



Helping our children flourish, stay active and contribute to a healthier world

At Menston Primary School, Physical Education promotes physical confidence, personal development and a lifelong commitment to health and wellbeing. Rooted in our vision of Making the world a better place, our curriculum ensures every child experiences high-quality PE that develops skill, teamwork, determination and respect: attributes that benefit pupils both now and in the future.

Our Vision

We aim to deliver an ambitious, inclusive and well-sequenced PE curriculum that empowers every child to thrive physically, socially and emotionally. Using a progressive model that moves from Fundamental Movement Skills (FMS) towards Sport-Specific Skills (SSS), our curriculum ensures pupils build a deep body of knowledge and can apply it confidently in increasingly complex contexts. This reflects the expectations of the National Curriculum, which requires pupils to master fundamental movements, participate in competitive games and lead healthy, active lives.

Our approach prioritises: high aspirations for all learners, including disadvantaged and SEND pupils; clear knowledge progression, built through purposeful sequencing; strong subject-specific vocabulary and disciplinary thinking; and opportunities for personal development, teamwork and character education.

What PE Looks Like at Menston

PE is taught from EYFS to Year 6 through a structured spiral curriculum built around four core areas:

- Fundamental Movement Skills (FMS) – agility, balance, coordination, travelling, jumping, sending and receiving
- Sport-Specific Skills (SSS) – invasion games, net and wall sports, striking and fielding, athletics, dance and gymnastics
- Outdoor and Adventurous Activities (OAA) – communication, teamwork and navigation skills
- Swimming and Water Safety (Year 5) – strokes, confidence, safe self-rescue

Throughout their journey, pupils experience weekly PE lessons, supplemented by daily opportunities for activity such as The Daily Mile, structured lunchtime activities and school sport competitions within the Ilkley Grammar School partnership.

Cultural capital is enriched through inter-school competitions (IGS leagues, cross country and district competitions); experiences of diverse sporting traditions; exposure to local clubs and sporting pathways; and leadership opportunities in games and team roles.

Developing Substantive Knowledge

Pupils develop secure technical and factual knowledge about how their bodies move, how to perform and combine fundamental movements, the rules and scoring systems of sports, tactical principles and how to work safely and effectively. EYFS pupils begin by developing core motor skills and spatial awareness. KS1 pupils apply these skills in simple games, dance and gymnastics. KS2 pupils refine control, precision and tactical understanding as skills are applied in competitive and performance contexts. This carefully sequenced progression ensures pupils meet National Curriculum expectations for competence, application and evaluation.

Developing Disciplinary Knowledge

Disciplinary knowledge teaches pupils how to think and behave like sportspeople, including: evaluating performance and identifying areas for improvement, making tactical decisions in competitive contexts, applying rules and adapting them fairly, communicating effectively as part of a team, demonstrating resilience, respect, fairness and self-discipline. Pupils develop these skills through structured reflection, peer assessment and opportunities to lead warm-ups, design small-sided games, or support teammates.

Health, Fitness & Wellbeing

Promoting lifelong health is central to PE at Menston. Pupils learn how exercise affects the body, why warm-ups, cool-downs and safe preparation are important and how strength, stamina and flexibility contribute to performance. They also explore the impact of rest, nutrition and hydration on wellbeing and understand how physical activity supports mental and emotional health. This learning progresses from early awareness (“how my body feels when I exercise” EYFS) to more sophisticated knowledge of training, lifestyle and long-term health in Upper Key Stage 2.

Linked to Our Curriculum Drivers

- **Equality, diversity and tolerance:** We teach pupils to value fairness, respect and sportsmanship, exploring diverse sporting cultures and challenging stereotypes within sport.
- **Creativity and critical thinking:** Pupils design routines in dance and gymnastics, apply tactical thinking and reflect on their performance to improve outcomes.
- **Global citizens:** Children understand how physical activity contributes to healthier communities and sustainable lifestyles.
- **Future-thinking:** Pupils explore links between PE, science and STEM – biomechanics, health science, technology in sport – and learn about future careers such as physiotherapy, coaching and sports analysis.
- **Wellbeing:** PE supports emotional regulation, resilience, teamwork, confidence and enjoyment. It sits alongside PSHE, outdoor learning and pastoral care in promoting whole-child wellbeing.

By the End of Year 6, Our Pupils Can:

- perform, apply and combine a broad range of advanced physical skills with control, fluency and precision
- collaborate, communicate and compete respectfully, recognising fairness and sportsmanship
- understand and apply rules, tactics and strategies in a variety of sports
- demonstrate strength, flexibility, stamina and coordination across disciplines
- swim confidently for at least 25 metres, using a range of strokes and performing safe self-rescue
- evaluate their own and others’ performances and suggest purposeful improvements
- understand how physical activity impacts the body, health and long-term wellbeing
- take responsibility for being active, safe and healthy citizens

Together, these experiences ensure that pupils leave Menston Primary as confident, active and motivated young people. Equipped with the physical competence, resilience and understanding needed to lead healthy, balanced lives, they can contribute positively to the world around them.



Physical Education at Menston Primary School



Sports Premium Grant

We use the Sports Premium Grant to meet these five key indicators:

Key indicator 1: The engagement of all pupils in regular physical activity – Chief Medical Officers guidelines recommend that primary school pupils undertake at least 30 minutes of physical activity a day in school

Key indicator 2: The profile of PESSPA being raised across the school as a tool for whole school improvement

Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport

Key indicator 4: Broader experience of a range of sports and activities offered to all pupils

Key indicator 5: Increased participation in competitive sport

Please see the [PE and Sports Premium Grant](#) page on our school website for more information.