

# PESSPA at Parkland

## **Outdoor Adventurous**

We teach children how to take calculated risks and help them to learn about health and safety.

## **Extra-Curricular Clubs**

We offer a wide variety of lunchtime and after school activities to cater for a broad range of interests and abilities.

## **Competition**

Pupils are able to experience a wide variety of competitive and non-competitive sports and activities

## **Outdoor Games**

We teach children a wide variety of outdoor games which are inclusive and suit a range of abilities and interests. The majority of these are team based.



**Parkland**  
Primary School

Learning together



## **Healthy Minds**

We encourage to lead active and healthy lifestyles, this contributes to their positive wellbeing and understanding of mental health. Children are taught how to manage emotions

## **Gym and Dance**

Children at Parkland experience a wide variety of gymnastics and dance routines, teaching them about different cultures.

## **Athletics**

Children experience a wide variety of athletic activity, developing resilience in order to achieve their best.

## **Swimming**

Children are taught to swim 25m using a variety of strokes, and how to perform safe self-rescue.

## **Citizenship**

Through PESSPA we teach children how to be respectful, responsible, inclusive and kind.