



Physical Education Curriculum

Vision

At Holly House School, we endeavour to use Physical Education to enhance pupils' learning experiences and support their development as individuals.

We understand the positive impact that physical activity can have on physical health, emotional wellbeing, confidence and social development. We aim to provide pupils with opportunities to experience success, enjoyment and challenge through a broad range of physical activities.

We want Physical Education to enable our pupils to develop physical competence, resilience, independence and teamwork. Through participation in meaningful and inclusive activities, pupils are encouraged to take risks, challenge themselves and develop a lifelong appreciation of healthy and active lifestyles.

Intent

This curriculum will develop a positive attitude towards physical activity, sport and healthy living. Pupils develop fundamental movement skills, coordination, balance, strength and control whilst learning to communicate, cooperate and reflect on their performance. The curriculum ensures that all pupils can participate, achieve success and make progress from their individual starting points.

Implementation

Our curriculum for key stages 2 and 3 is supported by PE Passport International and is designed to provide 39 weeks of progressive learning across the school year. Lessons are adapted to meet the needs of each class group and individual learner.

The curriculum is delivered through key physical education strands. These strands reflect the knowledge, skills and personal attributes that underpin successful participation in physical activity. Learning is sequenced to enable pupils to revisit, develop and apply skills over time whilst promoting physical, social and emotional development.

Our Physical Education strands that weave through both our primary and secondary curricula are listed below:

• Fundamental Movement Skills	• Gymnastics
• Invasion, Net and Wall Games	• Dance
• Athletics	• Health and Wellbeing
• Outdoor and Adventurous Activities	• Leadership, Teamwork and Cooperation

Impact

Our curriculum enables pupils to develop confidence, resilience and competence in physical activity. Pupils increasingly demonstrate cooperation, determination and independence whilst recognising the importance of physical activity for health and wellbeing.

Through curriculum delivery, pupils have opportunities to master important physical, social and personal skills. Assessment through PE Passport, teacher observation and pupil voice demonstrates progress in movement, participation and personal development, preparing pupils to engage positively in physical activity within school and beyond their time at Holly House School.