

PHYSICAL EDUCATION CURRICULUM INTENT –
PARK ASPIRE

Intent – Implementation – Impact



INTENT

At Park Aspire, Physical Education (PE) is an integral part of our curriculum. It is inclusive for all and aims to sustain the engagement of all pupils. PE increases the activity levels of the whole school through a supportive environment conducive to the promotion of physical activity.

We have designed a PE curriculum that aims to develop an enjoyment of being active, encourage a love of sport and instil the importance of health and well-being through physical activity. We intend our pupils to gain knowledge, skills and competence to participate in a broad range of sports and physical activities.

We aim to deliver high-quality teaching through the use of specialist coaches. We intend to create learning opportunities that everyone can experience success in, within their own ability level, to reach their full potential and personal best.

We aim for all pupils to be physically active for sustained periods of time.

We value the benefits of PE and sport in helping to build children's self-confidence, self-esteem and self-worth, which is character building and essential for pupil development. It is our intent that they will have a greater understanding of the health benefits of physical education so that they can make informed decisions that lead to healthy and active lives.

It is our intention that all pupils have an opportunity to participate in competitive sports and that they are taught to do their best and display good sportsmanship.

Swimming is a vital life skill and is taught during the year, we aim for all pupil to be able to swim at least 25 metres and for all pupils to have a good knowledge of water safety.

We aim to raise the profile of PE, sport and physical activity across school for whole school improvement.

It is our intention that pupils are able to demonstrate the following personal qualities:

- A strong desire to learn and make progress in physical activities
- High levels of dedication and commitment in PE and school sports
- Good levels of positive behaviour, such as fair play and sportsmanship
- High levels of enjoyment, enthusiasm and a strong desire to get involved.

IMPLEMENTATION

This is how we are implementing the Physical Education curriculum and physical activity at Park Aspire:

- Ensuring that the PE curriculum meets the statutory requirements of the National Curriculum.



- School provides pupils with at least 2 hours of curricular physical education during which a broad and balanced programme is provided.
- Providing quality physical activity opportunities both in and outside of curriculum time, maintaining high levels of participation in physical activity.
- Extensive access to an Outdoor and Adventurous programme delivered by the Bradford Adventure Development Team.
- Some pupils have access to further activities, such as: horse-riding, fishing, climbing and boxing.
- The PE curriculum considers the needs and interests of all pupils.
- We are providing resources and equipment which leads to a sustainable impact on pupils learning.
- We have a commitment to ensure safe and effective exercise procedures, including warm ups and cool downs when in lessons.
- We provide safe and stimulating areas in which pupils can be play and be active. Facilities and equipment are available for pupils to use at lunchtimes and break-times and pupils are encouraged to be active at these times.
- We organise specific events such as sports day, intra and inter schools' events which promote and raise the profile of activity and encourage healthy competition.
- We have CALM (KS3) / PACS (Primary) afternoons, which offers additional opportunities to be active on and off site.
- Introduce interventions to the pupils throughout the year to promote physical activity, such as: The Daily Mile, Bleep Test.
- At Primary, our Behaviour Manager is implementing a course of Rugby sessions aimed at teaching both the skills needed for the sport but also the discipline of sportsmanship.



IMPACT

This is the difference the Park Aspire Physical Education Programme will make to its pupils:

- Our curriculum will improve the well-being and fitness of all children at Park Aspire, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Pupils will develop the key fundamental skills which include; running, jumping, throwing, catching and balancing.
- Pupils will be physically literate individuals: with the movement foundations, motivation, confidence, physical competence, knowledge and understanding to be lifelong participants in physical activity.
- Our pupils will understand the importance of health and well-being.
- Our pupils will understand and implement the core values of sport, such as: honesty, sportsmanship, respect, self-belief and resilience. They are able to apply these to sporting scenarios as well as other areas of their lives.
- They understand that both sport and life is competitive and that they are not always able to win, but with perseverance, commitment and a desire to be better, they can improve and reach a personal best.
- All pupils leave with improved water confidence and it is our aspiration that they are able to swim 25m using a recognised stroke.

Overall, Park Aspire pupils leave with the knowledge that sport and physical activity can be fun and should be enjoyed as part of an active healthy lifestyle.