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PE at Carcroft Primary School



Self-Evaluation/ Long term plan



Carcroft's long term plan for Physical education is to provide children with the correct skills and fundamentals in PE lessons to allow children to flourish in sporting activities in and outside of school. We want to inspire children to be the best version of themselves, ensuring that children are taught and guided to live healthy lifestyles both in their primary school years and after.

We aim to show children what sports are out there and what it feels like to compete against other children in a range of sports against a range of competitors. We do this by taking children to many competitions against other schools and by inviting athletes to inspire children in the future.

We provide children with opportunities to practice skills which develop resilient, responsible pupils and have good teamwork skills. We encourage celebrating each other achievements and success in and out of school.

Over the last few years, we have encouraged physical activity in all lessons as we understand and can acknowledge the importance of this and how it can benefit children in their achievements.

[PE policy](#)

Physically active policy





PE Intent – Carcroft School

At Carcroft School, we aim to provide all children with a wide range of sporting experiences that enable them to develop their physical skills alongside key interpersonal qualities, including determination, self-belief, teamwork, respect, and passion. We strive to ensure that pupils have opportunities to compete at a variety of levels, applying their skills both individually and as part of a team.

We are committed to fostering a lifelong enjoyment of physical activity. We want our pupils to understand and appreciate the physical and mental health benefits of leading an active lifestyle, both now and in the future.

Ambitious Curriculum

We provide an ambitious curriculum through Legacy Sport, our specialist PE provider, which is carefully planned across the academic year to build on pupils' prior knowledge and skills. Legacy Sport supports pupils in developing specific skills progressively within each lesson, enabling them to become confident and independent learners. For some pupils, this requires resilience and sustained practice. Pupils take pride in their achievements, particularly when applying their skills in competitive contexts.

Inclusion

Our curriculum is designed to be inclusive and aspirational for all pupils. It is adapted to meet the needs of every child, ensuring that all pupils can access, participate in, and succeed within PE.





Coherently Planned Curriculum

The PE curriculum at Carcroft School is coherently planned to ensure that knowledge and skills are built progressively over time. Sequences of learning are carefully structured so that pupils develop and practise key skills within lessons and over a series of weeks, before applying them in game-based or competitive contexts.

The long-term curriculum map ensures clear progression, beginning with fundamental movement skills in Key Stage 1 and developing into more specialised sports and advanced skill application in Key Stage 2.

Key Stage 1 (KS1)

In KS1, pupils focus on mastering fundamental movement skills, including running, jumping, and throwing. They develop balance, agility, and coordination, and begin to apply these skills in a range of activities. As their confidence grows, pupils are introduced to basic ball skills, ensuring they develop secure foundations.

Lower Key Stage 2 (LKS2)

In Years 3 and 4, pupils begin to apply their fundamental skills within specific sports, such as tag rugby, football, netball, and basketball. This stage focuses on developing understanding of rules, teamwork, and game-based application.

Upper Key Stage 2 (UKS2)

In Years 5 and 6, pupils are introduced to a broader range of sports, including hockey and badminton. They also revisit and build upon sports introduced in LKS2, such as tag rugby, football, and basketball. This enables pupils to deepen their knowledge, refine their skills, and improve their overall performance.



Intent: curriculum map



Year 1/2	Ball Skills	Net and Wall Games	Gymnastics	Tennis	Striking and Fielding Games	Athletics
	Fundamentals	Invasion Games	Dodgeball	Target Games		Fitness
Year 3/4	Tag Rugby	Basketball	Gymnastics	Tennis	Rounders	Athletics
	Football	Netball	Dodgeball	Ball Skills Y3/4	Cricket	Fitness
Year 5	Tag Rugby	Hockey	Gymnastics	Tennis	Rounders	Athletics
	Football	Basketball	Dodgeball	Badminton Y5/6	Cricket	Fitness
Year 6	Tag Rugby	Hockey	Gymnastics	Tennis	Rounders	Athletics
	Football	Basketball	Dodgeball		Cricket	Fitness

Implementation



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Physical Education

- High quality PE and Sports for all pupils.



The PE curriculum at Carcroft School is carefully planned in line with the National Curriculum (2014), ensuring that learning builds progressively on pupils' prior knowledge and skill development. Pupils begin by developing fundamental movement and basic ball skills, which are then applied across a range of competitive games, including football, basketball, netball, and dodgeball. As pupils progress, they are introduced to dance and gymnastics, before moving on to athletics and striking and fielding activities. Pupils receive between one and two hours of PE each week, covering a range of curriculum areas and enabling them to build and refine their skills over time.

