



## Physical Education

<b>Intent:</b>	<p>At Acklam Whin we have developed a PE culture that runs throughout our school. The aim of our PESSPA program is to</p> <ul style="list-style-type: none"><li>• Develop competence to excel in a broad range of physical activities</li><li>• Engage in competitive sports and activities.</li><li>• Learn to work independently and as part of a team</li><li>• Lead healthy, active lives</li></ul> <p>We challenge our pupils to improve their physical, social, emotional and thinking skills in every PE lesson to help develop our children into confident sports men and women. We offer a fully inclusive PESSPA program to ensure that all of our pupils can access PE lessons and activities. We also ensure that our children are aware of the 6 school games values: passion, self- belief, respect, honesty, determination and teamwork.</p> <p>Our children will have access to our Outdoor Classroom where they can develop their knowledge and understanding, the forest school activities provided in our outdoor classroom have been thoughtfully planned to promote our children's confidence, communication, motivation, physical and social skills.</p>
<b>Implementation</b>	<p>Our curriculum states that children should be able to master certain movements by the end of each key stage by participating in different subject content. Our EYFS/KS1 curriculum is designed so that our children can develop and master basic fundamental movements and apply them in a range of activities. This is taught through units such as fundamentals, games and racquet and ball skills as well as gymnastics. Children are encouraged to explore during PE lessons using different equipment and techniques.</p> <p>In KS2 we want our children to progress and achieve mastery in PE lessons. We challenge our pupils to think for themselves and recognise how they can improve their physical and social skills. Children are taught the correct techniques to ensure that they can achieve competent or mastery level in that particular unit.</p> <p>Children from Reception to Y6 have at least 2 hours of timetabled PE per week. Our PE lessons offer a clear progression which allows our children to achieve their personal best in each lesson. Our children are offered opportunities to discuss their work with others during and at the end of PE lesson developing their PE related vocabulary and social skills.</p>
<b>Impact</b>	<p>The impact of our PESSPA Program should see our children leaving Acklam Whin as physically competent young adults who have developed a lifelong passion for sport and physical activity. Our children will have sampled a wide variety of activities in school and furthered their interest through our club links program, developing their social and emotional skills. We want our children to push themselves and progress their performances in competitions festivals.</p> <p>Our pupils will also have a high level of physical literacy when leaving Acklam Whin.</p>

	<p>Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity. Enabling them to be physically literate supports their development as competent, confident and healthy movers. As a result of our PESSPA offering our pupils will want to lead healthy active lives. We also hope that children pass on these lessons to adults at home, this helps to develop a happy healthy community.</p>
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