



## **North Wolds Federation Intent Statement**

### **Physical Education**

At the North Wolds Federation we aim to physically educate every child. We aim to ensure that every child is inspired to participate in inclusive sport and other physically demanding activities. We plan to progress and develop their knowledge, skills and vocabulary which is necessary to perform a variety of physical activities. We ensure that the structure of our curriculum meets the needs of all our learners' promoting physical health, confidence and self-esteem. We are conscious of health statistics in West Linsey and prioritise the awareness and importance of healthy eating and physical fitness and how these will lead to an improved quality of life. Through competition, internal and external, we develop their resilience and drive for success, this in turn enables them to excel and overcome challenges. As a result of our continued commitment to intra and inter school competition our children are taught how to be good winners and losers, appreciating the value and importance in both outcomes. Our curriculum aims to have a positive effect on the mental health of our learners giving them the personal, interpersonal and social skills to be successful in life. They also develop tolerance for others whilst cooperating in teams and a respect for one another's ideas and value within a team. Through our extensive commitment to swimming we ensure a high level of success in proficient and competent swimmers. Finally, we also ensure that through extra-curricular activities we promote a healthy and active mind set across our Federation.

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