Pupils are provided with regular opportunities to take part in competitive sport through the School Games network and competitions with other schools within the trust. Each year, pupils can access over 15 competitions across a variety of sports, allowing them to apply the skills and knowledge developed in lessons. This is a key priority for the school, ensuring that all pupils, including those who may not otherwise have the opportunity, can experience competitive sport.

Pupils also take part in outdoor and adventurous activities through XP Outdoors. These sessions take place within the school's forest provision and focus on developing key life skills such as resilience, confidence, and practical problem-solving. In addition, pupils benefit from sessions delivered by Scottie's Heroes, which further support the development of resilience, responsibility, and perseverance through challenging activities.

In Year 4, pupils participate in a term of swimming lessons, which include water safety and basic lifesaving skills. Pupils who do not meet the expected standard are provided with additional swimming lessons in Year 5 to further develop their confidence and competence in the water. The school is committed to ensuring that all pupils leave primary education able to swim confidently and safely.

Physical Education

- High quality PE and Sports for all pupils.



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PE lessons: Pupils receive two PE lessons each week: one delivered by their class teacher and one delivered by a specialist coach from Legacy Sport. Each lesson focuses on a different aspect of PE or specific skill set, allowing for a broad and balanced curriculum while ensuring progression. Class teachers use their lessons to build and sequence skills over time, enabling them to track pupils' development and ensure that prior learning is revisited and strengthened. The Legacy Sport coach complements this by delivering high-quality, specialist instruction in a different area of the curriculum. This approach allows pupils to engage in two different areas of PE simultaneously. For example, in Year 1, pupils may develop fundamental movement skills with their class teacher while focusing on ball skills with the Legacy Sport coach. This ensures that pupils gain a wide range of experiences while continuing to build on their knowledge and skills progressively.

Starting this week, as a school we are beginning to look at sportsmanship. The children in their crew sessions are going to learn what sportsmanship is, what sportsmanship looks like, how we can change our mindsets about winning and losing and build on crew strengths.

What is sportsmanship? Sportsmanship is fair and generous behaviour or treatment of others, especially in sporting contests.

What are the 5 characteristics of a good sportsperson?

- Have a positive attitude at all times during sports play
- Give their best effort
- Encourages and support their crew mates
- Accept calls given by referees or coaches
- Treat the opposition team with respect

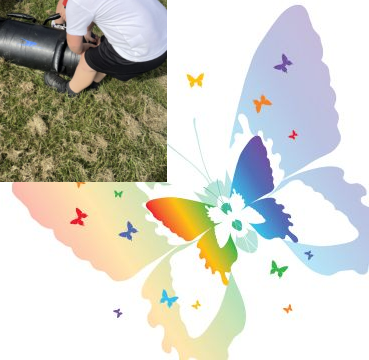


Physical Education

- High quality PE and Sports for all pupils.



Scotty's heroes: Scottie's Heroes is embedded within our Crew sessions to strengthen teamwork, collaboration, and personal development. The programme has had a significant impact on pupils' fitness, resilience, problem-solving skills, and ability to take responsibility for their own actions. Through Scottie's Heroes sessions, pupils work collaboratively to solve a range of challenges and take part in military-style fitness activities. These experiences encourage pupils to demonstrate perseverance, communication, and leadership. Pupils respond positively to these sessions, often thriving in the challenges presented and demonstrating their full potential both physically and personally.



Physical Education

- Extra curricular activities and competitions.



Competitions: Through Legacy Sport, pupils access regular competitive opportunities via the Leger Sport competition pathway. Each key stage participates in at least two competitions per term, ensuring consistent exposure to competitive sport.



Physical Education

- Extra curricular activities and competitions.



Festival of Sport: Each year, Carcroft School hosts a Festival of Sport as part of Sports Week. During this event, pupils compete in their HoWL Houses are assigned to colour teams and work collaboratively to achieve the highest possible score for their team. Our festival of Sport is structured around individual and team success. This approach promotes teamwork, inclusivity, and a shared sense of achievement. It also supports the development of key personal qualities such as resilience, sportsmanship, and the ability to manage both success and disappointment - skills which we recognise can be challenging for some pupils. This model has been in place for the past three years and has proven to be highly successful, with pupils demonstrating positive attitudes, strong team spirit, and pride in their participation.



