

FreshSteps Curriculum Intent: Physical Education

At FreshSteps Independent School, we want to ensure all students enjoy participating in PE lessons by taking part in an active, healthy and engaging curriculum. We aim to give our students knowledge of a wide range of sports to support their development with their skill and ability. Furthermore, we aim to boost all students' confidence through sport.



Throughout all phases in FreshSteps, a variety of provisions have been put in place for students to be actively involved in. Some of these provisions are swimming, boxing, horse-riding, and football development & coaching at a 3G Astro Turf.

FreshSteps has a school football team, who have already participated in several matches against multiple schools. The students are provided with a fully equipped gym and opportunities to take part in sports clubs before/after school hours. These activities allow students to develop a range of skills such as teamwork, communication, resilience, and motor skills.

Students within the school are given the opportunity to use their skill and ability to gain AQA Unit Awards. Several KS4 students have had experience delivering their own sessions to other students and had opportunities to represent the school as Sports Ambassadors. At FreshSteps, we continue to look for ways to continuously engage the students in physical activity and ultimately have fun whilst doing so!

