

PE- Curriculum Map 2026/2027

Our Why? At Discovery Academy, we believe Physical Education develops far more than physical skills; it builds confident, resilient, and healthy learners who understand the importance of active lifestyles and positive wellbeing. Our PE curriculum is rooted in the core substantive concepts of movement, teamwork, safety, health, body, and awareness. Through movement, pupils develop coordination, balance, agility, and confidence across a range of physical activities. Teamwork teaches cooperation, communication, leadership, and respect, helping children work positively with others and persevere through challenge. We promote safety by teaching pupils to participate responsibly, manage risk, and use equipment and spaces appropriately. Through learning about health and the body, children understand how exercise supports fitness, physical development, and mental wellbeing. Awareness encourages pupils to reflect on their performance, recognise personal strengths, and develop self-confidence and self-regulation. Our intent is to provide inclusive and engaging opportunities for every child to succeed, regardless of starting point. We aim to inspire lifelong participation in physical activity by developing the knowledge, skills, and attitudes pupils need to lead healthy, active lives and achieve their personal best.

Big Ideas promoted in our ----- Curriculum



Substantive Concepts of our ----- Curriculum

	Movement	Moving our body in different ways Examples: walk, run, jump, roll, throw ✔ Why it matters: Forms the foundation of all physical skills
	Teamwork	Working with others Examples: passing, sharing equipment ✔ Why it matters :Builds social communication skills
	Safety	Keeping self and others safe Examples: using equipment correctly, stopping when needed ✔ Why it matters: Underpins all PE learning
	Health and Body Awareness	Understanding how exercise affects the body Examples: breathing faster, heart beating ✔ Why it matters: Links PE to real-life wellbeing



