

# Health and Wellbeing: Physical Education



**Nurtured**

For me this could be:

- Involvement in extra curricular team activities
- Learning about healthy lifestyle

Examples of this in action:

- Development of strong relationships as pupils learn to work together as a team
- Discussions and tasks within class about obtaining a healthier lifestyle

**Active**

For me this could be:

- Working towards being active on a regular basis (one hour per day)
- Having a variety of options available to get active

Examples of this in action:

- Three periods of physical activity a week. Use of facilities on a daily basis
- Access to football pitch and fitness suite every lunch. Variety of extra curricular activities available every school day and a Saturday morning club

**Achieving**

For me this could be:

- Gaining recognition for my hard work and effort in class and in the department
- Working with others and reaching goals and targets set in each lesson

Examples of this in action:

- Pupil of the Month/Class of the Year/Twitter/Website/Sports Awards
- Receiving feedback through the use of video analysis, peer and self-assessment and verbal evaluation throughout lessons

**Respected**

For me this could be:

- Taking charge and having specific roles within a lesson. Respecting the role of a team captain and taking advice and instruction during a lesson
- Differentiation within lessons

Examples of this in action:

- Taking on a lead role, e.g. team captain. Sports Leadership course offers role play within classes
- Offering skill practices at different levels to challenge pupils at different stages

**Healthy**

For me this could be:

- Developing knowledge of how to have a healthy lifestyle for now and later life
- Involvement in physical activity on a regular basis helps towards a healthy lifestyle

Examples of this in action:

- Appreciating the importance of physical activity and a healthy lifestyle through class lessons and clubs
- PE offered 3 times a week and the use of facilities and extra curricular activities available daily

**Responsible**

For me this could be:

- Responsibility of being in charge of equipment
- Leadership

Examples of this in action:

- Pupils given the responsibility of getting equipment organised for the start of a lesson and putting it away neatly and orderly
- The opportunity to lead sessions and take charge of an activity through Sports Leadership and lead a class at primary level

**Safe**

For me this could be:

- Knowing all personal belongings are safe and protected in department.
- Confidence in dealing with equipment in the department

Examples of this in action:

- Staff ensure changing facilities are locked when all pupils are in class and only open them when classes are finished
- Pupils given responsibility within lessons for collection of equipment and setting things up

**Included**

For me this could be:

- Being able to play as part of a team or group with peers in the class
- Opportunities to be included in a variety of different ways

Examples of this in action:

- Mixed groups within the class allow relationships to form and individuals work together to get desired results
- Through extra curricular clubs, Commonwealth challenge, Olympic challenge and sponsored events

