

## Our Vision for Physical Education at The Milford Academy

At The Milford Academy, we believe that it is our responsibility to pass on powerful knowledge to our children. Thus, we aim to deliver a physical activity curriculum that helps pupils to gain a coherent knowledge and understanding of a range of transferable knowledge and skills through a range of physical activities. We also aim to provide physical activity opportunities to children to empower them and promote a lifelong love of living a healthy, active lifestyle.

### Intent

At The Milford Academy we recognise the pivotal role that physical activity plays in fostering overall health, well-being, and academic success for our pupils. Our intent is to promote a culture where physical activity is integrated into the daily life of our children, empowering them to lead active lifestyles now and in the future. Throughout the teaching and learning of our curriculum we are proud to promote the holistic development of children by providing a diverse array of physical activity opportunity. Our physical activity provision is founded on delivering inclusive opportunities where every child, regardless of ability and background, have equal opportunities to various sports and physical activity. We aim to integrate Physical Education with areas of the curriculum and embed physical activity across the curriculum, linking it to the content of academic subjects whilst also exploring and maximising opportunities to movement and physical activity to enhance learning outcomes and pupil engagement.

### Implementation

Our approach to implementing physical activity is comprehensive, multi-faceted and progressive throughout the whole school. We offer a varied, broad curriculum and programme of activities of physical activities. Our Physical Education curriculum and physical activity provision is reviewed and updated to include new activities to ensure that our provision remains balanced and inclusive. We believe that representation is key to enhance engagement, promote a sense of belonging and therefore pride ourselves on our collaborative approach to engage local sports teams and clubs. Our partnerships have seen increased engagement from families in the local community and physical activity outside of school hours.

At the Milford Academy we employ specialised sports coaches who are qualified in a range of sports and activities. Continuous professional development is prioritised ensuring that staff are not only knowledgeable in the latest pedagogical practices but are also enthusiastic advocates for health and fitness. Staff monitor and assess pupil engagement and progression in physical activity through observational methods, pupil self-assessment, and feedback. This helps us tailor our provision and interventions for those needing additional support to enable inclusivity and higher achievement. We encourage physical activity throughout the school day beyond PE lessons. Initiatives like '5-A-Day' and 'The Milford Mile' have been integrated into timetables to promote physical activity and a positive mindset.

### Impact

Our Physical Education curriculum is high quality, well thought out and is planned to demonstrate progression. We observe a positive correlation between physical activity participation and academic outcomes, improved concentration, behaviour, and motivation during lessons. Tailored interventions are delivered to support fine and gross motor skill development as we understand the importance that these can have on pupils' physical readiness to learn in a classroom environment.

Our pupils demonstrate an understanding of health and fitness concepts and understand the importance of living an active, healthy lifestyle. At The Milford Academy we recognise that participating in team sports and group activities fosters collaboration, social, leadership, and communication skills, which are reflected in peer relationships and classroom dynamics.