

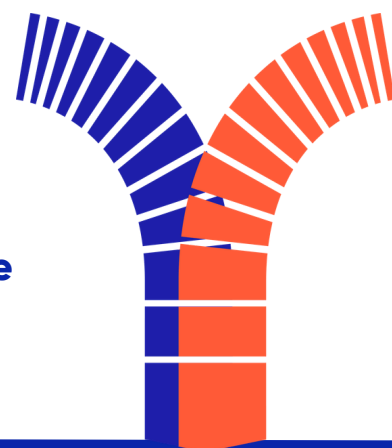


How Physical Literacy Can Shape a Trust-Wide PE Curriculum

Brief Summary for School Leaders based on the case study of Cabot Learning Federation.



Move Well.



The approach in brief

Cabot Learning Federation describes a nine-year journey to create a more coherent PE curriculum across the Trust, using physical literacy to connect curriculum intent, pupil experience and opportunities beyond lessons. The central ambition is to build positive physical activity experiences for life.

The journey

1 Assemble a curation team	2 Identify what is important	3 Research and discovery	4 Quality assurance	5 Connect curriculum to enrichment
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What the curriculum is designed to develop

- PE: high-quality positive experiences, physical competence and knowledge, alongside wider personal development.
- School sport: opportunities for all pupils to take part at an appropriate level, including competition and progression.
- Physical activity and play: an appreciation of movement and a better understanding of its contribution to wellbeing.

A Move Well PE curriculum

The framework brings together four connected dimensions – My Movement, My Knowledge, My Mentality and My Behaviours – so that PE develops more than technical competence. It encourages schools to consider how pupils move, understand, feel and behave through physical activity.

Key learning for schools and trusts

Agree the purpose before designing content.

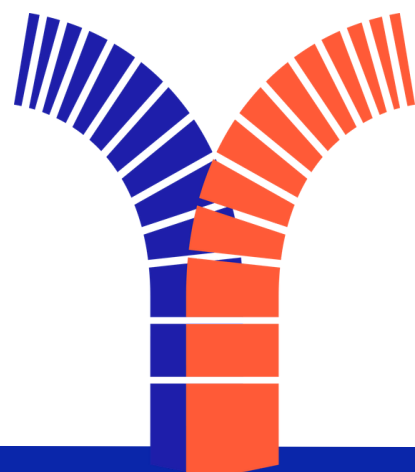
Use research and shared expertise to build a common framework.

Create consistency through quality assurance without losing sight of pupil need.

See PE, school sport, physical activity and enrichment as connected parts of one pupil journey.

Reflect

How clearly does your PE curriculum show what you want pupils to think, feel, know and be able to do – and how does that connect to opportunities beyond lessons?





SportPark
Loughborough University
3 Oakwood Drive
Loughborough
Leicestershire LE11 3QF

01509 462900
info@youthsporttrust.org
www.youthsporttrust.org
@YouthSportTrust

Registered charity number 1086915
Registered company number 4180163

