

# Gildredge House PE Vision



We believe in the power of ‘the physical’ - play, active learning, physical activity, physical education and school sport - to enhance and change lives.

We work together with our students and their families to build relationships, provide opportunities and deliver experiences that help all students make positive choices about their physical and mental health.

# Gildredge House PE: Our Mission

We use the power of 'the physical' to build confidence and independence in all learners.

We develop the skills and understanding of our students so that they know more and can do more.

We use 'the physical' to prepare students for the 'next step' in life by offering opportunities for personal development in all key stages.

We ensure that all students have opportunities for challenge and progress, inclusive of SEND, disadvantage and high ability.

# Gildredge House PE: Our Values

## We Are Responsible

**Adapt:** We never stop learning.

- . We know our students and teach for progress
- . We self-reflect and seek, and accept, feedback

**Respect:** We show respect.

- . We are organised, well planned and on time
- . We follow systems and procedures
- . We work together with colleagues and students to 'make it work'

**Commit:** We don't take anything for granted.

- . We plan and look to the future
- . We have the progress and well-being of students as our priority

# Gildredge House PE:

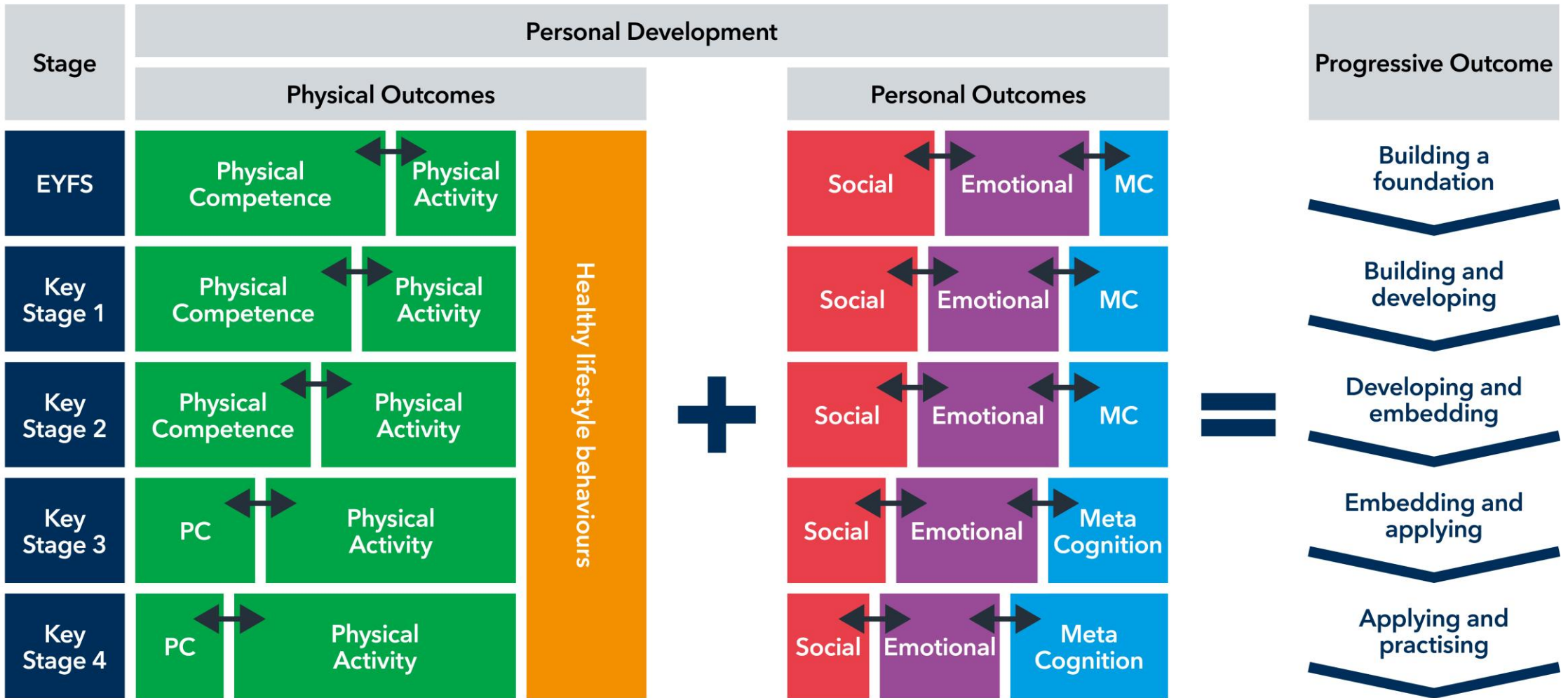
Primary- Play, Challenge, Progress.

