



Physical Education (P.E) – Intent, Implementation & Impact

Intent

In line with the National Curriculum, it is our intent at The Aspire Hub to develop the children's physical, cognitive and social skills through sport.

We aim to deliver high quality, purposeful teaching and learning that inspires all children to excel in physical education.

Through our progressive curriculum, we strive to teach children to cooperate and collaborate with others as part of a team. We value an inclusive approach to P.E, which endeavours to encourage not only physical development, but also good mental wellbeing.

Implementation

We follow a clear and comprehensive scheme of work, which ensures the requirements of the National Curriculum are fully met through a progressive, skills based programme. Each year group will practice developmentally appropriate skills through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure Pupils participate in two high quality P.E lessons each week, covering two sporting disciplines every half term. Our objective within lessons is to develop the children's physical skill, cognitive thinking and social skills Throughout the year, pupils will have opportunities to develop their physical skills and will be taught to:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

EYFS

Pupils explore and develop good control and coordination in large and small movements skills through a combination of child initiated and adult directed activities. They have opportunities to learn to:

- Moving and handling - skills enabling children to show good control and coordination in large and small movements. Children are able to handle equipment and tools effectively, including pencils for writing.
- Health and self-care - children knowing the importance of good health which includes physical exercise and a healthy diet. Children are able to manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

KS1

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

KS2

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns and go noodle
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- To be safe in water.

Impact

At The Aspire Hub, we ensure that our P.E curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the opportunities to develop skills and to achieve their personal best using the approach of two stars and a wish to improve. We encourage our pupils to be physically active and this has positive implications on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of exercise and mindfulness. We hope children enjoy PE and develop a love of sport, and physical activity, that they pursue outside of school and in future life outside of primary school.

All pupils understand the values and importance of fair play and being a good sportsperson.