

# Physical Education at

At EDSTART, all pupils will benefit from a Physical Education curriculum which motivates them to succeed and participate in sport, games, exercise, and other physically demanding activities.

Through our broad and balanced curriculum children will receive a

**MOVING EDSTART:** Children will start their journey to becoming physically competent as they develop their fundamental movement skills through experiencing a broad range of activities. Children will learn the benefits of physical activity and leading healthy, active lives.

**PLAYING EDSTART:** Children will start to develop their fundamental movement skills further as they become increasingly competent and confident in a broad range of activities to extend their agility, balance, coordination, individually and with others.

**COMPETING EDSTART:** Children are given plenty of time to practice and refine their fundamental movement skills before they progress to applying them in more complex situations. Here children will engage in competitive sports and activities.

**COMPLETE EDSTART:** As children come to the end of their EDSTART journey, they will have benefited from a PE Curriculum which has motivated them to succeed and participate in sport, games and exercise. Through this they will be fully prepared for High School and beyond.

Through Physical Education, School Sport, and Physical Activity, pupils will engage in competitive and cooperative activities that help build character and promote values such as determination, perseverance, fairness, and respect.

Edstart PE Curriculum has now been officially approved as Association for PE Approved Curriculum Resources (ACR).

This means the curriculum has been independently reviewed and recognised as:

- Evidence-informed
- Inclusive, holistic and accessible for all pupils
- Aligned with National Curriculum and best practice in physical education



The **EDSTART PE CURRICULUM** is the planned and progressive programme of learning delivered during timetabled curriculum time and accessible to all pupils. It aims to develop physical competence while also using movement as a vehicle for wider learning. Through engaging in a broad range of activities, including sport, movement to music, and other physical pursuits. Children not only enhance their physical skills but also develop key personal and social attributes, such as cooperation, communication, and resilience

At **EDSTART**, we believe that every child deserves the opportunity to grow into a confident, knowledgeable, and well-rounded individual. Through a rich and engaging curriculum, we provide children with the skills and experiences they need to thrive, both in school and in life.

At **EDSTART**, physical literacy underpins our PE curriculum and wider PESSPA provision.

Through our progressive framework, **MOVING EDSTART**, **PLAYING EDSTART**, **COMPETING EDSTART** and **COMPLETE EDSTART**, children systematically develop confidence, competence, knowledge and understanding across a broad range of physical contexts.

We prioritise positive, inclusive experiences that build self-belief, strengthen fundamental movement skills and deepen understanding of why physical activity matters. Our curriculum is designed to support every child, regardless of starting point, to experience success, challenge themselves and grow.

By embedding these foundations early, we empower children to enjoy movement, participate fully and develop healthy, active habits that last a lifetime.



Our Physical Education curriculum is taught through a Know - Go - Show approach, ensuring children develop knowledge, physical skills and positive behaviours in every lesson.



## **EDSTART KNOW**

Develops pupils' understanding of rules, tactics, vocabulary, health benefits, and movement purpose. Through questioning and reflection, children think about their learning, not just perform it, building knowledge that supports confident, informed, and reflective participation in physical education and lifelong physical activity.

This helps children explain what they are doing and why it matters, developing deeper understanding, confidence, and purposeful decision-making in physical activity.

## **EDSTART GO**

Focuses on active movement and skill development. Pupils build coordination, fitness, and physical competence through progressive lessons, adapted using STEP (Space, Task, Equipment, People). Clear success criteria guide learning, helping children practise, refine, and confidently apply skills in different contexts.

This ensures children become confident movers who enjoy being active, resilient, capable, and motivated to participate consistently.

## **EDSTART SHOW**

Develops the personal, social, and emotional aspects of PE. Pupils build teamwork, leadership, respect, and resilience through collaboration and reflection. With clear success criteria, children understand their impact on others, growing into considerate, confident, and socially responsible individuals beyond sport.

This supports children's personal, social and emotional development alongside physical progress, building character, confidence, empathy, and positive relationships.