Physical Education

- Extra curricular activities and competitions.



Extra curricular activities: Through the effective use of Sports Premium funding, we provide a range of lunchtime clubs to further develop pupils' skills and increase participation in physical activity. These clubs offer pupils the opportunity to practise and refine skills learned in lessons, as well as explore sports in which they have a particular interest. Currently, we offer football and basketball clubs throughout the year, alongside Legacy Sport lunchtime clubs. Each day, approximately 40 pupils attend the football and basketball clubs, meaning that around 120 pupils access high-quality provision delivered by trained professionals once or twice a week. This provision has had a positive impact on pupil engagement and motivation, encouraging pupils to apply their skills in a sporting context and develop a greater enthusiasm for physical activity. During the autumn term, some pupils reported that they had been inspired to join and train with a local football club that supports our lunchtime provision, demonstrating the wider impact beyond school.



Physical Education

- Equal access to sports for Boys and Girls.



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At Carcroft School, we are committed to ensuring that all pupils, regardless of gender, have equal access to high-quality PE provision and sporting opportunities. All pupils receive two hours of PE each week and are taught the same core skills and fundamental movements, ensuring consistency and equity across the curriculum.

All pupils are given opportunities to participate in competitive sport, including events held at Campsmount School and XP High School. In addition, we actively promote girls' participation in sport by organising all-girls football competitions throughout the year, supporting our aim to increase engagement and confidence in physical activity.

Girls are equally encouraged to attend and participate in our lunchtime clubs and wider sporting opportunities. This inclusive approach ensures that all pupils feel supported, valued, and motivated to engage in physical activity.

Last week, our Year 3/4 girls' cricket team took part in a Girls' Cricket Competition and delivered an outstanding performance throughout. Demonstrating excellent crew work, determination and skill, the team progressed brilliantly and were crowned champions, proudly bringing home the trophy. An incredible achievement – well done to all involved!



A fabulous afternoon for our KS2 Girls football team playing in the sunshine.

Congratulations on coming 3rd in the tournament. Their brilliant teamwork, determination and great sportsmanship made us all proud.



Huge congratulations to our year 5 and 6 children who brilliantly represented the school at the recent cricket tournament. They all showed fantastic teamwork and sportsmanship!

A special shout-out goes to our year 5/6 girls' team for an incredible performance bringing home 2nd place! We are incredibly proud of you all. Well done!



Physical Education

- Extra curricular offer.



Sports for Champions

Each year, we invite an athlete into school through the Sports for Champions programme, providing pupils with the opportunity to meet and be inspired by individuals who have achieved success in sport. As part of this event, pupils take part in a sponsored fitness circuit led by the athlete, promoting both physical activity and fundraising. Pupils who raise the most sponsorship are rewarded with a one-to-one experience with the athlete.

These visits create a strong sense of excitement across the school and motivate pupils to engage more actively in PE and extracurricular sports clubs. They also help pupils to recognise the potential pathways and achievements that can be reached through dedication and the development of skills learned in PE.

Swimming Catch-Up

In Year 5, we provide additional swimming lessons for pupils who have not yet met the expected standard in swimming. This provision is funded by the school to ensure that all pupils have the opportunity to develop confidence, improve their swimming ability, and meet national expectations. We are committed to ensuring that all pupils leave primary school able to swim safely and confidently.

Active Travel

We actively promote healthy, active lifestyles through participation in active travel initiatives. Pupils are encouraged to walk, cycle, or scooter to and from school, earning a range of badges and rewards. The school also takes part in bike and scooter days, alongside local council initiatives, to further encourage participation and raise awareness of the benefits of an active lifestyle.



Physical Education - breaktime and lunchtimes

- Breaktime and lunchtimes.



Breaktimes and Physical Activity

Breaktimes at Carcroft School are carefully planned and organised to provide pupils with additional opportunities to practise their PE skills, develop teamwork, and demonstrate positive sportsmanship in a safe and supportive environment.

Pupils are encouraged to take part in structured activities during both breaktimes and lunchtimes, which are set up and led by learning coaches on the playground. These activities promote active participation, inclusion, and the development of social skills through play.

Pupils have a 15-minute morning break and a lunchtime break of between 15 and 30 minutes, depending on lunchtime arrangements. This ensures that all pupils have regular opportunities throughout the day to be physically active and engage in purposeful play.

