



PE AT NANCLIEDRA

Physical Education and Physical Literacy at Nanclendra aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.

INTENT

At Nanclendra School, we provide a high-quality, inclusive physical education curriculum that inspires all pupils to succeed in and enjoy sport and other physical activities. We focus on developing learner's fundamental skills of agility, balance and coordination, and aim for children to become physically confident in a way which supports their health, fitness and well-being. Opportunities are provided for children to compete which embed fairness and respect.

It is our intent to instil the motivation, confidence, physical competence and understanding to value and take responsibility for physical activities for life. This will enable all pupils to understand the positive impact physical activity can have on their future health and well-being.

Our PE curriculum will focus on six key learning behaviours:



Personal



Social



Cognitive



Creative



Physical



Health and Fitness

IMPLEMENTATION

At Nanclendra School, through PE lessons and wider opportunities, the children;

- develop competence and enjoyment in a broad range of physical activities
- develop their fundamental movement skills of agility, balance and coordination
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active and happy lives



At Nanclendra, we are fortunate enough to have extensive outdoor space, a play trail, a hall and a recreation field to keep all children physically active. There is also a wide variety of equipment for different sports that can be used during lessons, playtime, lunchtime and after school.

We work in conjunction with professional and local clubs to supplement the expertise that our staff have. This includes Charlotte Richards & Grace Murdoch- dance teachers, Penzance Swimming Pool swimming instructors, St. Ives Rugby Club, Penzance Gym Club, St Ives Tennis Club, Truro Fencing Club, Cornwall Outdoors, YHA Okehampton, Camp Kernow. Teachers and coaches use a variety of teaching and learning styles.

Our new orienteering curriculum provides the children with the chance to explore the outdoors and develop a range of physical skills they might not be able to indoors.

IMPACT

Our curriculum prepares learners for a healthy, active and happy life.

Real PE incorporates a variety of sports, both traditional and non-traditional, to ensure all children develop confidence, resilience, 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 intra-school and inter-school competitive and non-competitive, inclusive sporting festivals and competitions through the Cornwall School Games, and local events. This is an inclusive approach that endeavours to encourage not only physical development but also well-being. Each lesson aims to develop children's personal, social, cognitive, creative, physical, health and fitness skills.