

The Oxfordshire Hospital School

Wellbeing and Physical Education

Curriculum Statement



Introduction

At OHS, our Wellbeing and Physical Education Curriculum includes all things to do with physical education, health and wellbeing; including quizzes, mini projects, wellbeing challenges and physical activity. Pupils are encouraged to participate and to take on new challenges within a safe and supportive environment. The OHS has the resources and skills to offer a very broad curriculum which can then be adapted through learning plans and bespoke to individual needs. It's important to us that pupils have the opportunity to be involved in the decision making around these. Wellbeing and Physical Education is part of our overarching offer and is delivered through supported independent activities, 1:1 teaching and small group activities. Accessibility and inclusivity are key aspects of our approach.

Our aims are to:

- Provide opportunities for pupils to review, reinforce and extend their knowledge and skills of Wellbeing and Physical Education;
- Help pupils understand and take responsibility for their personal wellbeing;
- Foster enjoyment and active involvement in physical activity both within OHS and beyond;
- Develop the pupils' confidence, skills and experiences;
- Explore adaptations to make sport accessible and show understanding of the importance of inclusive and accessible activity in the wider world;
- Be physically active.

Key skills & knowledge are taught through the following areas and recognise the content of the National Curriculum programmes of study for key stages 1 - 4:

- 5 Way to Wellbeing
- Mental Health
- Getting Active
- Exploration of a range of health related topics
- Application of sport specific knowledge
- Undertaking both playing and coaching roles within a physical activity
- AQA Unit Awards

Pupils are encouraged to extend their learning and develop independence outside of school through taking part in inclusive home activities, quizzes and mini projects. Further guidance is also available for schools through our [MNIS project](#).