



Intent, Implementation and Impact Document

Subject: PHYSICAL EDUCATION

CURRICULUM INTENT

At Overstone Combined School, our intent for Physical Education (PE) is to provide a programme that promotes the physical, mental, and social well-being of our pupils. Through our PE curriculum, we aim to develop lifelong habits of physical activity, enhance motor skills, foster teamwork and sportsmanship, and instil a positive attitude towards a healthy lifestyle.

Physical Fitness:

Our primary goal is to improve the physical fitness of our pupils. We will provide a range of activities and exercises that focus on cardiovascular endurance, strength, flexibility, and overall physical well-being. By engaging in regular physical activity, we aim to promote healthy growth and enhance general fitness levels.

Skill Development: We strive to develop fundamental motor skills, coordination, and agility among our pupils. Our PE curriculum will provide a variety of activities, games, and sports that allow pupils to improve their motor skills, hand-eye coordination, balance, and spatial awareness. We will emphasise the importance of practice, perseverance, and continuous improvement to enhance individual abilities.

Sportsmanship and Teamwork:

We believe in the value of sportsmanship, fair play, and teamwork. Our PE programme will foster positive social interactions, teach pupils to respect and support their peers and promote inclusive participation. Pupils will learn the importance of collaboration, communication, and cooperation through team-based activities and sports.

Personal Growth and Self-Confidence:

Our PE programme aims to nurture personal growth and self-confidence in our pupils. By setting achievable goals, providing constructive feedback, and celebrating individual progress, we will help pupils develop a positive self-image and build resilience. Through physical challenges and overcoming obstacles, pupils will learn the value of perseverance and develop a growth mindset.

Inclusivity and Differentiation:

We are committed to creating an inclusive PE environment accommodating pupils of all abilities and backgrounds. Our curriculum will be adapted to meet the diverse needs of our pupils, providing modified activities and alternative options when necessary. We will strive to ensure that every pupil feels valued, respected, and supported throughout their PE experience. At Overstone, we are dedicated to delivering a high-quality PE programme that promotes physical health, skill development, teamwork, and personal growth. By engaging our pupils in a positive and inclusive environment, we aim to instil lifelong habits of physical activity and empower them to lead healthy and fulfilling lives.

CURRICULUM IMPLEMENTATION

At Overstone Combined School, our intent for Physical Education (PE) is rooted in providing a programme that fosters the physical, mental, and social well-being of our pupils. The PE curriculum is designed to instil lifelong habits of physical activity, enhance motor skills, promote teamwork, and cultivate a positive attitude toward a healthy lifestyle.



Programme Goals and Objectives

Physical Fitness:

Our primary goal is to enhance the physical fitness of our pupils through a diverse range of activities and exercises. The focus will be on stamina, strength, flexibility, and overall physical well-being. Regular participation in physical activity aims to promote healthy growth and improve general fitness levels.

Skill Development:

We aim to develop fundamental motor skills, coordination, and agility among our pupils. The PE curriculum will include various activities, games, and sports that encourage the improvement of motor skills, hand-eye coordination, balance, and spatial awareness. Emphasis will be placed on practice, perseverance, and continuous improvement to enhance individual abilities.

Sportsmanship and Teamwork:

Our programme places high value on sportsmanship, fair play, and teamwork. Positive social interactions will be fostered, teaching pupils to respect and support their peers. Inclusive participation will be promoted, emphasising collaboration, communication, and cooperation through team-based activities and sports.

Personal Growth and Self-Confidence:

Nurturing personal growth and self-confidence is a core objective of our PE programme. By setting achievable goals, providing constructive feedback, and celebrating individual progress, we aim to help pupils develop a positive self-image and build resilience. Overcoming physical challenges and obstacles will instil the value of perseverance and foster a growth mindset.

Inclusivity and Differentiation:

Overstone Combined School is committed to creating an inclusive PE environment that accommodates pupils of all abilities and backgrounds. The curriculum will be adapted to meet diverse needs, providing modified activities and alternative options when necessary. Our goal is to ensure that every pupil feels valued, respected, and supported throughout their PE experience.

Implementation Steps:

- Curriculum Design: Collaborate with educators to design a comprehensive and inclusive PE curriculum aligned with our programme goals.
- Professional Development: Provide training for our coaches to ensure they are equipped with the knowledge and skills to implement the curriculum effectively.
- Equipment Procurement: Acquire the necessary equipment to facilitate a wide range of physical activities and sports.
- Communication: Inform teachers, pupils, and coaches about the new PE programme, its objectives, and the importance of active participation.
- Monitoring and Evaluation: Establish a system for ongoing monitoring and evaluation to track pupil progress, gather feedback, and make continuous improvements.

Conclusion:

At Overstone Combined School, our dedication to delivering a high-quality PE programme is unwavering. By implementing this comprehensive plan, we aim to promote physical health, skill development, teamwork, and personal growth among our pupils. Through a positive and inclusive environment, we aspire to instil lifelong habits of physical activity, empowering our pupils to lead healthy and fulfilling lives.



CURRICULUM IMPACT

At Overstone Combined School, our commitment to Physical Education (PE) extends beyond the curriculum. Our intent is to create a transformative experience that positively impacts the physical, mental, and social well-being of our pupils. This impact document outlines the key areas where we anticipate our PE programme will make a difference.

1. Physical Fitness Enhancement

Expected Impact:

- Improved General Fitness: Regular engagement in diverse physical activities will contribute to healthier growth and increased fitness levels.
- Stamina: Targeted exercises will enhance cardiovascular health.
- Holistic Well-being: Activities focusing on strength, flexibility, and overall physical wellbeing will promote a holistic approach to health.

2. Skill Development

Expected Impact:

- Motor Skills: Fundamental motor skills will be honed through a variety of activities, games, and sports.
- Coordination and Agility: Pupils will show improvement in hand-eye coordination, balance, and spatial awareness.
- Continuous Improvement: Emphasis on practice and perseverance will result in enhanced individual abilities.

3. Sportsmanship and Teamwork Cultivation

Expected Impact:

- Positive Social Interactions: Foster an environment that encourages positive social interactions.
- Respect and Support: Pupils will learn to respect and support their peers.
- Inclusive Participation: Team-based activities will instill values of collaboration, communication, and cooperation.

4. Personal Growth and Self-Confidence Building

Expected Impact:

- Positive Self-Image: Nurturing personal growth and self-confidence through achievable goals and constructive feedback.
- Resilience Development: Overcoming physical challenges will build resilience.
- Growth Mindset: Encourage a growth mindset through continuous improvement.

5. Inclusivity and Differentiation

Expected Impact:

- Inclusive Environment: Adapted curriculum and modified activities to accommodate pupils of all abilities and backgrounds.
- Valued and Respected: Every pupil will feel valued, respected, and supported.
- Diverse Needs Addressed: Alternative options will be provided to meet the diverse needs of our pupils.

By focusing on physical fitness, skill development, sportsmanship, personal growth, and inclusivity, we aim to create a positive and lasting influence on the lives of our pupils. Through our commitment to delivering a high-quality PE programme, we aspire to instil lifelong habits of physical activity and empower our pupils to lead healthy and fulfilling lives.