

# PE at Church of the Ascension Primary School

## What does PE look like at Church of the Ascension?

Children at Ascension develop their knowledge of games, dance and gymnastics and, from KS2, swimming, athletics and outdoor and adventurous activity progressively.

We teach lessons so that children:

- develop fundamental movement skills, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive and co-operative physical activities.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Above all else, we aim to encourage children to live healthy active lives.

Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.

## Examples of Learning

Through our carefully designed curriculum, by the time children leave Church of the Ascension they will have developed a love of sport which will lead to a happy and healthy life, and be encouraged to take responsibility for their own health and fitness. Through representing the school in sporting competitions and taking part in sporting events at school, children will show confidence, resilience, respect and a healthy sporting attitude to competition. Above all else, children will be able to strive to achieve their personal best in all aspects of physical activity.

## Quotes from Children

I think PE helps me be a lot healthier and fitter.

I love PE because it's exercise for your body!

I like the variety of sports that we play.