Secondary - Performance, Leadership,  
Healthy Active Lifestyle.

Students - Ready, Respectful, Safe.

Staff - Calm, Consistent, Fair.

# NATIONAL CURRICULUM BLUEPRINT



**YST**

**AMBASSADOR SCHOOLS**

**BLUEPRINT**

**EMPLOYABILITY**

**ACHIEVEMENT**

**ATTAINMENT**

**BEHAVIOUR**

**ATTENDANCE**

**PROGRESS**

**OUTCOMES**

**HEALTH AND WELLBEING**

**ENGAGEMENT**

**ATTITUDE TO LEARNING**

**COGNITION**



**CULTURE AND ETHOS**



**APPROACHES**

CONTEXT, SKILLS, VALUES AND PEDAGOGY



**FOUNDATIONS**

**PHYSICAL  
EDUCATION**

**SCHOOL  
SPORT**

**PHYSICAL  
ACTIVITY**

**ACTIVE  
LEARNING**

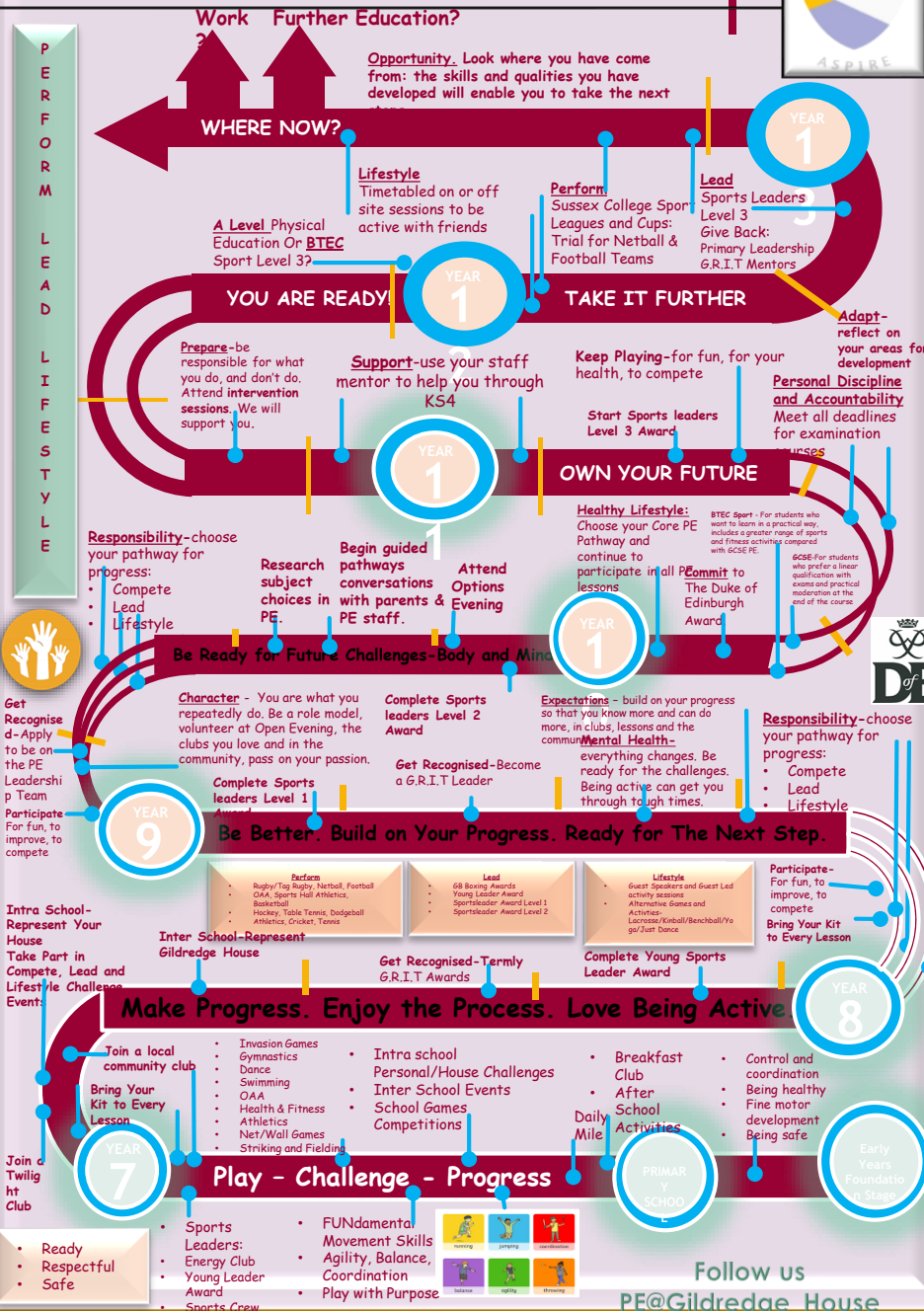


**YOUTH  
SPORT  
TRUST**



# The Gildredge House Learning Journey - Physical Education

Better PE = Better Performers, Better Leaders, Better Lifestyle.





