

Intent Statement

At Woodlands, we believe that physical activity, sport, and engagement with the natural world are fundamental pillars of holistic development. Our intent is to provide a nurturing, adaptive, and empowering curriculum that uses physical experiences as a powerful tool for developing pupils' social, emotional, and mental health. We aim to move beyond the traditional scope of P.E. to create a therapeutic and educational foundation where every child can experience success, build resilience, and develop a positive relationship with their own well-being.

We promote Physical Development and Healthy Lifestyles through a variety of accessible and enjoyable activities, pupils will enhance their gross and fine motor skills, coordination, balance, and spatial awareness. Our curriculum will instil a positive attitude towards physical activity, encouraging lifelong healthy habits and focus on the following 4 areas -

1. Develop Physical Literacy and Confidence
2. Foster Emotional Regulation and Resilience
3. Build Positive Social Skills and Relationships
4. Enhance Well-being through Outdoor Learning

Impact Statement

Physical Development through PE, Sport, and Outdoor Learning

Our PE, sport, and outdoor learning curriculum is designed to make a meaningful and lasting impact on pupils' physical, emotional, and social development. Through a broad and inclusive range of activities, we aim to:

- 1. Develop Physical Literacy and Confidence**

Pupils gain the fundamental movement skills and body awareness necessary to participate in a wide variety of physical activities. By mastering these skills in supportive environments, they build confidence in their physical abilities, laying the foundation for lifelong engagement in sport and active living.

- 2. Foster Emotional Regulation and Resilience**

Physical challenges, both in structured sport and outdoor learning, provide opportunities for pupils to manage emotions, cope with setbacks, and persevere through difficulty. These experiences nurture resilience, self-discipline, and a growth mindset that extends beyond physical activity into all areas of life.

3. **Build Positive Social Skills and Relationships**

Collaborative games, team sports, and group outdoor tasks encourage communication, empathy, and cooperation. Pupils learn to respect others, resolve conflicts constructively, and develop leadership and teamwork skills that are essential for healthy relationships and community engagement.

4. **Enhance Well-being through Outdoor Learning**

Immersive experiences in natural environments promote mental clarity, reduce stress, and foster a sense of connection with the world around them. Outdoor learning supports holistic well-being by combining physical activity with exploration, creativity, and mindfulness in nature.