



PE AT ARAGON PRIMARY SCHOOL

We aim for our children to become resilient young athletes, with a secure and positive understanding of how to lead healthy lifestyles and a firm grasp of the skills necessary to participate in a variety of sports. Our broad and ambitious PE curriculum provides opportunities for all children to participate and excel in competitive sports or engage purely for enjoyment. We encourage our pupils to believe in their ability to succeed and make progress in their physical development, overcoming challenges and obstacles.

We are proud to have achieved the Platinum Award from Merton School Sports Partnership for the past four years and will strive to upkeep this prestigious award. Additionally, we hold the Gold School Games Mark award which we are incredibly proud of. We pride ourselves in providing equal opportunities for all and we were delighted to be the recipient of the Equal Access plaque awarded by the FA in November 2024.

PE IN EYFS

In our EYFS unit, physical education focuses on promoting children's physical development, gross and fine motor skills, coordination, and overall well-being. During busy time, we emphasise the importance of active play. Children are encouraged to engage in a variety of physical activities such as running, jumping, climbing, balancing, and crawling. Activities promoting fine motor skills are also integral to physical education, helping children manipulate objects, use tools, and develop hand-eye coordination, finger dexterity, and control.

In PE lessons, children engage in activities that develop their Fundamental Movement Skills (FMS), including balance, control, coordination, strength, body awareness, and hand-eye or foot-eye coordination. All children in Aragon's EYFS are encouraged to participate in activities that raise their heart rate, improve stamina, and enhance overall fitness. They also learn about the importance of hygiene, healthy eating, and self-care.

Physical education in Aragon's EYFS fosters personal challenges, introduces new activities, and celebrates achievements. Children are supported in setting achievable goals and developing a positive attitude towards physical activity.



All children receive two separate PE lessons per week. The lessons are delivered in half-termly units, ensuring an appropriate progression of knowledge and skills is consistently taught and applied. Units of work are delivered in six-week blocks, whereby children learn and build upon transferrable skills. Throughout the half-term, ongoing assessment takes place using our personalised tracking document and is recorded at the end of each unit for the PE lead to analyse.

New and experienced class teachers receive training with support from the Local Authority and an experienced PE lead to consistently deliver high-quality PE lessons. Our teachers and coaches understand the components of outstanding PE lessons and collaborate closely with the PE lead to ensure these elements are applied confidently and consistently. Through regular intra-house competitions and our affiliation with the Local Authority, pupils are provided with numerous opportunities to compete in a variety of competitive and inclusive events. Furthermore, Aragon Primary School works with a range of external agencies to increase participation in sports and inspire pupils to discover a passion for physical activity.

HOW DO CHILDREN KNOW AND REMEMBER MORE?

Our units provide a progressive, structured approach to PE from Year 1 to Year 6 through a framework of learning objectives linked to a range of physical activities. Our well-planned PE curriculum ensures that knowledge and skills are taught in a logical progression, building on prior learning. For example, children start with basic movement skills in early years and gradually progress to more complex sports-specific skills. The activity ideas are designed to meet the 2014 National Curriculum for PE and encourage children to be active throughout the session using games as a method for learning where possible.

The children's skillset increases and expands in each unit of work, to create physically confident and able young people. They are taught transferable skills across a range of sports. Children regularly recall previously learned skills through warm-up drills or quick quizzes, strengthening memory retention. Teachers and coaches model correct techniques, breaking them into manageable steps. Visual and verbal cues help children understand and replicate movements. Children are encouraged to evaluate their own and others' performance and feedback from teachers helps them improve and remember key techniques.

An example of progression throughout the school (Jumping in Gymnastics)		
Year 1	Year 2	Year 3
To learn the basic technique of a Stretch Jump on the floor and off a bench. To practice a safe landing.	To further develop jumping on the floor whilst incorporating a variety of hand apparatus.	To perform a run, jump and safe landing from a springboard. To observe technique and provide basic, constructive feedback.
Year 4	Year 5	Year 6
To develop simple vaulting through a circuit of activity. To introduce flight by jumping onto a low platform (or vault) and safely jumping off the apparatus to standing.	An introduction to the Squat Through Vault, developed through a variety of vaulting activities with partners. To perform a handstand with support.	To continue to develop an understanding of vaulting, by introducing and developing the Straddle Through Vault, which is progressed through a circuit of activities with partners.



