



A snapshot of how our BRICKS principles drive our **ELE Physical Education curriculum:**

Instil our **British Values including diversity:**

- Pupils taught about different roles and responsibilities, fairness and respect, through a variety of PE activities.
- There is an ethos where the views of individual pupils are listened to and respected - A pupil voice for PE & school sport (Curriculum and extra curriculars)
- Pupils are taught about historical, cultural and religious differences through a variety of PE activities (difference dance styles) and sporting icons/role models.

Develop **Resilience & Resourcefulness:**

- Children are encouraged to have good outcomes despite exposure to difficulties.
- Mental health and more awareness around the importance of mental wellbeing - yoga.
- The individuality and collaboration within PE fosters self-confidence, empathy and understanding by encouraging children to work together and support each other towards objectives and goals.

Inspire critical thinking and independence:

- Competition against oneself to achieve their personal best is encouraged in addition to competition against others - working in teams and individually, making informed choices.
- Students answer questions and are encouraged to pose their own questions, to develop solutions and challenge ideas and reflect.
- Students in PE can be taught to decide more quickly, decide more creatively, spend more time analysing tricky situations, be more flexible and willing to alter decisions based on new information, and be able to effectively explain, defend and transfer thinking to other situations.

Create articulate learners:

- Physical Education and exercise results in improvements in concentration and creates.

Building upon **Knowledge & skills:**

- Physical Education focuses on developing physical fitness and helps children develop skills, maintain physical fitness, learn about personal health and wellness, and demonstrate positive social skills.
- Physical Education provides the skills and confidence to make students more likely to engage in a healthy activity outside of school.
- Improving motor skills, increasing muscle strength and contributing to students building positive relationships with exercise.

Supporting well-being & health:

- Providing opportunities for pupils to become physically confident in a way which supports their health and well-being.