

PHYSICAL EDUCATION



Intent:

It is our intent at The Nightingale Centre to teach our students life skills that will have a positive impact on their future. We aim to deliver high quality teaching and learning opportunities that inspire all students to succeed in physical activities. We want to teach our students how to cooperate and collaborate with others, as part of a team, understanding fairness and equality of play to embed life long values.

Implementation:

Students at The Nightingale Centre participate in weekly high quality PE and sporting activities. Our PE programme incorporates a variety of sports and activities to ensure all students develop confidence, tolerance and the appreciation of their own and other's strengths and weaknesses. There are also opportunities for students to access activities on arrival at centre to allow social interaction and competition with other students. Our overall focus is to encourage students to consider their own well being through physical and social activities in centre.

Impact:

Our curriculum aims to improve the well being and fitness of all students at The Nightingale Centre, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons students are taught about self discipline and that to be successful they need to take ownership and responsibility for their own health, fitness and well being. Our impact is therefore to motivate students to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives. We aim to provide all students with a vision of how they can improve their well being using physical activity, social interaction and self belief.