



PE Curriculum Overview

Summary – The curriculum is designed to provide opportunities for students to become physically confident in a way that supports their health and fitness. Opportunities to compete in sport and other activities, build character and help to embed values such as fairness and respect.

Aims / objectives - To ensure that all students:

- Develop competence to participate in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Curriculum Content - Students will consolidate and build on skills acquired in previous key stages, becoming more competent and confident across a range of activities.

They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Students will be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best