



SPARKEN HILL
ACADEMY



PE, School Sport & Health and Well-Being

At Sparken Hill, we are committed to helping every one of our pupils to achieve their best. We recognise the strengths and areas of development of each pupil and we work hard to develop these appropriately. We aim to ensure success for all through a comprehensive, well thought out programme of Physical Education, School Sport and Health and Well-Being

Physical Education



"During my time at Sparken Hill Academy, I will take part in a broad range of sports & activities. I will become a **confident, creative** mover. I will **understand** how to **evaluate** and **improve** my performances. I will demonstrate the key values that will allow me to **lead, communicate** and **collaborate** effectively with my teammates

School Sport



"During my time at Sparken Hill Academy, I can attend **afterschool** sport clubs, to further develop my skills and understanding of a range of sports. I will have the **opportunity** to take part in **competitive** and **cooperative** challenges, house sport, school competitions and festivals. I can also help **organise** and **lead** these activities in school. I know it is important that I continue to **demonstrate** the key **values** of teamwork, honesty, respect, determination, passion and self-belief.

Health & Well-Being



"During my time at Sparken Hill Academy, I am **active** at break and lunch times. Sometimes this is just running around playing with my friends, or it can be using the indoor and outdoor activities organised for us. I will be **confident** and **enjoy** taking part in different types of physical activity. I know it is important that I am **healthy** and **active** every day. If I want to, I can also **help** other children be active by being a **leader** and **role model** around school. If I enjoy activities in school, I can find out where I can do these in my **community**.