



Physical Education (Non-Credit Subject)

Curriculum Content

Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

Our curriculum for physical education aims to ensure that all students:

- 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 a healthy and active lifestyle

Attainment Targets

Students should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Pupils should be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example: badminton, basketball, soccer, volleyball, netball, dodgeball)
- develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best