



Aspiring Ashwood

Physical Education

Physical Education

Intent



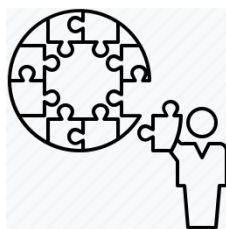
At Ashwood Spencer, we want to fully embed all aspects of our DREAM curriculum into Physical Education and Sports, giving children the opportunity to lead healthy and active lives. We aim to enhance children's health, build character, improve wellbeing and support all children to fulfil their potential. Physical Education and Sports at Ashwood Spencer Academy is inclusive to all. Pupils will be encouraged to not only learn to cooperate, collaborate and compete with others, individually or as part of a team, but will also work towards their own personal goals, whether that be physical, social or emotional. Pupils will gain life-long values that they will take with them beyond their school lives.

Planning



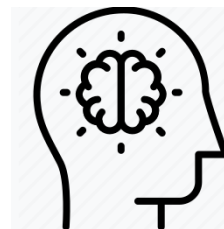
At Ashwood Spencer Academy, PE is planned out for each year group, for each half term. Our high quality PE curriculum enables all pupils to succeed in many kinds of physical activity and builds the foundation for life-long health. Ashwood Spencer's PE curriculum and implementation compliments the National Curriculum programmes of study by providing opportunities for children to participate in a range of activities and outlining clear progression of skills from Foundation Stage to Year Six in Dance, Games, Gymnastics and Athletics. There are also opportunities for pupils to develop emotionally and intellectually through our Outdoor & Adventurous Activities programme. Long term, medium term and short term planning is available for teaching staff to tweak for the children that they teach.

Implementation



Pupils will receive a weekly session of PE led by a specialist sports coach. This session will be planned to enable clear progression of skills and will allow for success for all pupils. Alongside these sessions, pupils will also have access to a range of daily physical activities such as yoga, wake & shake, physical literacy and the daily mile. These sessions will be timetabled and led by class teachers to ensure that all pupils are receiving a significant amount of their recommended exercise with us, in school. In year 5, children receive an additional session of swimming each week throughout the year. All pupils will be encouraged to recognise the importance of their health and both their physical and mental wellbeing.

Assessment



Both teacher and self-assessment will be used during PE. Through the use of the Head, Heart, Hands approach, teachers and pupils will acknowledge the development of not only the physical skills but also the emotional skills, such as determination and resilience, and the social skills, such as team work and collaboration. This gives all pupils the understanding that our physical health is just as important as our wellbeing and allows all pupils to succeed in PE, no matter what their physical abilities. Our assessment process will allow pupils to ask questions of themselves and aim to answer these in the following sessions. It will also allow for pupils to set themselves personal targets and work to reach these. Each term, the coach and teacher make a summative judgement against the strands of PE taught throughout the year. Children who are exceeding or not meeting the expectation are noted and invited to participate in additional

Enrichment



At Ashwood Spencer, we have a broad extra curricular offer to enrich and build the children's cultural capital. The school is affiliated with DCCT in taking part in competitions and festivals across the year with the aim of every child taking part in at least 1. We are also a part of the Spencer Academies Trust and partake in competitions and celebrations with other schools throughout the year. This year, we have grown our offer by inviting external specialists in order to build of children's interests, talents and open up opportunities. This has included martial arts, rock climbing, swimming, basketball and archery. Opportunities for velodrome experiences are planned in as well as Bikeability. This is in addition to the school run sporting extra-curricular clubs on offer.

Linking Learning



Due to the design of our DREAM curriculum approach at Ashwood Spencer Academy, there are a range of opportunities for P.E to contribute to other curriculum areas. The benefits of active and physical learning in the classroom are widely acknowledged in a variety of areas of the curriculum. Not only does it allow core curriculum subjects such as Maths to be taught in an active and engaging way, but it increases concentration in our pupils, allowing them to work to their full potential. Through the use of active learning across school, pupils are receiving an increased percentage of their recommended daily exercise, whilst in school.

Physical Education

National Curriculum



Our physical education curriculum fulfils the requirements of the National Curriculum. All aims and subject content statements are met by the time the children have completed their Ashwood Journey.

The children begin their journey in the early years, with discrete weekly P.E lessons in FS2 and opportunities to create and explore gross motor skills in the continuous provision.

Our physical education curriculum meets the needs of the children and has been designed to ensure that the Ashwood children are getting the best chance to develop their knowledge, skills and love of the subject.

Exceeding Curriculum



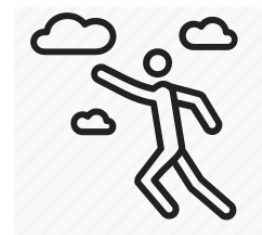
At Ashwood, we have decided to go beyond the National Curriculum statutory requirements for the teaching of physical education. We ensure that the children develop their skills and knowledge outlined in the National Curriculum programmes of study through a wide range of sporting opportunities, ranging from games to orienteering. The children not only build the physical skills, but they also learn how to lead active healthy lives through considering the mental impact of physical activity. We place a strong emphasis on teamwork and communication throughout our P.E provision.

The Ashwood Children



At Ashwood Spencer Academy we aim to promote the essential role that PE, sport and physical activity plays in education and in children's physical and emotional health now and in the future. In Derby almost 1 in 4 children are overweight or obese at the start of primary school, Derby is also above the national average for the proportion of children overweight or obese in Year 6. With this in mind, we have ensured that children have opportunities to improve their fundamental skills, take part in physically demanding activities and build their cultural capital by inspiring them through a range of sports opportunities within school and the wider community.

Ambitious for DP, SEND and EAL



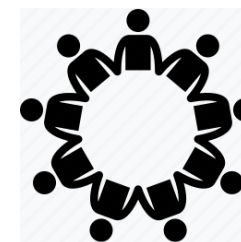
At Ashwood Spencer Academy we aim to encourage all children to reach their full potential and to achieve. We view P.E as being a subject that should be accessible to all children, where they can achieve no matter what their ability, reaching personal targets and being the best they can be without comparing to others. All children will be given equal opportunities in P.E irrespective of race, gender, creed, level of ability or nationality. Sessions will be made accessible to all, whether that is through a adaptive teaching or different levels of support. The sporting competitions we attended are also an inclusive environment, often requiring there to be both male and female competitors from a range of abilities.

How is it challenging?



Physical education at Ashwood presents challenge in different ways to different pupils. As the children have the opportunity to experience, take part in, and learn a variety of sports, each presents their own challenge. The collaborative approach with a focus on mental wellbeing ensures that all children feel supported and successful within PE sessions. Swimming is an aspect that is particularly challenging for our children due to their lack of opportunity to swim before the lessons they receive in Year 5. This has shaped our decision to have year long lessons building water confidence and swimming ability over the year, followed by swimming intervention in year 6 where required.

An Ashwood Sportsperson



Having studied our P.E curriculum, an Ashwood child will leave us with:

- Fundamental physical skills needed to navigate through their KS3 physical education
- A deep understanding of the impact of physical activity on mental health and our bodies
- An opportunity to have developed within a sport that they enjoy
- The knowledge of how to play a variety of sporting games or partake successfully individual sports
- A sense of sportsmanship
- An understanding of the need for collaboration and knowledge and skills in successful teamwork.
- Being able to swim at least 25m