundational skills and begun to apply them in games, gymnastics, and dance. They will:

- Master basic movements such as running, jumping, throwing, and catching.

- Develop balance, agility, and coordination, applying these in combination.

- Perform simple sequences in gymnastics and create movements in dance.

- Understand basic rules and tactics in team games.

### Lower Key Stage 2 (Years 3-4)

In Lower Key Stage 2, pupils refine their skills and participate in more structured physical activities, including competitive games and athletics. By the end of Year 4, they will:

- Demonstrate control, precision, and creativity in gymnastics and dance.

- Participate in games, showing teamwork and an understanding of tactics.

- Develop stamina, speed, and techniques in athletics activities.

- Begin to evaluate and improve their own performance.

### Upper Key Stage 2 (Years 5-6)

By the end of Upper Key Stage 2, pupils will demonstrate advanced skills, confidence in competitive sports, and an appreciation for physical and mental well-being. They will:

- Apply tactics and strategies effectively in competitive games.

- Perform advanced gymnastic routines with control, strength, and precision.

- Refine athletic techniques for throwing, running, and jumping.

- Lead and evaluate performances, providing constructive feedback to peers.

- Show resilience, respect, and sportsmanship in all physical activities.