

## Physical Education

At Settlebeck School, our Physical Education (PE) curriculum is designed with the overarching intent to inspire, engage, and empower our students to lead active, healthy lifestyles while fostering a deep appreciation for physical well-being. Grounded in the values of inclusivity, resilience, and lifelong learning, our PE curriculum strives to provide a holistic educational experience that extends beyond the confines of the classroom.

Rooted in the National Curriculum, our intent is to provide a dynamic and enriching learning experience that promotes:

- physical well-being
- inclusive participation
- cognitive and emotional growth
- healthy lifestyle choices
- community engagement
- teamwork and collaboration
- risk awareness
- fairness and respect

In addition, our commitment to the curriculum goes beyond the classroom and we encourage all of our students to participate in extracurricular physical education activities. We see this as an essential part of school life, as it not only enhances students' physical fitness, but also fosters teamwork, leadership, and a sense of community, contributing to a well-rounded and holistic education.

In summary, the PE curriculum at Settlebeck School is designed to provide a foundation for lifelong physical and mental well-being. By promoting inclusivity, character development, and a holistic understanding of health, we aim to equip our students with the skills and values necessary to thrive in an active and interconnected world.