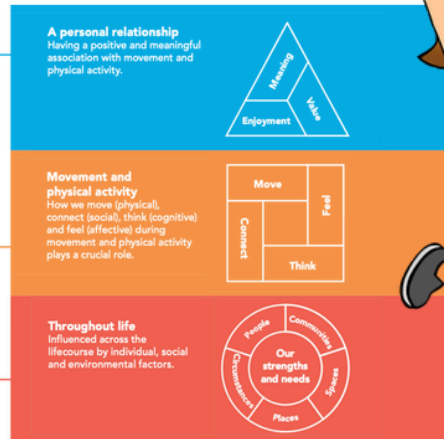


Physical Literacy - Developing the Whole Child Through PE

What?

Physical literacy is our **relationship with movement and physical activity throughout life.**

How?



Physical Literacy Consensus Statement for England

Improves Health & Wellbeing

Feel good, move well, stay active.

Builds Confidence & Motivation

Success leads to enjoyment and continued participation.

Encourages Lifelong Participation

Creates positive habits for an active life.

Why?

Develops FMS

Builds the foundations for all movement and sport.

Increases Engagement & Inclusion

Supports every child to succeed and feel included.

We take a holistic approach to physical education, developing the whole child through movement. Our lessons are designed to build physical, social, emotional and thinking (SET) skills together, ensuring pupils not only move well, but feel confident, motivated and engaged.

PHYSICAL

We develop fundamental movement skills such as balance, catching, throwing, jumping and running. Providing the building blocks for all physical activity.

SOCIAL

Pupils learn to work collaboratively, communicate effectively and show respect through teamwork and shared experiences.

EMOTIONAL

We support pupils to build confidence, resilience and self-belief, helping them to develop a positive relationship with physical activity.

THINKING

Pupils are encouraged to think, problem-solve and make decisions, developing their understanding of movement and how to improve.