

“Champions are made from something they have deep inside them-a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill.”

Muhammad Ali

Personal, Social and Health Education

The school believes that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being. A broad and balanced physical education curriculum is intended to provide for pupils' increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. Progressive learning objectives, combined with sympathetic and varied teaching approaches, endeavour to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all pupils. Through the selection of suitably differentiated and logically developed tasks, it is intended that pupils, irrespective of their innate ability, will enjoy success and be motivated to further develop their individual potential.

A balance of individual, paired and group activities, in co-operative, collaborative and competitive situations, aims to cater for the preferences, strengths and needs of every pupil. Such activities, experienced within a range of areas of activity, aim to promote a broad base of movement knowledge, skills and understanding. They are also desirous of developing a pupil's ability to work independently, and to respond appropriately and sympathetically to others, irrespective of their age, gender, cultural or ethnic background. The activities offered and the differing teaching approaches adopted seek to provide pupils with opportunities to develop their creative and expressive abilities, through improvisation and problem-solving. Pupils are encouraged to appreciate the importance of a healthy and fit body, and begin to understand those factors that affect health and fitness and wellbeing.

Intent:

- Improve physical strength, stamina, flexibility, coordination and fitness
- Improve mental wellbeing
- Build positive and appropriate relationships through sport and exercise
- Build confidence
- To enjoy all elements of competition, including winning and losing
- Have fun
- To explore the cross-curricular links between sport, maths, science and diet
- To practice individual and team sports

Implement

- PE curriculum delivered by LPESSN
- Regular swimming sessions
- Support and understanding with the various progressions
- Upskilling adults to support with the above
- Increased practice time
- Exposure to a variety of fundamental physical skills, sports and disciplines

Impact:

- Improved physical, emotional and mental wellbeing
- Improved social skills
- Unlocking and discovering potential
- Belonging
- Pride
- Increased integrity, perseverance, discipline, determination