

At St Saviour's School... We are athletes

To inspire confident, skilled, and communicative pupils who embrace teamwork and lead healthy, active lives.



Intent

At St Saviour's School, our Physical Education curriculum inspires all pupils to succeed and excel in a range of sports and a variety of physically demanding activities. It provides pupils with opportunities to develop physical confidence that supports their overall health and fitness. From Early Years through to Year 6, pupils participate in competitive sports and activities, build character, and develop key values such as fairness, respect, and teamwork. As pupils progress, they will develop the skills and competence to excel across a broad range of physical activities, maintain physical activity for sustained periods, and engage confidently in competitive situations. Throughout their learning, pupils are encouraged to articulate their thinking, communicate effectively, and use Oracy skills to discuss tactics, reflect on performance, and collaborate with others. Ultimately, our curriculum aims to empower pupils to lead healthy, active lives with enthusiasm and confidence.

Implementation

In Early Years, PE planning is closely linked to the Development Matters guidance, supporting the statutory requirements of the EYFS. This includes using developmental statements to guide teaching and learning across Physical Development, Active Learning, and Health and Self-care, alongside continuous provision. Early Years teachers use ongoing assessment and feedback from PE lessons to inform weekly planning, creating opportunities to extend pupils' physical skills through play and exploration both indoors and outdoors. Physical Education is delivered using a variety of tools and resources, as well as support from quality external sports agencies. Pupils participate in high-quality PE lessons twice a week, covering two different sports or skills each term. From Year 2 upwards, one lesson per week is led by a Jersey Sports Coach focusing on physical literacy and key subject-specific skills, while the other is taught by class teachers, emphasising competitive sports, team games, and physical skill development. Pupils in Years 4 and 5 take turns attending a sequence of swimming lessons over a term. Additionally, pupils have access to a range of inclusive and enjoyable extra-curricular activities that increase physical activity and provide exposure to a variety of sports. In Key Stages 1 and 2, teaching and learning follow the Physical Education progression pathway document, which provides a clear framework aligned with national curriculum objectives to ensure consistent progression throughout the school. The CLT meets with the PE Minister each term to ensure that the curriculum is reflective of pupils' opinions and ideas, they consult with the wider school to support the development of the subject as part of the Pupil Government to ensure pupil voice is at the heart of all learning.

Impact

By the end of each key stage, pupils are expected to know, apply, and understand the skills and processes specified in the relevant programme of study, with the large majority achieving age-related expectations in PE. At St Saviour's School, our PE curriculum is progressive, enabling pupils to develop fundamental physical skills and confidently apply them across a variety of sports and activities. By the time pupils leave the school, they will have acquired the essential skill of swimming 25 metres competently and the ability to self-rescue in water. Our pupils lead physically active lifestyles, which positively impact their learning and wellbeing across the curriculum. They develop a clear understanding of how to maintain a healthy lifestyle and the importance of regular exercise. Active participation in physical activities enhances their general fitness, boosts self-esteem, and promotes psychological wellbeing. Additionally, pupils improve their social skills, leadership abilities, communication, and confidence. Throughout their learning, pupils use Oracy skills to talk about tactics, reflect on their performance, discuss rules, and collaborate effectively with others. Through these experiences, they develop a strong appreciation of the values of fair play and good sportsmanship, preparing them to engage positively both in sport and in life.

	Autumn	Spring	Summer
Year 1	Yoga/Dance Football/Tennis/Badminton	Bike-ability/Team-building games Gymnastics/Throwing and Catching	Olympian Athletics Athletics/Striking Games
Year 2	Target game skills/ Dance Football/Tennis/Badminton	Gymnastics/Football Gymnastics/Throwing and Catching	Summer Sport skill Festival/Hockey Athletics/Striking Games
Year 3	Street Dance/Yoga Football/badminton/Tennis	Golf/Tennis Gymnastics/Invasion Games	Athletics – Resilient Running/rounders Athletics/Striking Games
Year 4	Netball/super skipping Football/badminton/Tennis	Thinking skills games/Stamina Circuit Training Gymnastics/Invasion Games	Swimming Athletics/Striking Games
Year 5	Basketball/Netball Football/badminton/Tennis	Swimming Gymnastics/Invasion Games	Batting and fielding – cricket and rounders Athletics/Striking Games

Year 6

Hockey/Circuits
Football/badminton/Tennis

Dance to Rio 2/Racquet Sports
Gymnastics/Invasion Games

Volleyball/Mixed Choice
Athletics/Striking Games