



PE in the Believe (Post 16) Pathway

Wilson Stuart School
A Special Academy



Rationale:

Physical Education (PE) and Physical Development (PD) are a fundamental part of education at Wilson Stuart School, it is made up of three strands across the curriculum: PE/PD Lessons, Swimming and Physical ME in 45. It is more than just physical activity it about is educating each student through the physical and developing their understanding and skills. Its focus is specifically on improving and embedding essential life skills that will support each student to becoming as independent as potentially possible.

"To provide quality experiences that grow young people's confidence, competence and motivation to be physically active for life, in a way which supports their health, wellbeing and supports them to meet the demands of their environment."

It is our INTENT to deliver child centred PE curriculum which has an emphasis towards a fundamental skills based approach, to develop their sensory and motor building blocks for learning to support them with their development towards adulthood. Students will be encouraged to develop an understanding for a healthy active lifestyle through a broad and balanced programme of adapted sports, activities and physical development programmes which will aim to engage and include all students to work and achieve together, developing transferable skills which can be applied to all areas of their learning journey.

We will be committed to inspire and challenge our children to become as independent learners as possible who value and respect themselves and others. All of the intent links to the bigger picture of our school aims and values of preparing each student for adulthood and their individual personal development through our golden thread CIRCLE.

This knowledge, skills and positive character strengths will be IMPLEMENTED and developed in a PE supportive environment, with positive role models facilitating their learning through a broad and balanced curriculum that is personalised for their individual needs.

The IMPACT of pupil progress and success will be achieved by knowing each and every child's needs, making them feel safe and valued to learn at their own pace and level, ensuring that as they learn they know how to improve and realise what they need to do to be physically literate.

PE in the 'Believe' Pathway

| Intent | Implementation | Impact |
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| <ul style="list-style-type: none"> • To provide them with the information to make good decisions about their own physical and mental wellbeing. • Reinforcing the link between good physical health and good mental wellbeing. • Able to self-control and the ability to self-regulate – to enable them to become confident in their ability to achieve well and persevere even when they encounter setbacks and challenges. • To develop the tools and understanding required to make a positive impact in their own physical health and well-being. • To experience a wide variety of physical opportunities which will enhance life-long fitness and life choices and where and how to maintain them outside of the school day. | <p>We will achieve our intentions by:</p> <ul style="list-style-type: none"> • Provide a safe and supportive environment for pupils to flourish in a range of different physical and mental activities which are essential in supporting their physical, emotional, spiritual, social and moral development. • Having a daily routine of physical and mental health – reinforcing the characteristics of good physical and mental health/exercise and going outdoors. • Providing the opportunities to go out into the community for leisure experience and engage in activities in their local community. • Broad range of adapted sports and physical activities opportunities. • Swimming programme. • Taking part in competitions inside and outside of school. • Physio programmes including standing and mobility where applicable. • Sports leadership opportunities to develop transferable skills. | <p>The impact of the 6th form Pathway provision is demonstrated through the development of pupils who are:</p> <ul style="list-style-type: none"> • Healthier in mind and body – more resilient and independent in their everyday and future life. • Able to understand how to lead a healthy lifestyle, achieved by eating sensibly, exercising regularly and implement the importance of this in promoting long-term health and well-being. • Have the skills to organise and setup their own activities and play for fun with their peers. |