

Curriculum statement

Pupils will learn to use basic principles of play to work towards successful outcomes. Pupils will develop the skills necessary to compete in competitive games. Fitness, Strength, and Flexibility will be developed through games and conditional situations. Technique will be further tested through its use in small sided games and assessed against expected learning outcomes.

Intent

- To develop a passion for sport and physical activity for students to continue throughout their school life and beyond.
- To develop self-esteem for our students to allow them to feel confident with challenging tasks in PE and across other curriculum areas.
- To offer an extensive range of activities that develops a wider understanding of the sporting world.
- To participate in activities that develop different fitness components, such as cardiovascular fitness, flexibility and muscular strength & endurance.
- To develop teamwork and leadership skills through challenging competitive and co-operative activities.
- To promote the values of good sportsmanship across different sports with respect being a common theme.
- To encourage students to develop a healthy lifestyle and have a basic understanding of health awareness.
- To develop independence through physical challenges, evaluating, problem solving challenges, consolidating skills and practice through repetition.
- To promote resilience amongst our students through challenging physical and mental situations.

Implementation

Students participate in a range of disciplines based around Physical Education and Exercise including outwitting an opponent, analysis and evaluation and knowledge of health and fitness. Activities include Handball, Softball, Cricket, Football and Dodge Ball (Port Vale F.C.), Outdoor Adventurous Activities (Stanney Head),. Students assess their own and other's performance using

appropriate terminology, commenting on their own and other's strengths and suggesting areas for improvement.

Impact

Highlight the possible wider health benefits gained from taking part in sports activities and discuss the need to stay healthy and active. Suggest any sports clubs within the school timetable and promote community links. To understand the type of fitness students need to perform at a high school levels. (i.e. coordination, reaction time), that would benefit their lifestyles, wellbeing, and psychological conditioning.