Belswains Primary School- PE Guidelines 2026-2027

Intent:

At Belswains Primary School, we believe that Physical Education is an integral part of a broad and balanced curriculum and is essential in supporting children's physical, emotional and social development. We aim to provide a high-quality PE curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities, whilst promoting healthy, active lifestyles.

Our PE curriculum, delivered through the Get Set 4 PE scheme, provides opportunities for children to develop fundamental movement skills, physical competence, resilience, teamwork, leadership and sportsmanship. We strive to ensure that all pupils are physically active, understand the importance of maintaining a healthy lifestyle and develop the confidence to participate in a range of sporting and physical activities both in and beyond school. The curriculum also promotes children's understanding of safety, including water safety and swimming, whilst fostering values such as respect, determination, honesty, cooperation and inclusion.

Implementation:

At Belswains Primary School, the PE curriculum is delivered through the Get Set 4 PE scheme, which is fully aligned with the National Curriculum and provides clear progression of knowledge, skills and vocabulary from EYFS through to Year 6. Lessons are taught by class teachers and specialist coaches and are adapted to meet the needs of all learners, ensuring inclusion and challenge for every child. Pupils are provided with opportunities to participate in competitive sport, festivals and enrichment activities through the Dacorum School Sports Network, as well as whole-school sporting events including House Sports Day.

In the Early Years Foundation Stage, children develop their fundamental movement skills through activities including games, ball skills, dance, gymnastics, mindful movement and water safety. The curriculum focuses on developing balance, coordination, agility, spatial awareness and control whilst promoting cooperation, communication, resilience and confidence. Children learn to move safely, work collaboratively and begin to understand the importance of physical activity for their wellbeing.

In Key Stage 1, all staff follow the National Curriculum, delivered through the Get Set 4 PE scheme. In Years 1 and 2, children develop the fundamental skills of running, jumping, balancing, throwing, catching, kicking and striking. They are introduced to a range of activities including athletics, dance, gymnastics, fitness, invasion games, net and wall games, target games, striking and fielding, team building, mindful movement and water safety. Pupils begin to apply simple tactics, develop teamwork and communication skills, and learn the importance of fair play, perseverance and self-improvement. Swimming opportunities are provided where appropriate, enabling children to develop water confidence, safety awareness and basic aquatic skills.

In Key Stage 2, all staff continue to follow the National Curriculum through the Get Set 4 PE scheme. Pupils build upon their fundamental movement skills and apply them in increasingly complex and competitive situations. Children develop their understanding of attacking and defending principles through sports such as football, basketball, rugby, hockey, handball and netball; refine striking and fielding techniques through cricket and rounders; and explore net and wall games including tennis, badminton and volleyball. They further develop strength, flexibility, balance and control through gymnastics, athletics, dance, parkour, fitness and mindful movement. Pupils also participate in Outdoor Adventurous Activities (OAA), leadership opportunities and progressive water safety lessons. Through

these experiences, children learn to evaluate performance, apply tactics, solve problems collaboratively and achieve their personal best.

Wider Musical Opportunities

At Belswains Primary School, pupils are encouraged to participate in a broad range of sporting activities beyond their classroom curriculum. These include:

- Weekly after-school sports clubs, including football, basketball and multi-sports.
- Opportunities to represent the school in competitive sporting events through the Dacorum School Sports Network (DSSN), including festivals, tournaments and competitions hosted at local schools such as Longdean School.
- Participation in the DSSN Friendly Football League as part of the Belswains Buzzards school football team.
- Dedicated opportunities for girls to participate in football through our popular Girls' Football Club, promoting equal access to competitive sport.
- Inspirational experiences with visiting sporting role models and PE specialists. In the Autumn Term, Belswains will welcome Jodie Williams, former Team GB athlete, to deliver workshops and activities with pupils.
- Opportunities for children to become Activity Ambassadors through the Belswains Pupil Parliament. Activity Ambassadors receive leadership training, organise and lead playground activities, contribute to assemblies and attend meetings to help promote physical activity across the school.
- Additional physical activity and enrichment sessions for Pupil Premium pupils, delivered by specialist coaches from Challenge Sport.
- Regular Intrahouse Competitions, providing opportunities for all pupils to represent their House in a variety of sporting activities and challenges throughout the year. These inclusive competitions allow children to apply skills learned in PE lessons, demonstrate teamwork, resilience and sportsmanship, and experience healthy competition whilst contributing points towards whole-school House events and awards.
- An annual inclusive House Sports Day that celebrates participation, achievement, teamwork and personal success for all pupils.

Through these opportunities, children are encouraged to develop confidence, leadership, teamwork, resilience and a lifelong enjoyment of sport and physical activity.

Impact

Through high-quality teaching and a progressive curriculum, pupils leave Belswains Primary School with the knowledge, skills and motivation to lead healthy, active lives. Children develop physical competence alongside resilience, determination, teamwork and leadership skills that can be applied across all areas of learning and life.

Pupils demonstrate increasing confidence, independence and sportsmanship as they progress through the school. They understand how physical activity contributes to their physical and mental wellbeing and are equipped with the skills required to participate successfully in a wide range of sports and physical activities. Through regular assessment and participation in competitive and non-competitive opportunities, children recognise their own achievements, celebrate success and understand how to improve their performance.