

Physical Education - Curriculum Intent Objectives:

- To give all students the physical skills, confidence, knowledge and personal qualities they need for a healthy balanced lifestyle.
- Develop a lifelong love of physical activity and sport.
- Raise students' aspirations and inform students about possible careers in physical activity or sport.

Implementation:

- Students have full access to the Physical Education National Curriculum which is differentiated to meet pupils' learning needs.
- Offer a wide variety of physical activities in curricular and extra-curricular programmes.
- Experience fun and engaging PE lessons that are enjoyable, challenging and accessible to all.
- Opportunities in intra and inter-school competition.
- Opportunities in leadership and officiating.
- Developed links with external clubs and organisations.
- The opportunity to study GCSE Physical Education.

Impact:

- Students leave school wanting to be physically active by playing sport or enjoying physical activity.
- Students gain a lifelong appreciation of the benefits of regular physical activity and sport.
- Students understand how to gain employment within sport or access recognised Universities/Colleges to further study sport related courses.

Physical Education KS3/4 Summary:

During Key Stage 3, students will build on and embed the physical development and skills learned in Key Stages 1 and 2 and apply them across different sports and physical activities. They will understand what makes a

performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Students at Key Stage 3 follow a Curriculum Map including a wide variety of different sports and activities to give them as many different experiences in sport as possible. Through these sports they will learn about the principles of invasion games, net/wall activities, gymnastics, outdoor and adventurous activities, dance, striking and fielding activities and athletics.

Then, at Key Stage 4 the students follow an options programme where they choose which activity area they enjoy the most and focus on sports and activities in their preferred area. This results in the impact of students having many positive experiences in Physical Education at school and students who continue playing sport or being physically active after leaving school.