



At Pilgrim Academy, we prioritise health and well-being as a key life skill and are dedicated to enabling our children to be physically active throughout their life. We strive to embed a culture of physical literacy into everything that we do. By the time children leave the academy, our aim is that they will have had the chance to experience a wide variety of sporting opportunities and will have an awareness of how physical activity can develop and improve their physical, cognitive, social and emotional well-being.



Intent – What do we aim to deliver?

Physical Education lessons are taught in Early Years, Key Stage 1 and Key Stage 2. Students in Early Years access a 1-hour PE lesson each week. Students in Key Stage 1 have a 50-minute lesson twice a week and Key Stage 2 students have a 1 hour 40-minute lesson every week. These lessons have a key focus each week based on the knowledge and understanding they need to

Healthy Lifestyle

All children to understand how to lead a healthy lifestyle and understand the importance of physical activity. Our aim is for all pupils to undertake physical activity for at least 60 minutes a day through various

High Quality Teaching

All children experience a high-quality physical education curriculum that allows them to develop a competency and confidence in their knowledge and understanding of the skills, tactics and strategies in a broad range of sports and activities.



Implementation – How do we aim to deliver it?

Children will experience a broad range of sports and activities during their physical education lessons. The children will cover activity areas such as Fundamental Movement Skills, Dance, Gymnastics, Invasion Games, Athletics, Striking and Fielding activities, Net and Wall Games, Health Related Exercise, and Outdoor and Adventurous activities. Alongside this, pupils will be given the opportunity to attend swimming lessons in year 4 where they are aiming to reach a standard at which they are safe and confident in the water.

Children are encouraged to be physically active throughout the school day. This is achieved through the promotion of physical activity as part of breakfast club; encouragement of active transport to and from school; active curriculum subjects; participation in the daily mile; active break time and lunchtimes; playground leaders supporting activity for their peers and physically active after school clubs.

Values and Etiquette

Children will embed values such as cooperation, collaboration, reliance, responsibility, communication and respect. All pupils will understand the importance of fair play and being a good sportsperson.

Extra-curricular Activity

In addition to curriculum provision, our intent is to provide children with opportunities to participate in extra-curricular activities that are inclusive, free of charge, enjoyable and increase children's physical activity.

Learning opportunities encourage students to reach their potential by offering challenging targets and guidance in every lesson.

The profile of sport and physical activity, and its importance, will be raised through celebratory assemblies; stories on the website and images around the academy to celebrate the children's

Children are given the opportunity to take part in a range of inter/intra school sporting events and organised competitions as part of the School Sport Partnership. The academy also strives to provide sport experience days for the children. These events inspire pupils to succeed and excel in competitive sport as well as encourage them to try new skills. The academy supports national events and celebrates sporting events from around the world.



Impact – How will we know when we have delivered it?

High levels of engagement and enjoyment

All children to positively participate in Physical Education each week and understand the benefits of being active and healthy.

Children at Pilgrim Academy enjoy PE lessons and apply what they have learned

Ensuring Progress

Children know and understand what they are trying to achieve in their Physical Education lessons and how to go about doing it. Formative and summative assessments demonstrate a secure understanding and identify challenging next steps as the children progress through the school.

Personal Development

Children develop a love of physical activity and how it impacts their physical, cognitive, social and emotional well-being.

Children show a willingness to improve and achieve in relation to their own abilities.

Whole Curriculum Impact

All children eagerly take part in 'Active 60' where they complete 60 minutes of physical activity a day outside of Physical Education lessons.

Children use skills and knowledge they have developed in PE to help them in other curriculum subject areas.