



# PE at Alexandra Primary School – Our Intentions:

Physical Education is the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both 'learning to move' (i.e. becoming more physically competent) and 'moving to learn' (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance. Our aim at APS is to create a stimulating, challenging environment where children learn to think logically, communicate with confidence, attain high standards and develop pleasure from their achievements. We aim to promote and ensure that all children, develop a physical and mental development and awareness of the importance of a healthy lifestyle and to develop their personal and social skills.

## PE Skills that we develop at APS include:

### Physical – Health and Fitness

- \*Develop core strength, stability and spatial awareness
- \*Access a broad range of physical activity
- \*Apply skills across a wide range of physical activity
- \*Have opportunity and access to a wide range of physical activity
- \*Be physically active for sustained periods of time
- \*Be physically competent
- \*Be faced with increasingly challenging situations
- \*Engage in competitive and cooperative physical activity
- \*Master basic movement skills
- \*Develop fundamental movement skills
- \*Extend their balance, agility and co-ordination
- \*Perform dances using simple movement patterns

### Personal – Creative and Social

- \*Build character and values
- \*Be motivated, engaged and inspired
- \*Show perseverance
- \*Have positive attitudes and learning behaviours
- \*Feel confident to participate and contribute
- \*Develop self-esteem
- \*Feel involved and included
- \*Choose healthy and active lifestyles
- \*Show good sportsmanship
- \*look at things from another perspective, giving them insight into the people, culture and traditions of other cultures.
- \*Embed values and behaviours
- \*Use initiative
- \*Evaluate and improve
- \*Reflect critically
- \*Make decisions
- \*Demonstrate independence
- \*Take risks and keep safe
- \*Display knowledge and understanding of concepts
- \*Know about healthy, active lifestyles

**Aspire:** At APS we aim to develop the confidence and competence of each child in PE as we recognise the value of physical and mental activity. Our community thrives on celebrating different sports and facilities. We aspire for our children to be passionate, curious and confident about their own physical and mental learning abilities. We want all children to understand how physical activities work and explore the similarities and differences between a healthy and unhealthy lifestyle.

**Perform:** PE teaching and learning at APS is not only about developing competence in sports, but is also about the broader curriculum; about children exploring the relationship between physical activity and how it can promote healthy learning and outcomes.

Physical Activity is a broad term referring to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening

**Succeed:** Children succeed in PE at APS because we develop a love of all sports and activities and celebrate our learning of skills through competitions and tournaments. Success can be measured in how competently they can deliver skills. Success will be appreciating how learning different physical, social, cognitive, personal and creative skills, provides children with a life skill they can use in the future when carrying out any physical tasks. The application of learning PE to other areas of the curriculum such as broadening their maths and science knowledge will demonstrate success in PE.

In order for this to happen, we use a number of strategies which include:

- Quality-first teaching and modelling of skills.
- Oracy and practical opportunities.
- Cross-curriculum links.
- A progressive curriculum that focuses on both knowledge and skills.
- Inter-cultural special needs knowledge and understanding built into the planning.
- Providing a wide range of high-quality equipment and materials for the children to work with.
- Links with C8 and other Hounslow primary schools.
- Extra-curricular opportunities.
- All staff and children given the opportunity to work alongside experienced (in house and outside agencies) sports coaches.
- All children in KS2, provided with an opportunity to experience PE through fun and interactive extra-curricular activities.

In order for our children to aspire, perform and succeed in PE, we focus on the core values which underpin our school's vision for PE and sport are: friendship, excellence, respect, courage, determination, honesty, fairness, equality and inspiration. Here at APS we provide opportunities for children to express their ideas and thoughts in physical education and to understand and respond, both in speech and in actions. Also, through PE, children are given opportunities to communicate for practical purposes, and to demonstrate good collaborative team work. The application of skills when learning PE is of huge benefit to children in order to continue to develop their physical and mental wellbeing.