



Aston Rowant C+E Primary School

Physical Education at Aston Rowant

The National Curriculum for Physical Education aims to ensure that all pupils develop competence and confidence to excel in a wide range of physical activities, are physically active for sustained periods of time, engage in cooperative and competitive sports and activities and lead healthy, active lives.

PE at Aston Rowant aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical well-being in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.

It is our intent at Aston Rowant to inspire lifelong participation in sport by building the firm foundations, upon which, they can grow. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and empathy whilst considering our Christian Values.

We provide a range of extra curricular sporting activities throughout the year including; Football. Our annual Sports Day takes place during the Summer Term and it is always a fantastic celebration of physical activity and sport at Aston Rowant.

We have welcomed local clubs to share their expertise and have taken part in many workshops to raise the profile of PE and Games. We enjoy celebrating the successes of our pupils both in school and externally.

Implementation

Our aim is to provide children with a positive attitude towards being active and the knowledge of how to live an active, healthy lifestyle.

Children take part in a variety of sports, most developed through a skills-based approach to learning.

As a school, we use trained specialists to teach our children enabling the teaching staff to receive hands-on CPD.

Children are shown real-life examples of these sports at a professional level to give these sports context.

Children are provided with the opportunity to take part in competitive sports and activities, both inter-house and externally.

Pedagogy

To make our Physical Education curriculum engaging and effective we:

- Take part in a variety of sports and skills.
- Hold inter-house events to encourage a whole school community.
- Promote sporting success in celebration assemblies.
- Have local clubs come into school and deliver sessions to us.
- Offer engaging lunchtime and after-school clubs throughout the year.
- Encourage peer-led activities, providing children with a sense of ownership and responsibility.
- In KS2, children have the opportunity to become a Sports Leader and lead lunchtime games/ activities.
- Make connections and celebrate real-life sporting events such as the Olympic Games.
- Give children spectators to perform for i.e. parents and class assemblies.
- Deliver an annual PE Enrichment week offering a range of new sports to try
- Provide a range of afterschool clubs for all age groups (KS1-KS2)
- Ensure all KS2 children attend swimming lessons and achieve the appropriate standard set in the National Curriculum.