

# CLOVERLEA SCHOOL

# PHYSICAL EDUCATION

At Cloverlea School, we provide tamariki with a variety of different sports experiences that focus on learning new skills and having fun in a positive, supportive environment. We provide mana enhancing kēmu that support our Māori and Pasifika learners to foster achievement. We ensure that all opportunities are given using well-designed programmes that cater for all ages and stages of development.



## IT IS IMPORTANT BECAUSE:

Physical activity allows students to develop motor skills, which support them to safely participate in games and sports.

Our physical education programme fosters sportsmanship and encourages enjoyment for a healthy and active lifestyle. Learners develop a range of strategies and skills when participating in competitive activities to reach their full potential.

Exposure to many sports enables LEGENDs to find their passions and gives our tamariki the opportunity to practise our values in a different setting.

## CURRICULUM LINKS:

Physical education promotes tamariki having a can-do attitude and an understanding of themselves as learners in a team environment. It also helps to extend individuals' skills and builds their confidence.

Physical activity supports participation and contribution by giving LEGENDs chances to be positive team members and get involved in what is going on around them.

Physical education encourages relating to others using a diverse range of skills, including being able to listen well and see different points of view in a team situation.

Sport and PE programmes deliberately improves skill levels so all tamariki can reach their full potential.

## RELATIONSHIPS:

Physical education and sport promotes healthy relationships with peers through developing their sense of belonging. This enhances LEGENDs' mana and self esteem.

Interacting in a team environment provides opportunities for LEGENDs to work alongside each other in different situations. It can lead to new relationships through shared experiences which may not have been seen in the akomanga.

## LINKS TO OUR LEGEND VALUES:

**L**ead - PE provides opportunities for students to show lead in a physical setting and strategically for game playing.

**E**xcellence - LEGENDs show and develop excellence in their physical and social abilities as they learn a variety of different skills through new and exciting games.

**o**rGanised - PE fosters skills of managing self and being ready to participate.

**r**esilience - Through PE, LEGENDs have many opportunities to practice resilience as they experience the highs and lows of game situations, developing and exploring new skills.

**i**nclusive - Students learn about sportsmanship and peers' differing abilities. Working as part of a team fosters learning about the social benefits of sports and how this is important for their well-being.

**D**etermined - LEGENDs are determined with the right attitude by embracing new skills, having a go and being determined to keep trying.

## RESEARCH & EVIDENCE:

- <https://theeducationhub.org.nz/the-importance-of-physical-activity-for-learning-and-wellbeing/>
- <https://www.education.govt.nz/assets/Documents/School/Running-a-school/Health-and-safety/Physical+activity+for+healthy+confident+kids-guidelines-1.pdf>
- <https://hpe.tki.org.nz/health-and-physical-education-in-the-curriculum/underlying-concepts/hauora/>

## ENACTING TE TIRITI O WAITANGI:

Sport and PE enhances all aspects of Te Whare Tapa Whā. Taha Wairua - spiritual well being, Taha Hinengaro - mental and emotional wellbeing, Taha Tinana - physical wellbeing and Taha Whānau - family and social wellbeing. This ensures LEGENDs feel like they belong and it is done in both te reo Māori and English which support Article 2 in looking after te reo as a taonga. We strive to continue to make connections to the past, present and the future by using kēmu to support LEGENDs to experience high levels of success and achievement.

**Ārahi, Kairangi, Nahanaha, Manawaroa, Kotahitanga, Rae Pakari**

**LEAD, EXCELLENCE, ORGANISED, RESILIENCE, INCLUSIVE, DETERMINED**