PE, School Sport and Physical Activity

Intent, Implementation and Impact 2026–2027

The Rowan Way | The Power of One | Find Your One

At The Rowans, we believe that physical education and sport can make a meaningful difference to a young person's life. Through **The Power of One**, we recognise that one positive relationship, one successful experience, one opportunity or one sport can change how a pupil sees themselves.

Our ambition is for every pupil to **Find Their One** – a sport or physical activity that provides enjoyment, confidence, belonging, challenge, achievement or a positive way to support their wellbeing.

Alongside developing physical competence, our curriculum develops the whole child through **The Rowan Way** and our values of **Kindness, Commitment and Resilience**.

INTENT

What is The Rowans aiming to achieve through its Physical Education curriculum?

- **To help every pupil Find Their One.** Pupils experience a broad range of sports and physical activities so they have the opportunity to discover something they enjoy, value and could continue beyond school.
- To provide a **broad, ambitious and inclusive PE curriculum** that gives pupils opportunities to participate, experience success and develop a positive relationship with physical activity.
- To develop pupils' **physical competence and confidence** through increasingly secure skills and techniques across a range of individual and team activities.

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- To develop pupils' knowledge and understanding of **rules, tactics, strategies and decision-making**, enabling them to increasingly understand not only *how* to perform but *when and why* different approaches are effective.
- To help pupils recognise how knowledge, skills and tactical principles **transfer between different sports and activities**.
- To develop pupils' understanding of **health, fitness and wellbeing**, including the importance of leading a healthy and physically active lifestyle.
- To help pupils understand how physical activity can positively support **physical health, mental wellbeing, confidence, emotional regulation and social connection**.
- To use sport to develop **self-esteem and self-belief**, providing pupils with meaningful opportunities to recognise their strengths and experience success.
- To develop pupils' ability to respond appropriately to **challenge, mistakes, winning and losing**, recognising these experiences as opportunities to develop resilience and emotional regulation.
- To identify and **reduce barriers to participation**, rebuilding positive relationships with PE for pupils who may have experienced previous disengagement or negative experiences of sport.
- To deliberately develop **The Rowans values of Kindness, Commitment and Resilience** through teamwork, competition, leadership, challenge and responsibility.
- To develop wider personal skills including **communication, respect, teamwork, independence and leadership**, preparing pupils for education, employment and adult life.
- To provide meaningful opportunities for pupils to experience **competition**, represent The Rowans and develop pride in themselves, their team and their school.
- To raise aspirations by exposing pupils to **enrichment, community sport, sporting organisations, qualifications and careers** connected to sport and physical activity.
- To provide appropriate KS4 pupils with the opportunity to achieve a **recognised qualification in sport**, supporting progression into further education, training or employment.

- To develop the confidence, knowledge and motivation required for pupils to **remain physically active beyond The Rowans**.

Our Intent is simple:

Develop the person, not just the performer.

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We want pupils to leave The Rowans knowing more, being able to do more and having a more positive relationship with physical activity than when they arrived.

IMPLEMENTATION

How is The Rowans Physical Education curriculum delivered?

- Pupils have access to a **broad Physical Education curriculum informed by the National Curriculum**, with teaching appropriately adapted to individual starting points, needs and barriers to participation.
- Across KS3 and KS4, pupils experience activities from key areas of learning including **invasion games, net and wall activities, striking and fielding, athletics, outdoor and adventurous activities, and artistic and creative physical activities where appropriate**.
- Curriculum breadth is deliberate. Providing different experiences increases the opportunity for every pupil to **Find Their One**.
- The curriculum is **progressively sequenced**, allowing pupils to build upon previous knowledge, skills and experiences as they move through The Rowans.
- Important knowledge and skills are deliberately revisited across different activities. This helps pupils **remember previous learning, make connections and apply what they know in new situations**.
- Our curriculum develops three connected areas:
  KNOW IT – rules, terminology, techniques, tactics, health, fitness and safety.
  DO IT – perform skills, apply tactics, compete, lead and officiate.
  THINK IT – make decisions, solve problems, analyse performance and understand how to improve.
- Lessons are designed to provide **appropriate challenge and meaningful success**. Pupils are expected to make progress from their individual starting points.
- Teachers adapt equipment, space, rules, groupings, communication, task complexity and levels of support where necessary. **Adaptation removes barriers without removing ambition.**
- Positive relationships, clear expectations and consistent routines create an environment in which pupils feel safe to participate, make mistakes, accept challenge and try again.
- Assessment is used to identify **what pupils know, what they can do and what they need to learn next**.

