

Intent

Cedar Hall 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 that inspire all pupils to succeed in physical education and in developing life skills. We want to teach pupils skills to keep them safe such as being able to swim. We also 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 at Cedar Hall, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Implementation

PE at Cedar Hall School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure. The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Pupils participate in high quality PE lessons each week, covering two sporting disciplines every term. In addition, pupils are encouraged to participate in the varied range of extra-curricular activities. Lunch time sports clubs are available each day. Pupils are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the pupils. Pupils participate in workshops covering a variety of sports throughout the year. For example, bikeability, yoga, self-defence and Duke of Edinburgh again providing the pupils with an opportunity to develop, improve their fitness and to try something new. Pupils swim once a week for a full term split into two sessions each year. Cedar Hall has links within the community to again encourage more participation in sport, these include football and swimming.

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.