



PE DEPARTMENT INTENT

Discover, Develop, Rejoice

The PE Curriculum at St Cecilia's is inclusive and centred around educating the whole child, through a broad, yet focused range of activities, for sustained periods of time, offering competitive opportunities for all.

The curriculum will develop deep seated knowledge and understanding, linking different activities through skills, fitness and aesthetic appreciation. It will develop social skills, empathy, emotional intelligence and sportsmanship enabling pupils to grow into confident, valued members of the community, who live active healthy lifestyles in both mind and body, leading to a healthy state of well-being.

Pupils will be gracious in defeat, show humility in victory and determination to succeed.

Aims

The PE department aim to deliver a high-quality physical education curriculum to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. It will provide opportunities for pupils to become physically confident in a way which supports their health, fitness and well-being. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The PE curriculum will support pupils to develop their knowledge and understanding of academic vocabulary, both general and subject specific, will provide opportunities and rely upon pupils ability to retrieve knowledge and understand that interleaving, especially in relation to common skills and health and fitness are common place in the curriculum.

The PE curriculum is designed 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 and establish habits and routines that stay with them into adult life and understand and apply the long-term health benefits of physical activity.
- to build on prior learning and to become a confident expert in their knowledge, apply and understand the skills, tactics and processes embedded in the sports and activities covered.
- should understand what makes a performance effective and how to apply these principles to their own and others' work.

Areas of Activity Covered

The sports and activities covered in PE will;

- use and develop a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- develop their technique and improve their performance in other competitive sports.
- perform dances using advanced dance techniques within a range of dance styles and forms
- 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 and evaluate their performances compared to previous ones and demonstrate improvement to achieve their personal best.
- take part in competitive sports and activities outside school through community links or sports clubs.