



A voyage of discovery - we're sailing to success together... PE



I N T E N T	AIMS		
	It is our intention to develop our children's passion and desire to stay healthy and active through the Physical Education curriculum. We aim to develop confident children, who are keen to try new activities or sports. We hope to help our children to have a positive attitude to PE. Sport and PE has been strongly linked to reducing anxiety and stress, which is extremely important for our children.	Through Real PE we aim to introduce the 6 cogs: personal, social, cognitive, creative, physical and health and fitness goals. The children learn not only skills, they also learn how to praise, to work in a team, to self-analyse, to think and to create.	Children will experience fun, well planned, engaging lessons which give them a positive experience of PE.

I M P L E M E N T A T I O N	APPROACH: Holistic, physical, well-being, healthy lifestyle, intellectual, personal, social, emotional, spiritual, moral and cultural		
	Our children will be active in many ways, from exploring the outside classroom to learning how to ride a balance bike. Alongside this they will begin their 'Real PE Journey'. Real PE is, first and foremost, a philosophy and approach which aims to transform how we teach PE in order to include, challenge and support EVERY child. It also develops the key abilities children need to be successful within PE and Sport across the curriculum and has a whole school approach with assessment framework, curriculum maps, schemes of work and simple assessment tools.	Personal Cog Building self-belief and confidence, learning that if at first they don't succeed, they try again. This also builds the children's understanding of how to follow tasks and practise them safely.	Social Cog Working with others in PE. Can they praise and encourage others in their learning? Can they work sensibly and take turns with peers? Also, can they share and play with children correctly?
		Cognitive Cog Ordering instructions, movements and skills, the children will be able to recognise similarities and differences within performance and can explain why someone is working or performing well.	Creative Cog Linking and connecting movements or skills, the children will be able to explore and describe different movements as well as observe and adapt certain skills.
		Physical Cog Performing a range of skills with control and consistency, children can change the speed and direction of the skill and link them together.	Health and Fitness Cog Looking at the body and how it works and reacts, children can tell how their body feels before, during and after exercise and will understand the benefits exercise brings.

I M P A C T	CHILDREN MAKE EXPECTED OR GREATER THAN EXPECTED PROGRESS		
	Through the Real PE assessment wheels, the progress of the child can be monitored carefully.	Children at Trafalgar Community Infant School speak in a positive way about their PE learning and enjoy PE lessons. They will also learn important life lessons, on how to cope with losing and how to praise, support and encourage others. As well as a stronger mental attitude, so they can tackle tasks head on and take risks with their learning, Real PE supports children in having positive mental health.	The 6 cogs support the curriculum by examining all areas of the child and work closely with all other core subjects they will learn throughout their school life.