

Park Aspire AP Academy – Physical Education Intent Statement

"Individually we ASPIRE, together we EXCEED"

At Park Aspire AP Academy, pupils join us with varied experiences and confidence levels in Physical Education (PE), often due to disrupted learning. Our bespoke PE curriculum rapidly closes gaps through inclusive and engaging opportunities, developing essential skills for healthy, active lifestyles.

We believe PE supports holistic growth, positively impacting emotional wellbeing, resilience, and self-esteem. Pupils build vital qualities such as perseverance, teamwork, respect, and sportsmanship, empowering them physically and emotionally.

Key Principles of Our PE Curriculum:

1. **Inclusive and Accessible:**

All pupils, regardless of ability or placement duration, confidently engage in high-quality physical activities, achieving personal success through structured support.

2. **Closing Gaps and Physical Literacy:**

Pupils quickly develop fundamental physical skills in movement, coordination, and water safety through structured sports, Outdoor Adventurous Activities, and fitness programmes.

3. **Character and Lifelong Well-being:**

Pupils learn resilience, respect, fair play, and perseverance, understanding the emotional and physical benefits of active lifestyles, encouraging lifelong participation.

Success Measures

We evaluate the success of our PE curriculum through:

1. **Engagement and Participation:**

Increased pupil involvement, confidence, and enjoyment in physical activities, demonstrating improved physical literacy.

2. **Skills and Knowledge Development:**

Pupils rapidly develop fundamental physical skills, water safety awareness, and fitness, applying these both in and beyond lessons.

3. **Personal and Emotional Growth:**

Pupils show enhanced resilience, teamwork, sportsmanship, and self-esteem, supporting lifelong engagement in physical activity.

At Park Aspire AP Academy, our Physical Education curriculum empowers pupils to become confident, active, resilient individuals who value lifelong health and well-being.



We support each pupil to ASPIRE to their potential, achieve 'PERSONAL EXCELLENCE' and EXCEED their expectations.

PRIDE, ACHIEVE, RESPECT, KINDNESS

