

# Aston Rowant C†E Primary School

## WHAT PE LOOKS LIKE AT ASTON ROWANT

**Growing together, rooted in God, having fullness of life.  
Colossians 2:1-7**



*Vision: Aston Rowant community will be courageous life-long learners, who are rooted in God, living our Christian values and enjoying life in all its fullness.*

*Mission: Growing together and inspiring one another through our Christian values and a broad enriched curriculum.*

G	GRATITUDE
R	RESILIENCE
O	OUTREACH
W	WONDER
T	TRUST
H	HARMONY

**Grateful** Our attitude to learning shows that we appreciate the breadth of opportunities that we have to learn inside and outside of the classroom with our resources and surroundings.

**Resilient** We cultivate a growth mindset from the perspective of building courage, encourage failure by modelling it and showing how to reframe events in a positive light, so children are willing to try new things whilst embracing failure and the opportunities it brings. Let the children learn to have control over their own actions, including trying again if they don't succeed.

**Outreach** Children will leave Aston Rowant C†E Primary School with an enthusiasm and thirst for learning that continues for the next stage of education and enables the children to live life to its fullness.

**Wonder** We generate curiosity and wonder about what we teach and allow it to take hold into something that becomes a passion for lifelong learning for all of our children. We openly involve them in their learning by meeting them where they are and then showing them where they can go exploring their interests, expanding upon their ideas, and engaging them in meaningful dialogue which encourages them to fully engage with owning and developing their own learning.

**Trust** We will develop our children into independent learners to empower them to take control of their own learning – both inside the classroom. Teachers trust that our pedagogical approach cultivates independent habits of mind in the children we teach and the children themselves trust their foundation and values to explore the truths of the world for themselves.

**Harmonious** The whole school team will grow together, sharing our knowledge, understanding and experience. We will question, encourage and support one another on our learning journey.

# INTENT, IMPLEMENTATION AND IMPACT

**Our Vision: Growing together, rooted in God, having fullness of life.  
(Colossians 2:1–7)**

At Aston Rowant, PE is a joyful, energetic and transformative subject. Our children move, think, collaborate, persevere and flourish. Through a carefully sequenced curriculum, specialist coaching, enrichment opportunities and our Christian values, we develop physically confident, resilient, healthy and enthusiastic learners who understand the importance of active living.

PE at Aston Rowant builds:

- **Physical Literacy** (agility, balance, coordination, strength)
- **Thinking Skills** (tactical awareness, problem-solving, decision-making)
- **Character & Values** (resilience, teamwork, trust, gratitude)
- **Personal Development** (confidence, leadership, wellbeing)

Every pupil, regardless of background or need, is supported to enjoy and succeed in physical activity.

## INTENT

Our PE curriculum aims to ensure that every child:

- Develops strong fundamental movement skills
- Masters a broad range of physical activities and sports
- Builds confidence, resilience and a positive attitude towards challenge
- Learns to work collaboratively, respectfully and harmoniously
- Understands the importance of a healthy, active lifestyle
- Experiences joy and gratitude through sport, teamwork and movement
- Gains leadership skills, fairness, respect and sportsmanship
- Feels inspired to be active beyond primary school

Our intent is deeply rooted in our Christian ethos: PE at Aston Rowant nurtures **body, mind and spirit**, enabling children to live life in all its fullness.

## IMPLEMENTATION

PE at Aston Rowant is implemented through a rich, ambitious and inclusive programme:

### Specialist Coaching

JR Sports teach two PE lessons per week in every class, alongside two active lunchtime clubs. Their expertise ensures consistency, high-quality modelling and ongoing CPD for staff.

### Sequenced Curriculum (EYFS → Y6)

Our curriculum is progressive and carefully designed to build:

- Fundamental movement → refined skills → sport-specific techniques
- Agility → control → performance
- Understanding → application → tactical thinking

It includes:

- Games
- Gymnastics
- Dance
- Athletics
- Outdoor & Adventurous Activities
- Swimming (KS2)

## **Inclusive Pedagogy**

We adapt:

- Task difficulty
- Equipment
- Grouping
- Support roles

This ensures all pupils, including SEND, succeed and feel confident.

