

## **Behaviour & Expectations in PE**

At Walton-le-Dale High School, our PE department is built around two simple expectations:

### **1. Always bring your kit**

All students must arrive fully prepared for every lesson with the correct compulsory PE kit, including shin pads. Being prepared shows responsibility and ensures students can fully take part in their learning.

### **2. Always try your best**

We expect all students to give maximum effort in every lesson, regardless of ability or confidence. PE is about improving, learning new skills, and showing resilience—not just being the best. Students who are unable to participate fully due to illness or injury are still expected to be involved through alternative roles such as coaching, officiating, or observing and providing feedback.

By following these two rules, students contribute to a positive, respectful, and supportive learning environment where everyone can succeed.

Failure to meet these expectations may result in sanctions in line with the school behaviour policy.

## **PE Department Ethos – Head, Heart, Hands**

At Walton Le Dale High School, our PE curriculum is built around developing the whole student through three key areas: **Head, Heart and Hands**. These focus on knowledge, fitness, and physical performance.

### **Head – Thinking and Understanding**

Students develop their knowledge and understanding of sport and physical activity. This includes:

- Learning rules, tactics, and strategies
- Making decisions and solving problems in competitive situations
- Reflecting on performance to improve

### **Heart – Fitness and Health**

Students develop their physical fitness and understand the importance of leading a healthy, active lifestyle. This includes:

- Improving cardiovascular endurance, strength, and stamina
- Taking part in regular fitness activities and testing
- Understanding how exercise benefits the body and mind
- Developing motivation and commitment to stay active

### **Hands – Physical Skills and Performance**

Students develop their physical ability and competence across a wide range of activities. This includes:

- Core skills such as running, jumping, throwing, and catching
- Sport-specific techniques and performance
- Coordination, control, and overall physical competence

Through this approach, we aim to support all students to **BELONG, EXPLORE, and EXCEL** within PE, helping them to develop a lifelong engagement in physical activity.

## **Inclusion & Support in PE**

At Walton Le Dale High School, we are committed to ensuring that all students can access and succeed in PE, regardless of ability, background, or circumstance.

### **Inclusive for All**

All students follow a broad and balanced PE curriculum. Lessons are designed so that everyone can take part, develop skills, and experience success.

### **Adapting Learning**

Teachers adapt activities to meet the needs of different learners. This may include:

- Adjusting tasks, rules, or equipment
- Providing additional support or challenge where needed
- Grouping students appropriately to maximise participation and progress

### **Supporting Injured or Ill Students**

Students who are unable to participate fully due to illness or injury are still expected to be involved in lessons. They will take on meaningful alternative roles such as:

- Coaching
- Officiating (refereeing/umpiring)
- Observation and performance analysis

This ensures students continue to learn and remain engaged in PE.

### **Encouraging Participation**

We aim to build confidence and remove barriers to participation by:

- Creating a supportive and positive environment
- Encouraging all students to try new activities
- Promoting teamwork, respect, and inclusion

Our goal is for every student to feel they **BELONG**, have the opportunity to **EXPLORE**, and are supported to **EXCEL** within PE.