

Physical Activity

S T A T E M E N T O F I N T E N T



At Mytham, we offer a broad and fully inclusive curriculum which focusses primarily on the fundamental movement skills and equips pupils with the confidence and competency to excel in a wide range of activities and sports.

We provide a wide range of opportunities for pupils to be physically active throughout the school day and outside of the curriculum. We identify and nurture talent and provide opportunities for pupils to experience new sports and participate in competitive sport.

We plan exciting lessons which are delivered by enthusiastic teachers and which inspire and challenge learners and help them to develop lifelong skills and values such as resilience, teamwork and communication, fairness and respect.

We have a well established and effective Sport Leader programme which encourages our pupils to develop important leadership skills.

Above all, we help our pupils to develop their physical literacy skills and strive to instil in them a lifelong understanding of the importance of physical activity and exercise for a healthy body and a healthy mind.