98% of children enjoyed their PE sessions and it was rated as one of the most popular subjects.

"I love PE at Aragon – it's the best! You have fun and get fresh air too." Y4 pupil



"I have enjoyed learning how to be a sports leader and running activities for younger children!" Y5 Pupil



"I have really improved my ability to dribble with both feet in football, which I wasn't good at before" Y3 pupil

ENRICHMENT AND CULTURAL CAPITAL

The children are able to represent the school at a wide variety of borough sporting competitions:

Athletics
Cricket
Cross Country Running
Dodgeball
Football
Gymnastics
Inclusive Events
Netball
Rounders
Swimming
Tag Ruby
Tennis



merton
School Sport Partnership

After-School Clubs
Daily Mile
Diwali Dance Workshop
EYFS Fairy Tale Fitness Week
Guest Speakers
Healthy Me Week
House Sports Competitions
Ramayana Dance Workshop
OPAL Play
PGL Residential Trips
School Council Competitions
Sports Days
Wake Up Shake Up
Yoga

Pupils at Aragon Primary School enjoy being physically active for sustained periods and are enthusiastic participants in PE lessons. They feel inspired and proud to represent the school in competitions and consistently demonstrate teamwork during events.

The high profile and expectations of PE ensure that children of all abilities engage in physical activity with enthusiasm and passion. After-school clubs and other extra-curricular activities remain highly popular, and feedback from both staff and pupils about PE lessons is consistently positive. Aragon Primary School will continue to utilise the School Sports Premium effectively to enhance the profile and provision of PE.



LONG TERM GOALS (2024-2027)

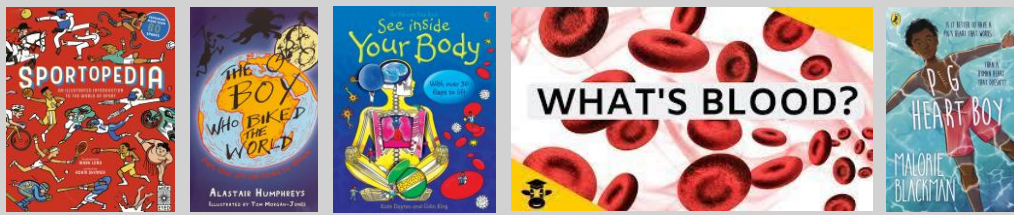
To improve physical fitness levels and increase participation levels of all students

To improve PE provision and opportunities for children with SEND.

To ensure all members of staff are provided with high-quality, bespoke PE CPD.

PE IN OTHER AREAS OF THE CURRICULUM

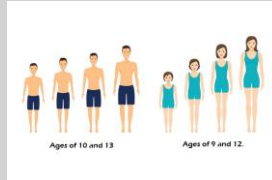
A sample of texts and stimuli studied throughout the school in English:



Where else does PE appear at Aragon Primary School?



PSHE – Health and Wellbeing



PSHE: Safety and the Changing Body



Mental Health and Emotional Wellbeing



Science – Animals inc. Humans

Research shows that children’s mental and physical health is in decline, but high-quality play can significantly improve both. During their seven years at primary school, children spend approximately 1.4 years at play. At Aragon Primary School, we implement Outdoor Play and Learning (OPAL) to revolutionise play, ensuring all children have access to unstructured physical activity and play.

The benefits of outdoor play in nature include increased physical activity, reduced risk of obesity, improved cognition and academic achievement, reduced stress, enhanced resilience, and better social-emotional skills.

Being physically active during childhood is strongly linked to continued activity throughout life, which brings benefits such as maintaining a healthy body weight, good physical and mental health, and reduced levels of depression and anxiety (Mills and Burnett, 2017). Pellegrini and Smith (1998) highlight the immediate benefits of physical activity for motor training and cognitive performance.

The latest guidance from Public Health England (2020) recommends the use of non-traditional play materials and free play to boost children’s physical activity. Similarly, the UK Government’s Sports Premium funding guidance identifies “encouraging active play during break times and lunchtimes” as a key indicator for using the funding effectively.

