

PE

In an age where many children spend a lot of time using screens, school's role in providing opportunities for physical activity is crucial. At Ashgate, we have a high number of overweight and obese children so it is particularly important that we make our provision fun, varied and effective. The school DNA thread of *your self* is key to the teaching of PE so we want all pupils to learn how exercise supports healthy bodies and minds. Teamwork, resilience, communication, respect, creativity and strategic thinking are among the key attributes we encourage our pupils to develop during their PE lessons.

Our PE units are taken from the Get Set 4 PE scheme of work and teachers adapt the lesson plans to suit the needs of their class. Throughout all units, pupils develop physical, social, emotional and thinking whole-child objectives. Since these behaviours and attitudes are interwoven throughout all topics, they are not specifically mentioned in the knowledge progression below.

Children have two PE lessons a week but we supplement these with a wide range of other activities. Teachers incorporate bursts of physical activity into and between lessons as this aids our pupils' concentration and many classes also take part in the Daily Mile several days a week. It is our goal for every child in the school to participate in a sports trip during the year.

Throughout the year, pupils have the opportunity to experience a range of sports through after-school and lunch time clubs run by Premier Sports and DCCT. Children also participate in city-wide sports competitions and festivals and, in summer, we hold a competitive Sports Day which is popular with both the children and their families who come to spectate.

We consider cycling to be an important skill at Ashgate and, through balance bike lessons and Bikeability courses, the majority of pupils leave school able to ride a bike in line with our Every Child a Rider motto.

Note: in KS2 there are three types of games which have their own skills progression. They are indicated on the knowledge progression as follows: Invasion Games **(I)**, Net and Wall Games **(NW)** and Striking and Fielding Games **(SF)**.