Year	Character and culture development strand	Sport and Leadership
7	**respect and tolerance, self belief**	Students will develop their sense of self and self-belief through actively engaging in group work and positively contributing within teams. Students will be given the opportunity to experience leadership roles within their PE sessions, allowing a greater understanding of tolerance and developing their confidence and communication skills. Students will be able to access the extensive leadership programme from Year 7 to develop personal skills. Students will have the opportunity to compete in inter-house competitions as well as local and National competitions through the extra@ programme. Students start to understand the values of winning and losing and how to cope with both. Students are taught to respect one another and listen to ideas when deciding how to form a strategy and tactic.
8	**participation and resilience**	Students will develop their resilience and realise how it is extremely instrumental in changing outcomes within their own and others performances; this enables students to respect one another and value individuals. Resilience is developed both within teams and at an individual level through fitness testing and assessment. Students will be able to participate in both competitive and non-competitive games during PE lessons and again will have the opportunity to compete at inter-house, local and national level competitions. Our leadership programme recognises achievement and participation, and rewards students as they progress their leadership skills. Students are expected to apply tactical and strategic decisions that they make before and during games, activities and competition, all of which encourages more communication, leadership and self-belief.
9	**independence and evaluation**	Building upon the experiences of Year 7 and 8, students will develop greater independence by increasingly exploring performances in small groups, teams and individual work. Students are further encouraged to pursue leadership roles and gain more ownership within PE lessons, helping our students to become more independent. Leadership allows the evaluation of the students' own and others' performance; this leads to a more tactical and strategic performance within PE lessons and when competing against other schools. Students are encouraged to look at their own performances through analysing their own components of fitness and identifying where their strengths and weaknesses lie. Our KS3 assessment also helps shape this evaluation. By the end of KS3, every student will have been given the opportunity to go surfing and be taught water safety; this allows more independence within the community and the safe use of the local beaches.

10	**Building social confidence**	Yr10 students will continue to participate in local/regional/ national competitive frameworks, adding fulfilment to their lives through extending their opportunities. Students will have specialised within their chosen sports and will be given opportunities to develop themselves and their performances through the use of our excellent sporting facilities like the fitness suite and our extensive school club links. Our Year 10 PE curriculum allows for flexibility so that our students get to choose their activities for each term based around the national curriculum framework. For those students who follow a less competitive pathway, they are given the opportunity to gain interests in alternative activities to encourage a healthy lifestyle for when they leave education. These students will be equipped with the knowledge of how to test and train for each component of fitness, particularly those students who have followed the Btec sport route as their option. Yr10 students will be offered coaching/officiating qualifications as an addition to the leadership programme that allows them to seek paid employment in the coaching/officiating world with direct links to local providers.
11	**Motivation for life-long commitments**	Year 11 students will continue to participate in local/regional/ national competitive frameworks adding fulfilment to their lives through extending their opportunities. Students will have specialised within their chosen sports and will be given opportunities to develop themselves and their performances through the use of our excellent sporting facilities like the fitness suite and our extensive school club links. For those students who follow a less competitive pathway, they are given the opportunity to gain interests in alternative activities to encourage a healthy lifestyle for when they leave education. These students will be equipped with the knowledge of how to test and train for each component of fitness, particularly those students who have followed the Btec sport route as their option. Year 11 students will be offered coaching/officiating qualifications as an addition to the leadership programme that allows them to seek paid employment in the coaching/officiating world with direct links to local providers.
12	**Preparing for citizenship**	Students pursuing Level 3 Sport will be expected to volunteer within the PE department, supporting the work of the faculty, completing work experience, organising and officiating within inter-house competitions and playing a lead role in providing support for primary festivals. These roles will support the nurturing of good citizenship by allowing our students to understand the diversity and equality that is required when leading/supporting in these roles. Our students will be helping others to follow rules and instruction and will be helping to promote the values of positive sportsmen and women. Post 16 students will participate within an enrichment programme that helps to gain paid employment; students are given the opportunity to qualify as a beach lifeguard and as a CYQ Level 2 gym instructor qualification. These qualifications help our students to bridge the gap between student life and working life, helping develop their confidence and self-esteem further. Many students who complete the beach lifeguard award work either as lifeguards or surf instructors once completing their studies. Students are able to apply for ‘Post 16 sport captains’. These roles encourage students to work closely with the PE team and assist in leading PE lessons and festivals for our primary students. Communication and leadership skills are developed as they steer a small team of sports leaders from KS3 & 4. Further leadership qualifications are also offered, allowing our students to become employed as coaches/assistant coaches.

13	**Preparing for citizenship**	Students pursuing Level 3 Sport will be expected to volunteer within the PE faculty, supporting the work of the faculty, completing work experience, organising and officiating within inter-house competitions and playing a lead role in providing support for primary festivals. These roles will support the nurturing of good citizenship by allowing our students to understand the diversity and equality that is required when leading/supporting in these roles. Students will be supported to add these skills to their CV and UCAS application, to support them in the next stage of their education and/or employment. Our students will be helping others to follow rules and instruction and will be helping to promote the values of positive sportsmen and women. Post 16 students will participate within an enrichment programme that helps to gain paid employment, students are given the opportunity to qualify as a beach lifeguard and as a CYQ Level 2 gym instructor qualification. These qualifications help our students to bridge the gap between student life and working life, it helps develop their confidence and self-esteem further. Many students who complete the beach lifeguard award work either as lifeguards or surf instructors once completing their studies. Students will build upon their roles as 'Post 16 sport captains'. These roles encourage students to work closely with the PE team and assist in leading PE lessons and festivals for our primary students, communication and leadership skills are developed as they steer a small team of sports leaders from KS3 & 4. Further leadership qualifications are also offered, allowing our students to become employed as coaches/assistant coaches in combination with current and future education or as full time employment following Post 16.