



We are Athletes

At Woodlands academy we believe that physical activity includes everybody and that everyone should have the opportunity to achieve. Through high quality lessons that highlight the importance of movement and skill every child can participate, develop and excel.

Intent

At Woodlands, we recognise the importance of physical education in promoting children's physical health, mental wellbeing and personal development. It is our intention to deliver a high-quality, progressive PE curriculum that enables all children to develop fundamental movement skills, build physical competence and understand how to lead healthy, active lives.

We want children to experience a wide range of competitive and non-competitive activities that develop resilience, confidence, teamwork and respect. Children will be provided with opportunities to practise and apply skills through lessons, ensuring learning is purposeful and progressive from Early Years to Year 6.

We are committed to inclusion, ensuring all children can access and succeed in PE through adapted teaching, targeted support and enrichment opportunities that broaden experiences.

We aim for children to leave Woodlands as confident, motivated individuals who value physical activity and see its benefit beyond sport, who feel a strong sense of belonging and what are able to lead healthy, active lifestyles after primary school.

Implementation

PE at Woodlands is taught weekly through two structured lessons, alongside additional opportunities such as clubs, active play and competitive events. At Woodlands, we follow the RealPE Scheme in one of the weekly PE lessons. The other weekly lesson will either follow the RealPE Dance or Gym scheme or be an outdoor lesson focusing on learning skills through a specific sport. This allows for the Woodlands curriculum to follow a clear, progressive sequence from Early Years to Year 6, ensuring that fundamental movement skills are developed first and built upon through increasingly complex games, sports and activities. Key concepts such as control, coordination, teamwork and strategy are revisited and refined across year groups.

Units follow our Woodlands teaching sequence, beginning with a warmup before introducing the key skills for that lesson, this is then followed by modelling and guided practice. Children then apply these skills in increasingly challenging contexts before being given opportunities to evaluate and improve performance. This approach ensures that knowledge and skills are embedded securely over time. Vocabulary and oracy within PE are developed through explicit teaching of key terms, partner discussions and opportunities to reflect on performance. Key video stimuli are used where appropriate. These would be to demonstrate a key skill or to deepen understanding of sports, health and famous athletes.

PE lessons are the perfect opportunity to develop the Woodland's star powers, particularly communication, collaboration and problem solving. The use of these star powers in lessons and in extra-curricular activities enables children to succeed both physically and personally.

Impact

Children leave Woodlands with the skills, knowledge and confidence to participate in a wide range of physical activities and lead healthy, active lifestyles. Our children show clear progression in physical ability, from fundamental skills in Early Years to more advanced skills and teamwork by Year 6. This is highlighted through ongoing teacher assessment, observation and pupil voice, which show increasing skill development and engagement. Children demonstrate resilience, confidence and respect, and can reflect on and improve their performance using appropriate vocabulary.

Children at Woodlands are inspired to be active, confident individuals who value physical activity and see themselves as participants in sport and healthy living.