

## **Nelson Academy Physical Education Intent Statement 2021/22**

At Nelson Academy, we believe developing the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing are key to a successful future for our children. We strive to ensure that our curriculum is taught from well-structured lessons, by teachers with high subject knowledge and an excellent skills base. We provide pupils with the opportunities to experience a wide range of activities and events that will engage them in lifelong physical activity and healthy choices.

Our purpose is to ensure all pupils adopt a healthy lifestyle that includes a good level of physical activity and a thorough understanding of what is needed to keep themselves healthy- both physically and mentally. We also aim to teach the children to be resilient, hard-working, successful and to have self-discipline; all pupils are encouraged to work alongside each other and to show patience, support, encouragement and humility towards others.

Pupils at Nelson Academy participate in weekly, high-quality PE and sporting activities. Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. We provide opportunities for all children to engage in extra-curricular activities during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development but also well-being. Our annual healthy living week is an opportunity for children to show-case the skills and knowledge they have learnt in a variety of new sports and events. Alongside this, we have a variety of visitors and trained professionals who come in to school to teach the children new sports and to help them to aspire to be the best they can be.

We believe that the high-quality teaching, coupled with the programme of events we have across the year, leads to pupils taking ownership of their own well-being and physical health. Our lessons throughout the year (and also year on year) build upon prior knowledge/skills and use these to progress further. We monitor progress on a tracking system that follows the children through each year of their time with us. We have an ever increasing number of pupils taking part in extra-curricular activities and transporting the skills and knowledge learnt in school to their everyday lives. The overall impact is that pupils of Nelson Academy will, and do, engage in and enjoy an active healthy life, using the skills and knowledge taught to them during their time with us.