



Park Gate Physical Education Curriculum

Physical education at Park Gate Primary School is all about looking after our physical health and mental wellbeing. The opportunity to engage in a broad range of physical activities; during the school day, after school or through local competitions, inspire our children to become skilled, fair and respectful athletes.

PE curriculum design has been carefully considered, with PE being both weaved through our project learning journeys where appropriate and taught as discrete units. At our school active breaks as well as relaxation strategies are encouraged throughout the school day to ensure the happiness and wellbeing of all children.

Now immerse yourself in our health and fitness curriculum by taking a journey through the exciting Physical Education curriculum at Park Gate Primary School...

Step into Early Years and you will see the children building and developing both their fine and gross motor skills through games and activities as well as exploring different ways to move their bodies.

Wander up the corridor to Year 1 where children will be recording fitness videos for their parents, demonstrating their growing knowledge of how to keep healthy.

A few steps away in Year 2, the children may be working with a specialist sports coach to improve their ball skills.

Moving across to Year 3, the children will be improving their competitive team skills in hockey.

Growing confidence and proficiency in swimming will be seen in Year 4 and across the corridor, the children in Year 5 will be improving their techniques in athletics and gymnastics, as well as attending an additional unit of swimming to strengthen their swimming proficiency.

Finally, Year 6 children will be seen engaging in a competitive game of Lacrosse with our specialist coach, with the opportunity to apply all the tactics and skills they have mastered throughout their PE journey at Park Gate.

At any point in our week, on any day, you may see year groups participating in our Park Gate 10 run, helping to contribute to their healthy and active lifestyle.

Providing a wide range of after school clubs for our pupils is important at Park Gate, with football, tag rugby, netball, yoga and cross country appearing on the list of options. There is also the opportunity for pupil's to be active leaders at Park Gate through Play Leader, Sports Leader and House Captain positions; organising, leading and aiding the development of sport throughout the school and offering a voice for all pupils.

Not only do we enable children to both succeed and excel in their physical education, we also value the importance of teacher expertise. Upon walking round our school you will see a skilled team of staff who value the importance of Physical Education and proactively engage in internal and external training. Park Gate ensure that the funding received for PE is used to provide the best quality PE curriculum.

All of the opportunities that we provide for sport at our school such as PE lessons, clubs, competitive games, intra-school competitions and much more has led to us achieving the bronze

School Games Mark in our first year with the expectation of swiftly moving to Silver. Our Park Gate team, together, will reach gold!

If you would like to find out more please read our long term overviews.

The Subject Leaders for Physical Education are Miss Selway and Miss Spears.