

ASHFIELD PHYSICAL EDUCATION (PE) CURRICULUM POLICY



Intent

To promote a love of physical activity through a fun, challenging and engaging curriculum that encourages all children to adopt a healthy and active life style. Children are encouraged to challenge themselves and self motivate, choosing the challenges that are appropriate for their current ability ensuring good progress. Our curriculum encourages teamwork, co-operation and resilience which builds on core and fundamental skills that will encourage children to be confident in all aspects of their immediate and future lives.

Active/ Teamwork/ Resilience

Implementation

In the Early years setting being active is a huge priority and we strive to ensure each child has the opportunity to develop their gross and fine motor skills through a range of provision. Each child is completely unique and thus the early years setting develops their provision to focus on the skills that are most needed by each year group - enhancing and developing their provision where necessary to suit both the child's needs and interests. Children also have specific lessons in which they are taught team games that they can later use within their provision.

Within KS1, as well as carrying on the progression and skill set the children have learnt through provision, we also look at specific fundamental skills twice a week, using the Real P.E programme. Through this we ensure each child is learning the fundamental skills for them to be able to lead an active lifestyle. We understand that all children have different experiences and skill sets when it comes to physical activity, so through the programme we ensure each child is challenged by practicing their fundamental skills and then are able to use those skills in fun games and activities. All children feel included as we progress through the different levels of skills - and every lesson we focus on those children that are challenging themselves, rather than just the "best" sports person. Through the "Multi-Ability Cogs": physical, social, personal, cognitive, creative and health and fitness, we ensure we are taking a holistic approach to physical education, not only focusing on their health and fitness but also their mindset within sport and the wider curriculum.

Within KS2 we build on this further, by carrying on with the Real P.E programme once a week as well as adding in one sport focused lesson each week which changes every half term. This ensures children are able to use their skills and adapt them to a range of sports which we encourage them to play and take on further. Throughout these sports session the "Multi-Ability Cogs" are ever present, ensuring that all children are motivated to challenge themselves and work alongside others as a team.

We also have a partnership with P.H.G.S which is incredibly beneficial to both children and staff. A specialised P.E teacher comes in to teach a year group for a full half term. This is beneficial for staff as they are able to use this time to support their own professional development in the subject. It is also hugely beneficial for the children as they each are able to compete in a festival with other schools at the end of each topic. At Ashfield, we want children's individual talents to flourish and understand that competition can be a huge part of that within the realms of physical education. Thus we are part of the Active Schools in Leeds which gives us access to lots of competitions for children to compete in city wide.

Alongside all this, every half term, swimming also takes place in Year 4; however opportunities are available in Years 5-6 if children are still working towards swimming confidently and proficiently over a distance of at least 25 metres.

The evidence and research points to the importance of children being active and the benefits it has not only to their physical health, but their mental health and wellbeing. With this in mind, at Ashfield we try to take every opportunity to keep the children enjoying being active and as well as through specific physical education lessons, the ethos and intent of promoting physical activity is threaded through each day and each lesson, whether it be a mindful or active break, to taking lessons outside or into the hall to promote the benefits and enjoyment that being active can bring.

Impact

Children have good fundamental physical skills that will be transferable to a range of active activities. Children have and understand a range of social, teamwork and personal skills that they can transfer into sports as well as their daily lives.

Children enjoy being active and take that enjoyment with them beyond Ashfield.

The children are resilient in the face of challenges and understand that with practice comes progress.

Agreed by the governing body of Ashfield Primary School: 24/01/2024

Review Date: Spring Term 2027

Associated policies: Physical Activity Policy
SEND Policy
Single Equality Scheme
Learning and Teaching Policy
Health and Safety Policy