



## Physical Education @Perschore High School

### **Intent:**

The Physical Education (PE) curriculum at our school aims to provide students with the knowledge, skills, and understanding to lead healthy and active lifestyles. Our curriculum is intended to help students develop a positive attitude towards physical activity and exercise, and to understand the importance of physical fitness for their overall health and wellbeing. We believe that through participation in a range of physical activities, students can develop their physical, emotional, social, and cognitive capabilities.

### **Implementation:**

Our PE curriculum is delivered through a range of activities, including team sports, individual sports, dance, gymnastics, athletics, and outdoor activities. We use a variety of teaching methods, including practical sessions, group discussions, and independent research and reflection.

We encourage students to participate in extracurricular sports activities, such as sports clubs, teams, and competitions, to develop their skills and interests outside of the classroom. We also use technology, such as heart rate monitors and fitness apps along with fitness tests, to track students' progress and encourage them to set personal fitness goals. Our teaching approaches are designed to be inclusive and student-centred, and to encourage students to take an active role in their own learning. We aim to provide opportunities for students to develop their leadership, communication, and problem-solving skills through group activities and team sports.

Where students choose to study examined theory lessons will be taught in a classroom, and assignments will be completed on computers in an IT room. Theory lessons which lend themselves to practical sessions, will be taught in a practical nature, and then recapped in the classroom.

### **Impact:**

Our PE curriculum aims to have a positive impact on students in a range of different ways, including:

- Developing students' physical fitness, coordination, and motor skills.
- Developing students' understanding of the principles of fitness and the importance of regular exercise.
- Developing students' knowledge and understanding of the rules, tactics, and strategies involved in a range of sports and games.
- Encouraging students to work collaboratively and develop their social and communication skills through team sports and group activities.
- Fostering a positive attitude towards physical activity and exercise, and encouraging students to make choices that promote their health and wellbeing.
- Developing leadership, communication, and problem-solving skills through group activities and team sports.

Where students choose to study examined PE the specification includes:

- Developing students understanding of Applying the Principles of Training.
- Improve students' knowledge and understanding of reducing the risk of sports injuries and dealing with common medical conditions.
- Nutrition and the impact on sports performance.