

## **Intent**

At Oswaldtwistle School, the intent of teaching Physical Education is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. The aims of the PE curriculum are consistent with that set out in the National Curriculum Programme of Study for KS3 and KS4 as it states: physical education aims to ensure that all pupils:

- develop competence to excel 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

Students are assessed against their Personal Development which underpins the whole curriculum. Physical Education helps pupils to develop the skills, knowledge, and competencies to live a healthy and active life. Pupils are encouraged to learn all aspects of physical activity to increase their agility, balance and co-ordination in sports. Skills are taught through a wide variety of activities such as; invasion games (basketball, football etc), net games (badminton, table tennis, pickleball) and field games (rounders, cricket etc.) Our programme of study challenges and promotes self-esteem through the development of physical confidence and problem solving. It teaches children to cope with both success and failure in competitive, individual and team based physical activities. This is to provide the skills and inspire our students to continue with physical activity into their adult lives.

All activities take place within a safe, happy and challenging learning environment which promotes all students to feel secure and confident in their own ability to progress.

SMSC, British Values are embedded in to lessons and this is achieved by the promotion of team work, respect and abiding by rules.

There is also opportunity to explore careers by organised school trips. These have involved visiting professional sports teams and seeing the wide range of careers on offer such as Physiotherapist, Coach, Nutritionist, Analyst etc. Examples can be found below;

<http://futureactive.co.uk/job-hunting-and-careers-advice/resources/career-profiles>

<http://careers-in-sport.co.uk/>

<https://www.firstcareers.co.uk/subjects/physical-education/>