



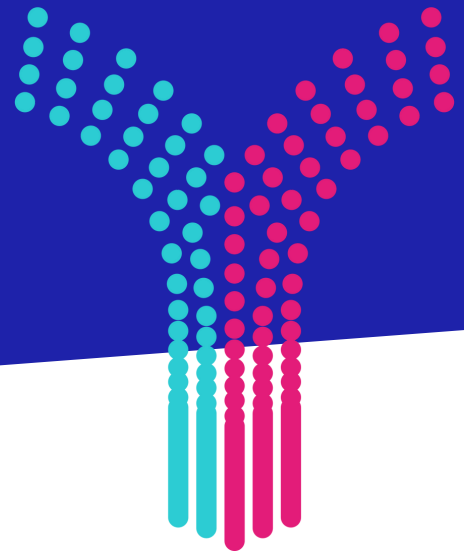
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# PE Life Skills Award

## ALP Nuneaton Case Study



### **Bradley Rowley, Headteacher of ALP Nuneaton, shares why they chose to deliver the PE Life Skills Award:**

"We wanted a programme that would help us embed physical, social, emotional and thinking skills across the curriculum.

It had to be robust yet adaptable enough that it would work in our specialist setting. We cater for young people who have special educational needs (SEND) including, Autistic Spectrum Disorder, emotional, social and behavioural difficulties.

#### **The PE Life Skills Award from the Leadership Skills Foundation and Youth Sport Trust has given us this.**

The programme provides some key areas we can focus on with learners to help them with their own individual social and emotional needs. Tailoring these areas to each of our learners

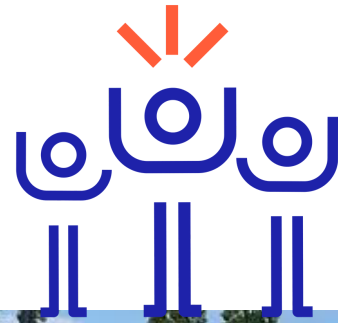
has allowed us to help them not just in PE but in their everyday life across school and at home. Some of these areas include learning respect, fairness and communication.

Even better, the PE Life Skills Award helps us, as teachers, to maximise the amount of practical PE they do which really helps to keep them active.

We wanted our young people to learn the value of sharing, to learn the rules of a game (and stick to those rules!) Most importantly perhaps, we wanted them to feel able to communicate with other learners - not just in PE, but during the rest of their time in school too.



The PE Life Skills Award has helped us do this and has been a great addition to what we offer the learners. We've been so pleased at how we've been able to easily adapt the programme to the particular needs our young people and the setting."



If you are interested in the PE Life Skills Award, please check out the website <https://www.youthsporttrust.org/pe-life-skills-award> or email [pelifeskillsaward@youthsporttrust.org](mailto:pelifeskillsaward@youthsporttrust.org)

