

## **Physical Education at Ashton Gate Primary School**

2023-2024

### **Intent:**

At Ashton Gate we want all children to develop a love of physical activity and, if possible, have an experience of playing competitive sport in some capacity. We believe that sport and exercise play a vital role in not only keeping our children healthy, but also in the promotion of mental well-being, self esteem and is the perfect vehicle for our Ashton Gate curriculum drivers.

We want all of our children to experience a wide variety of sports in their PE lessons and learn vital life skills, like swimming. Through sport, children can learn valuable, transferable skills that can have a positive impact in other areas of their education. Outstanding extracurricular provision is also something we strive to provide and our children and we believe our provision to be broad, stimulating and diverse.

### **Implementation.**

- Instill a love of sport and physical activity.
- Use sport to instill values, such as determination, fair play, resilience, sportsmanship and equality.
- Teach the children to be physically literate and master the basics of human movement and use running, jumping, throwing and catching in isolation and in combination
- Provide the children with the opportunities to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Through PE lessons and extra-curricular activities, develop flexibility, strength, technique, control and balance for example, through athletics and gymnastics).
- Perform dances using a range of movement patterns.
- To take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Impact:**

Children will leave Ashton Gate with a love of exercise and sport. They should be able to manipulate and control their bodies with confidence and apply these skills across a range of competitive games and sports. They will be fully aware of the importance and benefit of physical activity in the contribution to their physical and mental health and well-being.