

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.

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| 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

PE at Aston Rowant School is designed to inspire **wonder** in physical activity, build **resilience** in facing physical and mental challenges, foster **trust** and **harmony** within teams, and cultivate a genuine love and **gratitude** for movement and well-being. We aim to empower children to develop healthy lifestyles, respect for themselves and others, and confidence in their physical abilities, laying the foundation for lifelong engagement in sport and fitness.

Intent:

We aim to nurture a passion for physical activity in every child by delivering a PE curriculum that is engaging, inclusive, and purposeful. PE is central to the holistic development of our children, supporting their physical health, mental well-being, and social skills.

Our PE curriculum seeks to:

- Develop children's physical competence and confidence through a wide range of activities and sports.
- Foster resilience by encouraging children to embrace challenges, learn from setbacks, and celebrate progress.
- Promote teamwork, respect, and harmony, helping children to understand the importance of supporting and valuing others.
- Encourage trust and courage, so children feel safe to take risks, try new skills, and express themselves.
- Instil a lifelong love of physical activity and awareness of its role in health and well-being.
- Highlight the importance of gratitude for the opportunities to be active and for the support of peers and teachers.

Implementation:

Children experience a broad and balanced PE curriculum that develops fundamental movement skills and progressively builds sporting techniques, fitness, and tactical understanding. Lessons include a variety of individual, paired, and team activities to encourage collaboration and respect.

Teachers create a safe and supportive environment where children feel encouraged to take risks, ask questions, and reflect on their own and others' progress. Activities are adapted to meet varied needs, ensuring all children can access challenges at an appropriate level.

We incorporate:

- Skill development sessions focusing on core physical abilities such as balance, coordination, and agility.
- Team games and cooperative challenges that nurture communication, trust, and harmony.
- Opportunities for children to set personal goals and reflect on their achievements to build resilience.
- Engagement with local sports figures and coaches to inspire children and connect learning to real-world contexts.
- Mindfulness and wellbeing activities integrated into lessons to support mental health and emotional resilience.
- Inclusive practices ensuring all children, regardless of ability, experience success and enjoyment in PE.

Impact:

Our PE curriculum ensures children meet and often exceed the physical development expectations set out in the National Curriculum. By the time they leave Aston Rowant School, children will be confident, competent movers who understand the value of physical activity for a healthy lifestyle.

Children develop strong social skills, including teamwork, empathy, and respect, supporting positive relationships both inside and outside school. They demonstrate resilience in the face of challenges and trust in themselves and others through collaborative work.

Assessment in PE draws from a wide range of evidence including observation, peer and self-assessment, and reflective discussion. This holistic approach enables teachers to understand each child's progress, tailor support, and celebrate achievements.

Our aim is for every child to leave school with a positive attitude towards physical activity, equipped with the skills, knowledge, and values that encourage them to remain active, healthy, and socially responsible throughout their lives.

GRATITUDE



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



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



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



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 can be challenging to teach, but at Aston Rowant, we believe it's essential to nurture trust and courage in our children and ourselves. Courage to try new activities, courage to reflect on progress, and courage to develop their own understanding and confidence.

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

HARMONIOUS



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