



Curriculum Intent of PE

September 2021

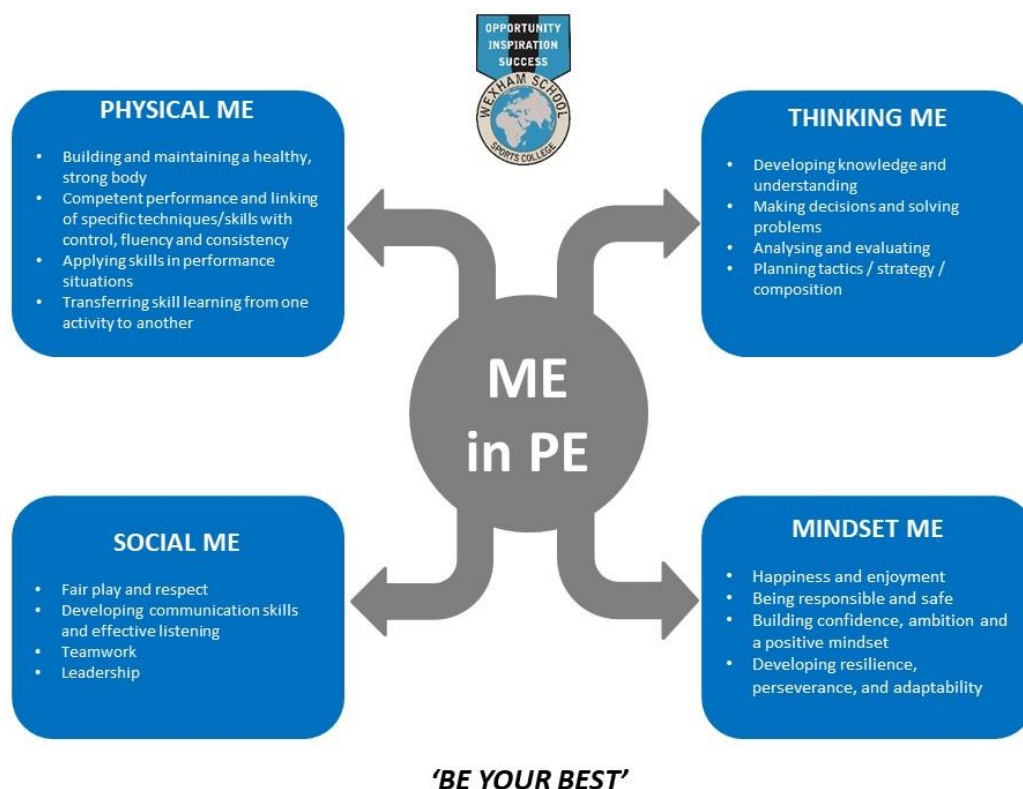
Core PE

Intent

Our intent for Physical Education as a core subject is to provide every student with learning experiences that have relevance and meaning beyond just practical performance and sports skills. We aim to develop people, not just athletes and our core PE curriculum intends to support broader personal development, well-being, and learning for life.

In order to deliver this aim, our Core PE curriculum is designed around four specific areas of learning under the umbrella heading of 'ME in PE'. Everything we deliver in Core PE is based around one or more of these four areas:

- PHYSICAL ME
- THINKING ME
- SOCIAL ME
- MINDSET ME



Through Physical Education we seek to help children develop a range of life skills and attributes including confidence, resilience, adaptability, teamwork, and leadership, all of which are very important for an individual to succeed and maximise their potential in their academic studies.

Skills

The core skills students will develop are:

- Fundamental movement skills
- Activity specific techniques
- Physical health and fitness
- Decision making and applying skills appropriately
- Flair, originality and improvisation
- Problem solving
- Analysing, reflecting and evaluating
- Teamwork, communication, fair play, respect
- Confidence, ambition, resilience, self-management
- Positivity and adaptability

Knowledge

The core knowledge students will develop is:

- Components of physical health and fitness
- Anatomy and physiology
- Health benefits from regular exercise
- Safe, effective techniques
- Rules and regulations
- Tactics and strategies
- Features of effective teams and effective leaders
- Transferring conceptual learning to other areas of life

Examination Courses

Intent

Our intent for examination PE courses at Key Stage 4 and Key Stage 5 is to deliver qualifications that provide students with the knowledge, skills and understanding they need to pursue further education and / or employment in the sport, exercise and wellbeing industry. Our examination courses are vocational qualifications which allow students to study a broad range of topics and develop study skills beyond examination performance.

Key Stage 4: Level 1/2 Cambridge National Certificate in Sports Studies

Skills

The skills students will develop are:

- Revision skills and exam techniques
- Practical techniques and tactics / strategies for individual sports and team sports
- Officiating for individual sports and team sports
- Different types of practice that can be used to improve practical performance
- Analysing and evaluating media coverage of sport
- Planning and delivering a safe sports activity session
- Self-evaluation of delivering a sports activity session

Knowledge

The knowledge students will develop is:

- Issues affecting participation in sport
- The role of sport in promoting values
- The importance of hosting major sporting events
- The role of national governing bodies in sport
- How sport is covered by the media (television, written press, radio, internet)
- The positive and negative effects the media can have on sport
- The relationship between sport and the media
- Personal qualities, styles and responsibilities associated with effective sports leadership
- The requirements of a safe, effective sport activity session

Key Stage 5: Level 3 BTEC National Extended Certificate in Sport

Skills

The skills students will develop are:

- Revision skills and exam techniques
- Presenting to an audience
- Report writing
- Analysing and interpreting health screening information
- Designing exercise programmes for specific individual needs
- Skills auditing to inform a career development action plan
- Completing a job application in the sport industry
- Preparing for, completing, and reviewing own performance in a job interview
- Administration of fitness tests using accurate, reliable methods
- Analysing and interpreting fitness test data
- Providing feedback from fitness testing results to an individual

Knowledge

The knowledge students will develop is:

- Anatomy and physiology (body systems)
- Short and long-term effects of exercise on the body
- How the different body systems interrelate
- The effects of lifestyle choices and health and well-being
- Lifestyle modification techniques
- Nutrition for health and well-being
- Training methods and principles
- Career and job opportunities in the sport industry
- Successful recruitment techniques (job applications and interviews)
- Principles of fitness testing
- Specific fitness tests for different fitness components