



Characteristics of the Physically Literate

Physical literacy is a fundamental and valuable human capability that can be described as a deposition acquired by human individuals encompassing the motivation, confidence, physical competence, knowledge and understanding that establishes purposeful physical pursuits as an integral part of their lifestyle.

Almond, L; Whitehead, M (2012)

At Stocksbridge Junior School, we are physically literate!

At Stocksbridge Junior School, every child is physically literate. Our vision for PE is to give every child the opportunity to engage in high quality Physical Education in order to improve their physical, social and mental health and to inspire children to be physically active long term. We have been awarded Centre of Excellence status by Yorkshire Sport and Gold School Games Mark after being recognised for our outstanding Physical Education provision.

As physically literate, we have...

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

At Stocksbridge Junior School, every child is physically literate!