

# PHYSICAL EDUCATION

## Intent

At Roundwood School and Community Centre we believe that PE is essential to a student's physical health and mental wellbeing.

We work collaboratively with local providers to ensure all children have the opportunity to engage safely and fully in PE through a creative and differentiated approach.

Our PE programme has been designed to develop our children's physical confidence and abilities so they can progress at levels appropriate to them.

We aim to have a strong emphasis on physical activity rather than sport as we deem this is where lifelong positive attitudes to keeping fit and healthy will develop. We hope all children will leave us with the knowledge and willingness to take part in physical activity into their adulthood.

We hope that by the time our children finish KS3 and move up to KS4 they have the basic skills to progress onto a more sport-based PE curriculum where they will be given the opportunity to achieve a Leadership Skills qualification by the time they leave us.

We will be providing all our children with access to differentiated PE lessons where our objectives in the teaching align with the *National Curriculum*. We aim to ensure all students:

- *Will develop experiences in a broad range of physical activities*
- *Are physically active for sustained periods of time*
- *Have the opportunity to engage in competitive sports and activities*
- *Understand, lead and promote healthy, active lives*
- *Build self-esteem, confidence and resilience*

## Implementation

PE lessons at Roundwood School and Community Centre encourage the social, emotional and thinking skills needed to live independent lives with a strong emphasis on children firstly competing against themselves before others. We want them to be able to accept both winning and losing positively.

Children will have at least 2 hours of PE per week. The curriculum will follow the National Curriculum and will be complemented with offsite activities and ample opportunity for the development of social skills. During nurture times, the children will often choose to go outside, further developing their physical health and wellbeing.

There will be consistency in the structure of lessons to support our children's needs including an introduction with learning objectives, a warm up, skill development activity, a game implementing the skill developed and a plenary including a self-evaluation. All lessons will be inclusive and activities will be differentiated.

In KS3 students will take part in offsite activities such as sailing, swimming, BMXing and wall-climbing. These outings will be linked to their social skills curriculum giving them a platform to apply and consolidate these skills.

In KS4 students taking the Sports Leadership qualification will lead sporting activities which they will be assessed on. They will also work collaboratively to lead any multiage Sports Activities.

## Impact

Our students' at Roundwood School and Community Centre have fantastic knowledge of what a healthy and active lifestyle look like. They are able to work as part of a team and show good sportsmanship.

The students' are physically active and understand the impact this has on their wellbeing and physical health through strong links with PSHE.

Through our PE curriculum offer, some of our children are able to complete a Sports Leader qualification at either Level 1 or 2 depending on their ability. They develop their leadership skills and are able to help run fun, motivating events.

We hope that students leaving Roundwood School and Community Centre in Year 11, go on to have a happy and healthy lifestyle and are able to apply the skills they have learnt through PE to support this.

## Student voice:

"PE is fun, we learn different skills and new sports that we haven't done before; mud running at Nuclear Races was fun!" Ethan - Year 11

"PE is a fun learning experience, a friendly environment and helps with our social skills." Pele - Year 10