




Department Intent

Our intent is that the **Physical Education** curriculum:

	<ul style="list-style-type: none"> • creates opportunities to develop key subject knowledge, understanding and skills related to all aspects of physical education. • raises competence to excel and succeed in a broad range of individual and team sports. • encourages physical activity for sustained periods of time. • improves physical confidence and raises self-esteem. • develops theoretical subject knowledge to support informed decisions regarding health and fitness.
	<ul style="list-style-type: none"> • presents opportunities to be physically and mentally challenged in a range of sporting situations to build character. • develops teamwork. • enables critical analysis and evaluation of performance. • provides opportunities to form accurate judgements and identify ways to improve. • develops resilience and courage. • embeds values such as fairness and respect.
	<ul style="list-style-type: none"> • presents opportunities for external competition at school, district, county and national level. • develops the confidence and interest to continue to participate regularly in sport outside of school and in later life through community links. • inspires health, happiness and fitness for life. • provides an understanding of how to exercise safely.