

PE Curriculum Intent 24-25

FreshSteps is dedicated to offering a high-quality physical education (PE) curriculum that inspires students to excel in sports and other physically demanding activities. The curriculum covers a wide variety of activities, encouraging pupils to develop mastery of essential skills and techniques. The emphasis is on fostering physical confidence, promoting health and fitness, and encouraging students to take ownership of their lifelong well-being.

The school's ethos promotes sustained physical activity, with lessons designed to keep students moving for extended periods. This is paired with the goal of instilling the importance of maintaining healthy, active lifestyles.

Significant investment has been made in sporting facilities, including a new Sports Arena featuring an indoor pitch and a gym designed to improve agility and strength. Plans are in place to expand outdoor areas for sports like football, tennis, and netball in the summer.

In addition to regular PE lessons, FreshSteps offers enrichment activities like boxing at Joe's Boxing Club, horse riding at Lee Valley Riding Centre, football, and team games at local parks, making use of the surrounding Enfield area.