- Teachers assess learning through observation, questioning, practical performance, tactical application, decision-making and pupils' ability to explain and evaluate performance.
- Progress is not measured solely by natural sporting ability. Pupils can demonstrate progress through improved **knowledge, technique, decision-making, tactical understanding, independence, leadership and application of previous learning**.
- **The Rowan Way is reinforced through authentic sporting experiences.** Kindness is developed through respect and teamwork; Commitment through practice and sustained effort; and Resilience through challenge, mistakes, competition and setbacks.
- Competition is used appropriately within lessons, house events, sports day and external opportunities. Pupils are taught to **win with respect and lose with resilience**.
- Pupils have opportunities to **represent The Rowans** and participate in appropriate local sporting events and competitions.
- The curriculum extends beyond lessons through **extracurricular activities, enrichment, sporting trips, external specialists, community opportunities, house competitions and leadership experiences**.
- PE staff work with the wider school team to identify pupils who may benefit from **targeted physical activity and PE intervention** to support engagement, confidence, relationships or wellbeing.
- At KS4, appropriate pupils can study a **recognised sport qualification**. Qualification pathways are reviewed to ensure they remain appropriate, ambitious and relevant to the needs and aspirations of each cohort.

- Pupils are introduced to **careers and progression routes** within sport, health, fitness, leisure and physical activity, supporting their understanding of opportunities beyond school.

IMPACT

What difference is The Rowans Physical Education curriculum making?

The impact of PE at The Rowans is measured through more than sporting performance. We consider what pupils **know, can do, can apply and how they are developing as young people**.

Pupils KNOW more

- Pupils increasingly remember and understand important **rules, techniques, tactics, terminology and health and fitness concepts**.

- They make connections between different activities and recognise how previous learning can help them solve new problems.
- Pupils increasingly understand **why physical activity matters** and how it can support their physical and mental wellbeing.

- Pupils understand how practice, effort and feedback contribute to improvement.

Pupils CAN DO more

- Pupils demonstrate increasing **physical competence, confidence and control** across a range of activities.
- They increasingly select and apply appropriate skills and tactics rather than simply performing skills in isolation.
- Pupils become more confident when **making decisions, solving problems, competing, leading and officiating**.

- They participate with increasing independence and take greater responsibility for their own learning and performance.

Pupils GROW

Through **The Rowan Way**, pupils increasingly demonstrate:

KINDNESS – supporting others, communicating appropriately, including teammates and respecting opponents.

COMMITMENT – practising, maintaining effort, accepting feedback and working towards improvement.

RESILIENCE – responding more appropriately to mistakes, setbacks, challenge, winning and losing.

These skills transfer beyond PE and support pupils in their wider education, relationships, future employment and adult life.

Pupils BELONG

- Pupils experience being part of teams, groups, house events and the wider school community.
- Opportunities to represent The Rowans develop **pride, responsibility and a sense of belonging**.
- Extracurricular activities and enrichment allow pupils to develop relationships with different pupils and adults.

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- Pupils learn that their behaviour and contribution can positively influence the experiences of others.

Pupils understand THEIR FUTURE

- Pupils understand how physical activity can form part of a **healthy and active life beyond school**.
- KS4 qualifications provide appropriate pupils with opportunities for further study and progression.
- Careers and enrichment broaden pupils' understanding of opportunities within **sport, health, fitness and related industries**.

- Links with community sport help pupils understand where and how they can continue participating after leaving The Rowans.

FIND YOUR ONE

Our long-term measure of success

Our greatest ambition is for pupils to leave The Rowans with a **more positive relationship with physical activity than when they arrived**.

We want every pupil to have had the opportunity to find something that works for them.

For one pupil, that might be a team sport that provides belonging.

For another, running may help them manage their wellbeing.

Another may discover confidence through fitness, athletics or racket sports.

Another may discover that they enjoy leading, coaching or officiating more than competing.

The activity will be different for every pupil.

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The connection is what matters.

The Power of One

One positive relationship can build trust.
One opportunity can create engagement.
One challenge can develop resilience.
One success can build confidence.
One team can create belonging.
One sport can become part of a young person's life.

At The Rowans, PE is about more than developing better performers.

It is about using the power of physical activity to help young people **find something they enjoy, recognise what they are capable of and grow into healthier, more confident and more resilient individuals.**

The Rowan Way. The Power of One. Find Your One.