During their playtime, children at Aragon Primary School are encouraged, through a variety of activities, to:

Balance	Build	Chase	Clamber
Climb	Crawl	Dig	Develop fine motor skills
Hang	Hunt	Jump	Kick
Play in teams	Push & Pull	Reach	Run
Scoot	Skip	Tag	Throw

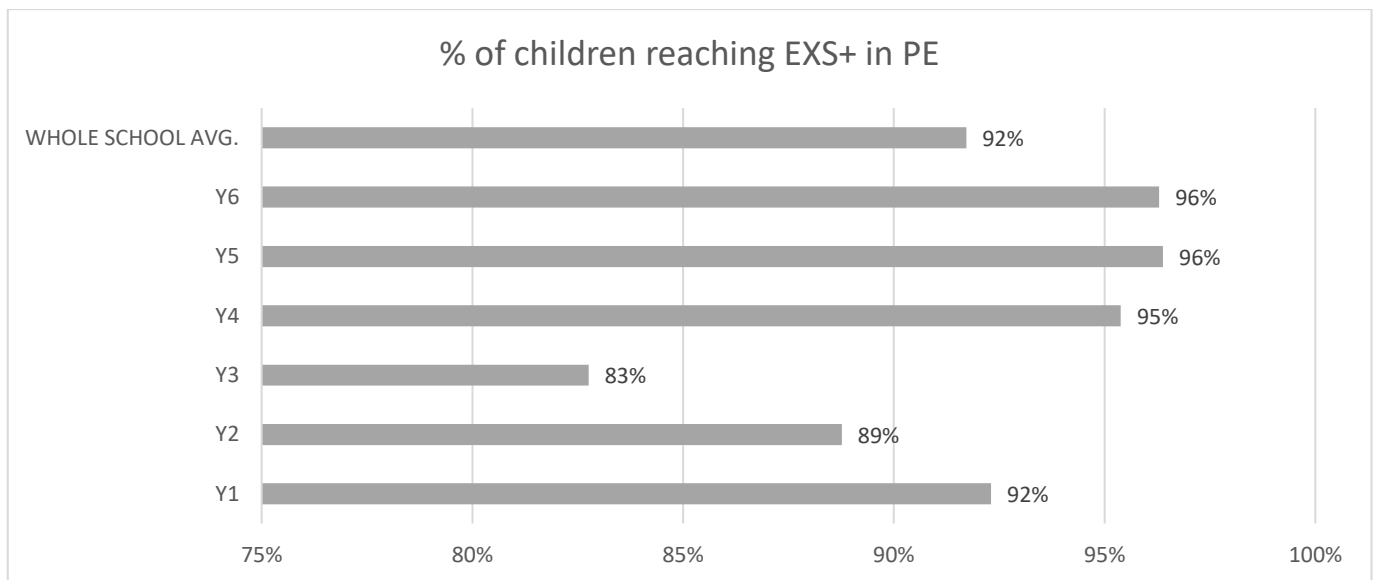


HEALTHY ME WEEK

For over six years, Healthy Me Week has been captivating young minds and bodies at Aragon Primary School. During this action-packed week, our children experience a range of physical activities that extend beyond the National Curriculum. Over the years, we have welcomed Olympians and national sports team members to inspire our pupils. Activities have included initiatives for maintaining a healthy mind and living sustainably. Children have participated in step challenges, HIIT sessions, Zumba classes, designed their own sports kits, cooked healthy meals, and even competed in a whole-school tug-of-war!



ASSESSMENT DATE 2024-2025



SUPPORTING CHILDREN WITH SEND IN PE

In our PE curriculum, we ensure pupils with SEND access high-quality, ambitious physical education through adaptive, research-informed teaching that removes barriers while maintaining clear learning intentions. Lessons are planned using a graduated approach that anticipates need and builds success through explicit instruction, strong modelling, and small-step sequencing. Teachers use clear routines, concise explanations, and visual demonstration to reduce cognitive load, alongside targeted scaffolds such as task breakdown, modified space, and carefully structured rules so pupils can participate meaningfully without lowering expectations. We prioritise purposeful practice with high levels of active engagement and use flexible grouping, peer support, and adult facilitation that promotes independence rather than over-reliance. This inclusive approach is reflected in outcomes, with an average of 71% of pupils with SEND reaching the expected standard in 2024–25. Beyond curriculum lessons, we further promote confidence and belonging by entering borough-wide inclusive sports events and ensuring regular participation in inclusive physical activities during Healthy Me Week, giving pupils authentic opportunities to experience teamwork, achievement, and enjoyment in sport.