



INTENT



The primary intent of a Physical Education (PE) department is to foster a passion for physical activity among pupils, ensuring they are actively engaged and enthusiastic about leading healthy, active lifestyles. The department aims to provide high-level learning experiences, encompassing diverse sports and activities, and establish strong community connections. Through partnerships with both pupils and teachers, the PE department strives for relentless positive collaboration, maintaining high standards in teaching and learning. Moreover, the department is committed to nurturing and developing well-rounded individuals in terms of physical fitness and fostering personal growth and character development. By emphasising teamwork, discipline, and respect, the PE department aims to shape great individuals who can positively contribute to society both on and off the field.

IMPLEMENTATION

Empowering Excellence: Mastering a Diverse Range of Physical Activities, Fostering Sustained Physical Activity, and Embracing Healthy & Active Lifestyles through Curriculum Connections

Achieving the National Curriculum ensuring strong links and embedding key themes of Sports Studies throughout:

Enhance students' technique and elevate their performance across a wide range of competitive sports. Targeted coaching, practice, and skill-building exercises, students are given the opportunity to refine their abilities and excel in their chosen activities. Assessment Link: Active ME Sports Studies link: R185 – Performance and leadership in sports activities T1, T2	Utilise and hone a diverse range of tactics and strategies to overcome opponents in competitive sports. Strategic coaching and practical application during gameplay, students learn to analyse their opponents' strengths and weaknesses, adapt their approach accordingly, and make effective decisions in real-time. Assessment Link: Tactical ME Sports Studies Link: R185 – Performance and leadership in sports activities T1,T2	Continuously evaluate their performances in comparison to previous ones and strive for improvement across a diverse range of physical activities Through regular assessments and feedback, students gain insights into their strengths and areas for growth, helping them set personal goals for progress. Assessment Link: Tactical ME, Social ME Sports Studies Link: R187 – Increasing Awareness of Outdoor Adventure Activities T4 R185 – Performance and leadership in sports activities T2	Actively encourage students to maintain their participation in competitive sports and activities beyond the school setting by fostering strong community links and promoting engagement with sports clubs Recognise the value of extracurricular experiences, the department stresses the importance of a well-rounded and active lifestyle. By connecting students with local sports clubs and community programs,. Assessment Link: Active ME, Social ME Sports Studies Link R184 – Contemporary Issues in Sport T1	Embed key values in students and ensuring they understand the fundamental rules, regulations, and appropriate sporting behaviour and etiquette in each sport they engage in. Promote values such as sportsmanship, respect, fairness, and teamwork, the department aims to instil a strong sense of integrity and character in students, both on and off the field. Assessment Link: Active ME, Tactical ME , Social Me Sports Studies Link: R184 – Contemporary Issues in Sport T2
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IMPACT

Core PE & Extra Curricular

Sports Studies

Year 7

Year 8

Year 9

Year 10

Year 11

Year 10

Year 11

ACTIVE ME - Developing Performance, Physical Literacy and student awareness of the benefits of leading a healthy, active lifestyle: Developing movement confidence and competence and improving physical literacy.

TACTICAL ME - Developing Analytical, Evaluation and Decision-Making Skills: Developing students' ability to analyse, evaluate and make decisions that will impact the outcome of a performance.

SOCIAL ME - Developing communication, leadership and resilience: Developing the affective domain of how students learn and how they interact with each other. This aspect focuses on key skills such as communication, resilience, leadership, effort and self-regulation. Skills we believe are key to increasing employability.

R187: Develop knowledge of various types of activities and the necessary equipment and safety aspects, enabling them to plan, participate, and evaluate their experiences.

R185: Understand the essential components of performance, apply effective practice methods, organize and lead sports sessions, culminating in the ability to critically review and improve their planning and leadership skills.

R184: Pupils will develop a deeper understanding of the societal, ethical, and cultural aspects of sports.