## PHYSICAL EDUCATION AND SPORT

OVERALL AIM: We aim to develop and deliver a PE curriculum that develops pupils physically, socially and emotionally. Improving physical, social and emotional well-being through physical activity and sport is at the core of the PE curriculum. We offer a broad and balanced curriculum that helps prepare pupils for opportunities, responsibilities and life experiences. We endeavour to break down and overcome barriers to learning that our students may experience, enabling them all to make progress and feel a sense of achievement.

**ACADEMIC** 

Pupils are given opportunities to develop life skills, preparing them to be independent, resilient and confident young adults. We enable pupils to be part of a team, feel valued and connect to others around them. We provide opportunities for pupils to advance physically in their sporting performance and physical fitness. We encourage and instil confidence for pupils to stay fit and adopt a physically healthy lifestyle and routines. Our teaching aims to expand academic knowledge and understanding that will give confidence to pupils to adopt a healthy lifestyle.

**INNER** 



**SOCIAL** 

We develop emotional and social well-being through physical activity. We aim to educate and promote healthy lifestyles, habits and choices. Support and engage pupils to be able to recognise, manage and regulate their emotions during different and challenging situations.