

Physical Education

Intent

At Ashley Hill Multi Academy Trust we aim to provide all pupils with a positive early experience in sport through high quality PE. This includes the opportunity to develop competence and excel in a broad range of physical activities and competitive sports within a safe environment. PE provides children with many physical, psychological, social and cultural benefits that are intended to help children through everyday life. Through engaging lessons and extracurricular activities, we aim to provide pupils with the opportunity to be physically active for sustained periods of time. The intention being, for pupils to leave school with a positive attitude towards physical activity, so they can continue to lead healthy and active lives.

Implementation

These aims are delivered through the teaching of high-quality PE. All pupils are provided with an opportunity to participate in regular physical activity twice a week, as well as engage in a range of extracurricular clubs and activities. Lessons are aimed at developing fundamental movement skills; these are key movements, with importance to sport specific skills and day to day physical activities. Weekly lessons will also help develop ABCs (agility, balance and coordination) through teaching of gymnastics and dance and a wide range of individual and team-based sports. Through participating in these sports, pupils will develop an understanding of different rules and the importance of fair play. Lessons will also provide an opportunity for pupils to develop communication and other social skills, as well as participate in fun and engaging lessons. In lessons, pupils will be encouraged to think about the effects that exercise can have on our bodies and the importance of healthy living. As with many areas of life, many learners will differ in skills and ability. To help achieve aims and objectives, lessons are planned and differentiated to the needs of pupils and will provide pupils with the opportunity to reflect on skills and improve their performance. Teachers are also given this opportunity, with regular professional development and support from sports coaches. The impact of lessons are closely monitored, with pupils' progress tracked through regular assessment. Data is then analysed and provides a basis for future planning and lessons.

Impact

At AHMAT, children enjoy P.E. lessons and develop confidence with using a variety of skills, across a range of sports. Pupils will understand the importance of leading a healthy lifestyle. They will understand that regular physical exercise is important to keep us fit and healthy, as well as having a secure knowledge of a range of ways to keep fit and healthy, which they will sustain in their future lives. At AHMAT, our pupils showcase and celebrate work in PE through an annual Dance extravaganza and sports day. This supports us to show the impact of our curriculum. We also look for evidence through reviewing pupil's knowledge and skills through regular discussions with the pupils and through lesson observations. Formative assessment of P.E. is completed by teachers and learning assistants throughout lessons to assess students' strengths and areas for development against the lesson objectives. At the end of a teaching block, teachers use assessment grids as a summative assessment tool to judge the outcomes of the unit. Summative judgements are entered termly onto Insight by teachers and reviewed by the subject leader and head teacher.