

Physical Activity Intent

Our curriculum provides all pupils the chance to develop their understanding and competency in a variety of sports and physical activities. This will enable them to enhance their physical ability, build resilience and help to embed our core values of character, curiosity, confidence and creativity, whilst offering the pupils the chance to consistently challenge themselves and each other. Within the curriculum pupils will learn about: - Football, Climbing, Boxing, Cycling, Raquet Sports, Swimming, Hiking and Orienteering. Our aim is to create an environment where the pupils can build and develop confidence in a range of different sports and activities and adopt a positive attitude towards their own physical health not only during their time with us, but that will provide the basis for lifelong participation. They develop the ability to take the initiative, lead, organise, officiate and instil good sporting attitudes in themselves and others. Our pupils' ability to remain physically active for sustained periods is encouraged. Pupils discover the importance of exercise in maintaining long-term health and emotional well-being. We celebrate the pupils' successes and encourage reflection on how to improve. We give our pupils opportunities to strive for achievement in competitive sport and other physically-demanding activities. The curriculum provides opportunities for our pupils to become more physically competent to support their health, fitness and wellbeing.