Our Physical and Emotional Wellbeing  
Curriculum  
Physical and Personal Development  
Outcomes



# Early Years Foundation Stage

## PE - Building a Foundation

Physical Development Outcomes	Personal Development Outcomes
Through structured play and PE activities I will learn to take part safely.	Through PE I will learn to work on my own and with others.
I will develop my understanding of what I can do with my body.	I will develop creativity, imagination, language and communication skills.
I will replicate and perform large body movements.	I will develop cognitive (doing) and meta cognitive (thinking) skills.

# KEY STAGE 1. Year 1 and Year 2 PE

## Building and Developing

Physical Development Outcomes	Personal Development Outcomes
Through structured play and PE activities I will learn to take part safely.	Through PE I will develop my understanding how to play with others.
I will develop problem solving skills.	I will learn to demonstrate honesty and fairness.
I will develop fundamental movement skills.	I will learn to demonstrate courage by challenging myself.
I will learn to work with others in cooperative and competitive challenges.	I will learn to show empathy and respect to others.

# Lower KEY STAGE 2. Year 3 and Year 4 PE

## Developing and Embedding

Physical Development Outcomes	Personal Development Outcomes
Through structured games and PE activities I will learn to take part safely.	Through PE I will learn to play with integrity and trust.
I will continue to develop my problem solving skills.	I will learn to demonstrate honesty and fairness.
I will demonstrate development in my fundamental sports skills and will learn to link skills to form movement patterns.	I will learn to demonstrate courage by challenging myself.
I will learn to work with others in cooperative and competitive challenges.	I will learn to show empathy and respect to others and try to understand why things happened.

# Upper KEY STAGE 2. Year 5 and Year 6 PE

## Developing and Embedding

Physical Development Outcomes	Personal Development Outcomes
Through structured sports and PE activities I will learn to take part safely.	Through PE I will develop my self motivation and self discipline and show that I am responsible.
I will continue to develop my problem solving skills and will be able to evaluate and improve a performance.	I will demonstrate my communication skills through making decisions and being reflective.
I will demonstrate development in my fundamental sports skills and will be able to apply them to specific sports and activities.	I will demonstrate courage by challenging myself and encouraging others.
I will be able to work with others in cooperative and competitive challenges.	I will be able to show empathy and respect to others, understand why things happened and suggest how to improve.

# KEY STAGE 2 to 3 Transition

## Year 7 - Developing and Embedding

Physical Development Outcomes	Personal Development Outcomes
Through PE I will learn to take part safely in increasingly challenging recognised and adapted sports.	Through PE I will become confident at working on my own and with others
I will continue to develop my problem-solving skills and will be able to evaluate and improve a performance	I will demonstrate enthusiasm for learning, allocating my time and developing my personal organisation
I will continue to develop and learn how to apply, combine and refine fundamental movement sports skills.	I will demonstrate resilience by challenging myself and encouraging others
I will be able to work with others in cooperative and competitive challenges.	I will show empathy and respect to others and demonstrate understanding of why this is important.

# KEY STAGE 3

## Year 8 & 9 Embedding and Applying

Physical Outcomes	Personal Development Outcomes
Through PE I will take part safely in physically and intellectually challenging sports and activities.	Through PE I will develop resilience and interpersonal behaviours to help me make informed choices.
I will continue to develop my problem-solving skills and understand what makes an effective performance.	I will continue to develop a growth mindset through seizing new opportunities to learn and having a desire to succeed.
I will develop confidence and competence in applying techniques to a range of sports and activities.	I will support others in their learning and contribute to and provide ideas.



# KEY STAGE 4 and 5

## Year 10 -13 Applying and practising

Physical Development Outcomes	Personal Outcomes
Through PE I will learn to embed healthy physical activity habits.	Through PE I will be self-motivated, articulate and passionate.
I will make lifestyle choice that prepare me for further learning.	I will learn to build my mental health and learn to manage pressure, training or work environments where work readiness, wellbeing and pressure are daily factors.