

CURRICULUM INTENT

Physical Education

- **Challenge** lies at the heart of our curriculum. It goes beyond what is statutory or typical; students are encouraged to deepen their understanding of the fundamentals of their learning at every opportunity.
- Our curriculum is fully **inclusive**. All students have access to a broad range of experiences for as long as possible, regardless of prior attainment or additional needs.
- Our curriculum is **knowledge rich**, with subject curricula designed to ensure that any 'powerful' knowledge and skills that are critical to future success are regularly re-visited.
- Our curriculum is **expertly planned** and is therefore sequenced to enable students to build their knowledge and skills towards ambitious agreed end points.
- Wherever appropriate our curriculum gives students the opportunity to **personalise** their experience, thereby facilitating enjoyment and success for all.
- The importance of reading and wider **literacy** skills is a key thread that runs through our curriculum. As well as broadening students' vocabulary, all subjects will develop students' subject-specific literacy, so they can speak, read and write as, for example, a Historian, an Artist or a Physicist.
- A carefully considered and inclusive **extra-curricular** programme supports broader and deeper understanding of the taught curriculum, as well as developing the cultural capital our young people need to be global citizens.
- Students' **personal development**, including careers education, is central to our curriculum, through all subject areas, as well as PSHE lessons, tutor time, assemblies, and off-timetable activities.
- Homework and summative **assessment** tasks are strategically designed to promote the concepts of regular review and spaced practice, therefore contributing to a long-term retention of knowledge and skills.

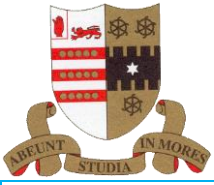
All students, including those with additional needs, have access to the full PE curriculum, through learning experiences introducing them to a large variety of activities that are designed to develop their practical performance, knowledge of key concepts, rules and tactics and lay the foundations for life-long healthy lifestyle choices. Students participate in a wide range of both team and individual sports with an emphasis on improving their own personal levels of fitness and sporting technique. Access to extra-curricular opportunities is hugely important to continue developing students' knowledge beyond the taught curriculum, and to help see the range of applications within the world of work and beyond. We do this by offering students the opportunity to compete at intra-school via House competitions, Inter-school via District & County fixtures & competitions as well as opportunities to compete in National competitions e.g. Continental Rugby Vase.

At KS3 we focus on igniting the initial passion for physical activity and introducing young people to as many strands of sport as possible, striking the right balance between participation, performance, and knowledge development. This is achieved using the "Concepts curriculum" of KNOW, SHOW & GROW. We also aim to prepare students for GCSE PE and units are structured with links to anatomy and physiology, fitness components and training methods, benefits of exercise, effects on the body and sports psychology. These are crucial aspects to the PE curriculum and is included to broaden and deepen understanding and stimulate pupil curiosity and love of the subject.

The KS4 PE curriculum is designed to provide bespoke learning opportunities and experiences that give pupils a deep understanding and love for the subject. If students opt for GCSE PE, they will be following the 'AQA GCSE PE course'. This provides the foundation for post 16 study of A-Level PE and forms the basis for the study of a variety of degrees or post16 options. It is a course that we believe will inspire and challenge all students to do their best. Furthermore, the modules within the course that are studied such as sports psychology, anatomy & physiology and biomechanics all provide a useful insight into additional post 16 A-Level subjects such as psychology, human biology, and physics.

Students who have not opted for a formal PE and Sport qualification continue to participate in Core PE lessons. In these lessons pupils' complete units of work in a wide range of sports and health and fitness opportunities throughout the year. We recognise that pupils are individuals and with this in mind tailor to the needs and interests of the pupils, giving them more flexibility and responsibility to tailor their own curriculum and have some freedom of choice.

Students learn about the workings of the body, specifically in sporting contexts through Applied Anatomy and physiology, as well as the impact of society on sport and its emergence during the 20th Century. Students also study diet and nutrition,



training methods, psychological influences, and effects as well as skill acquisition. The role of technology in sport has been added to reflect the changing nature of the media/technology role in the modern world of sport.