



PE CURRICULUM INTENT

HGCSC Mission	Exceptional education for every child, every day
Priority	Provide a broad and balanced curriculum that challenges everyone

PE DEPARTMENT INTENT

To develop the skills, knowledge, values and attitudes required to establish a life long healthy and active life style.

KNOWLEDGE AND UNDERSTANDING	PHYSICALLY ACTIVE	VALUES AND ATTITUDES
<p>Students will have access to and understand a wide range of physical education topics. Students will have the opportunity to show their knowledge and understanding in both verbal and physical settings. Students will have the opportunity to extend their knowledge and understanding at OSHL clubs.</p> <p>Teachers will keep abreast of curriculum developments to ensure that knowledge imparted is the most up to date. Teachers will ensure that lesson have pace, challenge and support to ensure all students make progress within their learning. The department will break down barriers to learning by ensuring all students' needs are catered for.</p>	<p>Students will have the opportunity to be physically active in PE lessons for a timetabled 2 hours per week. Through our broad and balanced curriculum pupils will be exposed to a diverse range of sporting activities and classes. Students are encouraged to be physically active as much as possible throughout the lesson.</p> <p>A key concept in the department is developing physical literacy in pupils and ensuring the 'gap' between primary and secondary is closed. Within lessons students will have the opportunity to learn new skills for a wide range of sports in addition to developing their leadership skills and fitness knowledge.</p> <p>Students will complete an comprehensive collection of fitness tests to evaluate their physical fitness on entry to each year. This will then be closely monitored and reviewed at the end of the year to highlight progression.</p>	<p>Through PE lessons students will have the opportunity to develop resilience and determination to overcome barriers. This will be achieved through a wide range of opportunities for them to be involved in sport at different levels alongside them taking part in a diverse range of activities. We feel these qualitative skills are imperative for success later in life and so will strive towards developing them. In addition to this we also strongly believe that being able to cooperate and show good teamwork are essential skills to be successful in physical education.</p> <p>Our broad curriculum not only allows the opportunity to develop these skills in a classroom setting but to also demonstrate them further afield through leadership opportunities with our local feeder primary schools. Finally we also feel strongly that students should be taught how important exercise and physical mobility is for a healthy body and mind. The curriculum we have planned allows opportunities to explore these key concepts through all key stages.</p>

CURRICULUM AIMS

- Participate at own level
- Take part in sport

5 YEAR PLAN

By the time pupils complete their study of Physical Education they will be excellent communicators, critical thinkers and problems solvers. Pupils will have been given the opportunity to explore develop skills needed to be active for life. They will be exposed to not only sporting situations but also other roles within Physical Education for example leadership and fitness. Pupils will also experience a wide range of optional extracurricular opportunities including clubs, trips and fixtures. This will aim to also increase their cultural capital experience in Sheffield and further afield. Ultimately our pupils will develop the skills necessary to not only be active for life but a valuable citizen of the community through Physical Education.

SKILLS

List the main skills pupils will learn and develop over the curriculum:

- Be independent enquirers and problem solvers.
- Be creative thinkers and show resilience.
- Be reflective in their learning and want to improve.
- Show effective participation and show good team work.
- Develop self-management skills and meet deadlines.
- Take the opportunity to learn something new.

KNOWLEDGE

List the main subject knowledge pupils will learn and develop over the curriculum:

- Skills and tactics for a wide range of sports.
- Leadership skills.
- First aid injuries and treatment.
- The main theory aspects of Sport.
- How maintain a fit and healthy lifestyle.