

Physical Education - PE

Intent	<ul style="list-style-type: none"> • The ultimate aim of PE at SSSC is to provide pupils with the desire and motivation to be physically active adults. The curriculum aims to provide pupils with the skills, attitudes and confidence to achieve life-long physical activity. • PE at SSSC is an adaptive and evolving subject which will regularly change to meet both the individual and wider group needs. All pupils will have access to a broad and balanced PE curriculum supported through a range of high quality extra-curricular activities. • PE at SSSC will enable pupils to gain the skills required to become safe and healthy adults and as independent as their individual needs allow.
Implementation	<ul style="list-style-type: none"> • At SSSC PE is a constantly evolving and varied subject which regularly changes to meet the needs of the pupils • Pupils in all Key Stages have access to 2 lessons per week delivered by subject specialists, ensuring an offer of at least 2 hours high quality PE. • The PE curriculum is sequenced to ensure a smooth progression of skills throughout each pupil's time at SSSC. • In Primary we begin with the development of fundamental movement skills before moving onto the development of activity specific skills in Key Stage 3 • At Key Stage 4, pupils have access to qualifications including Entry Level PE, Sports Leaders and Cambridge Nationals in Sport. • The taught PE curriculum is supplemented by a number of additional physical activity opportunities including inter-house events, AVSSP competitions, swimming lessons, Bikeability, and DCFC community trust sessions • All aspects of the PE curriculum ensure pupils not only gain physical skills but also develop their communication, teamwork, self-awareness and leadership skills • After School Clubs offer pupils the opportunity to develop their physical skills in an area of interest including football and dance
Impact	<ul style="list-style-type: none"> • Pupils are able to identify the benefits of an active and healthy lifestyle and utilise these skills in their adult lives • Increased levels of self-confidence and self-worth • Ability to follow a healthy lifestyle • Pupil Progress - monitored through the PE curriculum objectives • Progress towards EHCP outcomes • External Accreditation and future participation in recreational sports