

P.E ROAD MAP

Creating Motivated Movers

NEXT STEPS

To discover what physical activity means to you—whether that's competitive sport, healthy recreation, or choosing PE as a future subject.

YEAR 7 - RESILIENT PARTICIPANTS

Aim: To stay focused and bounce back from challenges, showing determination in both individual and team settings.

YEAR 5 - EXCITED EXPLORERS

Aim: Show the benefits of movement through high quality P.E, enriched experiences across a range of activities.

YEAR 8 - DEVELOPING LEADERS

Aim: To show leadership by setting a positive example, supporting others, and making confident decisions in PE.

YEAR 6 - MINDFUL COMMUNICATORS

Aim: To work well with others through cooperation by actively listening, encouraging teammates, and using feedback to grow and improve as a team.

At Initio Learning Trust, PE is more than just physical activity, it's about **growing as people**. We follow the **Head, Heart, Hands** approach in every year group to help students become better movers and better people:

- **Head:** We think, solve problems, and understand why movement matters.
- **Heart:** We show ambition, courage, respect, teamwork, and resilience.
- **Hands:** We develop our physical skills and apply them with purpose.

Together, these help our pupils enjoy movement, stay active, and build character for life—in sport and beyond.