



### Intent and curriculum approach:

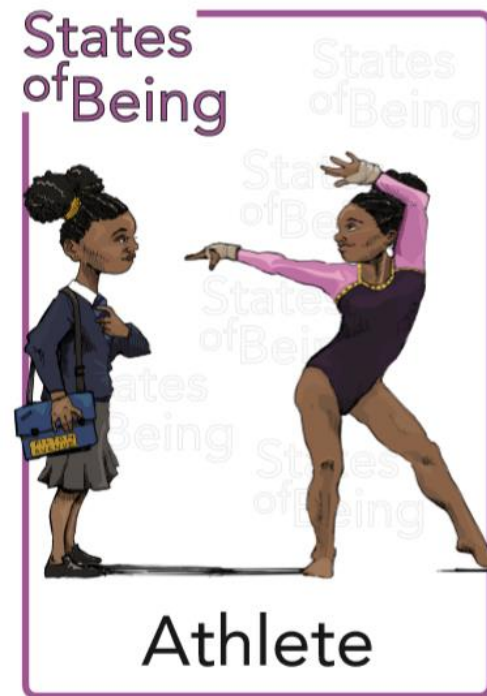
At Filton Avenue we want all children to foster a lifelong love of physical activity and sport and that is why we follow the Real PE curriculum.

Real PE is a holistic, child-centred primary physical education programme designed to provide every child with the physical literacy, emotional, and thinking skills to succeed. It aims to transform PE by focusing on the "whole child" rather than solely on athletic performance or specific sport skills, ensuring inclusive, engaging, and progressive learning.

Real PE is an inclusive approach with the ambition that PE is a positive experience for EVERY child. It teaches children Fundamental movement Skills (FMS) and key learning behaviours to help achieve that ambition.

### The Key aims include;

- **Developing the Whole Child:** Focusing on multi-ability learning behaviours (cognitive, social, emotional, and physical).
- **Physical Literacy:** Building core fundamental movement skills (FMS) such as agility, balance, and coordination from Foundation Stage through Year 6.
- **Inclusivity & Confidence:** Providing high-quality, inclusive opportunities where all pupils feel valued and confident in their own progress.
- **Positive Mindset:** Encouraging personal bests, resilience, and a growth mindset rather than only competitive outcomes.



### Being an Athlete Teaching and Learning Approach:

**Sequenced learning:** The Real PE curriculum is designed to build, revisit and develop skills and knowledge in a structured, age-appropriate way. Teachers share specific vocabulary with the children in lessons, taken from their year groups knowledge organisers. Teachers recap at the start and end of lesson the skills learnt.

**Fundamental Movement Skills (FMS):** Focuses heavily on developing core agility, balance, and coordination, which are refined through the primary years. Each skill is broken down into small, progressive and achievable steps. Teachers use procedural knowledge, that is connected to the declarative knowledge, to support children so they have a clear understanding of how to 'get better at PE'

**Thematic Progression:** In EYFS and KS1 the approach is more thematic, moving towards a skill-focused approach in KS2, which is introduced through adapted sport-specific games.

**Whole-Child Focus (Multi-Ability):** Instead of just focusing on physical prowess, real PE uses six cogs to develop the whole child: Personal, Social, Cognitive, Creative, Physical, and health and Fitness. This allows children who may not excel at traditional sports to succeed and feel valued and included.