## **Enrichment & Community Links**

Throughout the year, pupils take part in:

- Sports Enrichment Week
- Local sporting events (Chinnor Women's Rugby Celebration, tennis coaching)
- Competitions (netball, football, athletics)
- Thame Partnership Dance Festival
- Colour Run, circus skills, ballet workshops
- Cross-class teamwork days

## **Assessment**

Assessment draws on observation, discussion, self-evaluation and practical demonstration. Children articulate what they can do, what they are working on and how they improve.

## **IMPACT**

By the time children leave Aston Rowant, they:

- Are confident, competent movers
- Show resilience, teamwork, fairness and leadership
- Understand how physical activity supports health, wellbeing and learning
- Feel pride in their achievements and those of others
- Demonstrate strong social and emotional maturity through sport
- Recognise that challenge and mistakes help them grow
- Have experienced a broad range of activities, building cultural capital
- Are ready to participate in sport at KS3 and beyond

PE at Aston Rowant creates positive attitudes for life: joy in movement, respect for others, courage to try, and gratitude for the bodies and abilities they have.

# GRATITUDE



In PE, children learn gratitude by recognising the opportunities they have to move, play, grow and celebrate each other's achievements. They learn to appreciate their own bodies, the support of teammates, the encouragement of coaches and the joy of shared experiences. Through teamwork, sportsmanship and reflection, pupils develop thankfulness for the skills they gain, the friendships they form and the chance to participate fully. Through learning about movement, sport and the world of physical activity, our children develop gratitude for the amazing capabilities of their bodies and the opportunities they have to grow stronger, healthier and more confident.

Our PE lessons teach gratitude by incorporating activities that emphasize teamwork, sportsmanship, and appreciation for others' efforts. The Teachers highlight moments when children show respect and thankfulness toward teammates, opponents, and coaches. Through group games and cooperative challenges, children can experience the value of supporting one another and expressing gratitude for shared successes. Reflection discussions about positive experiences in PE can help cultivate a deeper understanding and practice of thankfulness within a physical activity context.

*"I like running races with my friends"* Chloe, Year 2

# RESILIENCE



PE at Aston Rowant is a powerful environment for building resilience. Children face physical and mental challenges, practise skills repeatedly, and learn that progress comes through effort and perseverance. They are praised for determination, not perfection, and supported to reframe mistakes as steps towards mastery. From skipping to gymnastics to competitive sport, pupils learn to keep going, adapt and rise to challenges with courage.

Resilience in PE lessons is developed by presenting physical challenges as achievable goals, encouraging children to reflect on their progress and past successes, and building confidence through gradual improvement. Our teachers promote resilience by breaking down complex skills into smaller steps, helping children see setbacks as part of the learning process, and emphasizing effort and persistence over immediate results.

Physical education plays a crucial role in building resilience because mastering new skills and improving fitness requires determination, patience, and a positive mindset. Success in PE boosts self-confidence and teaches our children how to cope with difficulties, both physically and mentally. Lessons also support emotional resilience by helping children recognise and manage frustration, celebrate progress, and maintain motivation, which are essential skills for both sports and life.

*“When I started skipping I could only do it for a short time but now I can do it for the full two minutes.”*

**Georgie, Year 4**

# OUTREACH



Outreach in PE helps pupils connect with their community through shared sporting experiences, events, and collaboration. Whether participating in the Chinnor Women's Rugby Celebration, working with visiting tennis coaches, competing in local tournaments or joining the Thame Partnership Dance Festival, children learn that sport connects people, celebrates diversity and builds relationships beyond the classroom.

Pupils see that physical activity can be a way to serve, lead and inspire others. PE lessons promote the value of loving our neighbour by encouraging kindness, respect, and support through teamwork and cooperative activities. Children learn to celebrate each other's strengths, help teammates improve, and show compassion during challenges and competition. These lessons emphasise empathy, fair play, and working together to create a positive and inclusive environment where everyone feels valued and supported.

