

PE at Stony Dean – May 2024

Intent

Stony Dean school believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure pupils attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities, using the national curriculum, that inspire all pupils to succeed in physical education and in developing life skills. We want to teach pupils how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all pupils, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Implementation

- To increase confidence in all our pupils through a wide range of activities.
- Pupils receive 4 lessons of PE attended in 2 double periods. This equates to 3.20hrs of PE per week not including break and lunchtime activities or extra-curricular activities.
- Covering over 18 different sports or activities over the year
- Activities change every 4 weeks to keep lessons focussed and activity high, using a range of team and individual sports.
- To offer our pupils the experience of trying a wide range of activities, with a mix of individual and team activities.
- For our pupils to be able to access fitness equipment independently using our school Gym, in preparation for adulthood and to promote fitness.

Impact

We help motivate pupils to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our pupils learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our pupils with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE. We link our physical health with our mental health and use this to encourage growth mind sets and well-being.

- Develops student's self-confidence through Physical activities
- Pupils will enjoy sport and will seek additional extra-curricular activities both school and external to school related.
- Participation levels in PE will be 100%.
- Pupils will show a good understanding of healthy eating.
- Pupils will use fitness and sports to improve their physical and mental health throughout their lives.