



## Curriculum Intent: Physical Education

### Subject vision

It is our belief that all students, regardless of natural ability, are able to take part in and benefit from curricular Physical Education and extra-curricular Sport and Physical Activity whilst at Helsby.

The positive effects of PE, Sport and Physical Activity on our physical, social and mental health are vitally important in modern-day society. It is our aim that every student is able to achieve their potential, experience success and enjoy participating in PE, Sport and Physical Activity during their school life leading to lifelong-participation in such activities.

### We deliver our curriculum intent on a subject level by:

At KS3 our curriculum is designed to focus on the acquisition of fundamental skills and principles in year 7, the development of these fundamental skills and principles in year 8, and refining and enhancing their performance in year 9.

This is achieved by students following a broad range of activities that focus on developing specific and generic movement skills in invasion games, net/wall games, striking and fielding games, health and fitness, athletics and dance, alongside the development of key principles, strategies and tactics in each area.

At KS4 our curriculum is designed to have a clear and coherent structure to provide a real applied focus reflecting today's global world. The curriculum develops transferable skills and a holistic understanding of Physical Education through the combination of physical performance and academic challenges. It is also designed to both support progression from KS3 and progression onto KS5.

At KS5 our curriculum is designed to provide learners with the opportunity through applied learning to develop the core specialist knowledge, skills and understanding required in the sport and physical activity sector. The curriculum prepares learners for study in Further Education or Higher Education in Sport and Physical Activity or in any other subject area or Sport-related apprenticeships, and builds on the skills and knowledge gained in KS4.

### Enrichment:

At Helsby our mission is to help all our students discover and develop their potential through extra-curricular Sport and Physical Activity.

It is our belief that this can be achieved through a four-pronged strategy to enable Helsby students to develop both as people and as sportspeople during their time here.

The four themes are:

1. **Activity for all** – to engage and challenge all students regardless of ability through depth and breadth of sports and physical activities.
2. **High performers** – to encourage, support and develop students aspiring to excellence in individual sports.

3. **Academic balance** – to embrace sport and physical activity as a means of supporting and enhancing academic performance.
4. **Community** – to engage Helsby in its surrounding community through sport and physical activities.

In *Physical education*, students '**Achieve success**' by:

Encouraging high aspiration and a love of learning	By making PE lessons challenging, fun, interesting and different.
Maximising progress and potential	By setting challenging but achievable targets. By providing extra-curricular opportunities.
Providing rewarding learning experiences	By delivering well-planned, differentiated lessons in a wide variety of activities.
Offering diverse opportunities	By providing depth and breadth both in curricular and extra-curricular activities.
Recognising and celebrating all achievement	Through the Sports Ambassador programme, recognising individual and team performances via social media, the school website and the Departmental Twitter account. Recognising performers of the term, up to date boards in departmental areas, post cards home for excellent progress and achievement, fixtures and results updated regularly on school website.

In *Physical education*, students '**Value Others**' by:

Contributing to a safe school environment	By having clear expectations for behaviour and respecting rules, officials and equipment.
Showing tolerance, respect and fairness	By emphasising the importance of fair play and respect in games.
Listening to and respecting others' views	By utilising peer feedback, development of leadership and utilising student voice to inform curriculum planning.
Appreciating and embracing diversity	Via curriculum activities and departmental displays highlighting the successes of a diverse range of athletes from different backgrounds and highlighting non-traditional activities.

Being an active member of our school and local community	Opportunities to volunteer, work with local primaries, sports ambassadors, links with local sports clubs (e.g. Frodsham JFC, Cheshire Phoenix, Alvanley CC, West Cheshire AC).  Sports team members expected to be role models for other students.
Co-operating with others	Development of teamwork, communication, tolerance and respect through games.