



### **Physical Education and Physical Development at The Walnuts**

Physical Development and Education promotes healthy minds and bodies. Work in PD/PE promotes learning across the curriculum and underpins pupils' achievements and participation in all aspects of their lives. Physical activity is present in many aspects of modern life, and is essential to well-being and physical health.

Organised physical activity will present a considerable challenge for many students on the autism spectrum. At The Walnuts, PD/PE may be interpreted as any activity that includes physical activity or promotes living a healthy and safe lifestyle. Developing pupils' skills at the appropriate level to match their individual need will not only enable them to acquire knowledge and skills, but will also aid their communication and support them to achieve maximum independence through learning life skills and enabling decision making. PD/PE at The Walnuts aims for all pupils to develop practical skills in order that students can participate, compete and lead healthy lifestyles, using specific physical skills for enjoyment and self-occupation in their leisure time.

