



PE in the Challenge Pathway



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 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 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 'Challenge' Pathway

Intent	Implementation	Impact
<p>Through the Challenge Pathway, we aim to ensure that our students are:</p> <ul style="list-style-type: none"> • Able to show self-control and have 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. • Able to develop the tools and understanding required to make a positive impact in their own physical health and well-being. • Provided 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 participate in and enjoy different forms of formal games based physical activity. • Able to participate in and enjoy different formal, competitive sports. • Able to be actively responsible for the safe setting up of the session and maintenance of all equipment and to move and handle equipment safely. 	<p>We achieve our intentions by:</p> <ul style="list-style-type: none"> • Providing a safe and supportive environment for pupils to flourish in a range of different physical activities which is 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. • Pupils are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators. Thus, embedding life-long values such as co-operation, collaboration and equity of play. • Physio programmes including standing and mobility where applicable. • Swimming following the STA awards programme. • Having a broad range of adapted and inclusive PE activities. • Taking part in competitions inside and outside of school. • Being given opportunities to take on leadership roles and develop skills leading their peers in activities and competitions. 	<p>The impact of the Challenge Pathway provision is demonstrated through the development of students who are:</p> <ul style="list-style-type: none"> • Able to understand how to lead a healthy lifestyle and implement the importance of this in promoting long-term health and well-being. • Healthier in mind and body – more resilient and independent in their everyday and future life. • Take on sports leadership roles in lessons, at events inside and outside of school.