We also bring in guest speakers and sports mentors who model respect, kindness, and encouragement. For example, classes have met local coaches and athletes who share stories about teamwork, overcoming difficulties, and supporting others both on and off the field. KS2 participated in workshops focusing on building positive relationships and encouraging one another. Hedgehog and Squirrel Classes enjoyed sessions on communication and collaboration led by community sports leaders who emphasise the importance of caring for teammates and opponents alike. Through these experiences, children learn that loving our neighbour means more than just playing well—it means being there for each other and building a caring community.

*"I loved our Circus Skills day. We had to work in pairs and had to rely on each other's strength."  
James, Year 6*

# WONDER



PE inspires wonder by showing children what their bodies can do and inviting them to explore new skills, new sports and new challenges. From circus skills to ballet, colour runs to athletics, pupils experience awe and excitement at mastering movements, overcoming nerves and discovering abilities they didn't know they had. PE encourages children to ask, "What else can I achieve?" and to delight in the beauty of movement.

In PE lessons, we aim to inspire a sense of wonder, curiosity, and deep engagement through hands-on experiences, discovery of new skills, and exploring the amazing capabilities of the human body. We create opportunities for children to be amazed by what they can achieve, sparking their desire to learn more and challenge themselves. We inspire wonder in our PE lessons through:

**Amazement at physical achievements:** Celebrating moments when children master a new skill or reach a personal best.

**Demonstrations and visual aids:** Using videos or live examples of extraordinary athletic feats to spark curiosity and excitement.

**Posing "I wonder" questions:** Encouraging children to ask questions about movement, fitness, and how their bodies work.

**Using interesting equipment:** Introducing different sports tools or adaptive equipment to broaden children's experiences and curiosity.

**Exploring challenging activities:** Offering age-appropriate physical challenges that stretch skills and build resilience, like obstacle courses or complex routines.

**Encouraging personal connections:** Helping children relate physical activities to their own lives, health, and wellbeing.

**Facilitating reflection and discussion:** Creating space for children to share their feelings of awe, discovery, and growth, and to communicate what they have learned

*"My best challenge was using the javelin. I learnt to put one hand out to help my throwing arm" Oscar, Year 3*

# TRUST



Trust is foundational in PE - trust in oneself, trust in teammates and trust in adults guiding them. Children learn to take safe risks, rely on partners in paired tasks, follow rules, take turns and respect the fairness of games. They develop the courage to try new things, the belief that they can improve, and the confidence that their efforts matter. Trust builds self-esteem and strengthens relationships.

We foster trust in PE by creating a positive, safe environment where children feel comfortable taking risks and pushing their physical limits. We model honesty, reliability, and open communication, encouraging children to support and depend on one another. Collaborative activities and partner work help build trust as children learn to work together and rely on teammates. We also use appropriate support and guidance to meet different needs, ensuring everyone feels capable and confident. By celebrating effort and resilience, we build a sense of trust in both themselves and others, fostering a lifelong love of physical activity.

*"I like the small group work with Couch Amy. She helps me a lot." Florence, Year 2*

# HARMONY



Harmony is experienced through teamwork, collaboration and shared success. PE teaches children how to communicate respectfully, resolve differences, support peers, and celebrate collective achievement. Through dance routines, team challenges, games and competitions, pupils learn that harmony comes from empathy, inclusion and valuing each person's strengths. Harmony in PE prepares children for positive relationships across life.

To foster harmony in PE lessons, we focus on teamwork, cooperation, and respect for diversity through group activities and games that emphasize interdependence. We encourage children to appreciate each other's strengths and differences while working together towards common goals. Through inclusive sports and cooperative challenges, children learn how communities thrive when everyone contributes and supports one another.

In addition to regular PE lessons, we organize team-building exercises, inclusive games, and activities that celebrate diversity and promote fair play. We integrate mindful movement and breathing exercises to help children stay calm and focused, and we teach respectful communication and positive conflict resolution during group work. These experiences help children understand how harmony is created through collaboration, empathy, and mutual respect.

*"The Colour Run was the best day EVER!!"*

Alfie, Year 5