

**Subject****Physical Education**

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual creativity”

John F. Kennedy

Curriculum intent

We believe in the importance of physical education and the vital role it has to play in promoting long term, healthy lifestyles. Our intent is to provide all children with high quality physical education and sport. Every student will be given the tools to succeed and achieve their potential as well as the knowledge to lead physically active lifestyles beyond Breckland School. We strive to inspire our students through engaging physical education lessons that are enjoyable, challenging and accessible to all. Our students will appreciate the wide range of benefits of leading active lifestyle. Through our teaching of PE, we will provide opportunities for students to develop values and transferrable life skills such as fairness, resilience and respect.

Powerful knowledge in PE

At Breckland School we aim to ignite a passion for Physical Education and Sport through a variety of team and individual sporting contexts. Our aim is to ensure that our students develop fundamental movement skills, a knowledge and understanding of how to lead a healthy, active lifestyle and a love of physical activity. Our students will have the knowledge to make lifestyle choices that will have a positive impact on the physical, emotional and social well-being. Key skills such as co-operation and resilience ensure that our students become well rounded individuals that will have a deep and secure set of skills to thrive in the next chapter of their lives.

Curriculum Features

We provide an inclusive and challenging curriculum that inspires and motivates our students. They will have opportunity to develop fundamental movement skills across a variety of sports and be able to apply these at intra and inter school competitions and events. Our students will know how and be able to move efficiently, effectively and safely as a springboard to being physically active for life. In addition, we teach key concepts such as rules and tactics, anatomy and physiology, sports psychology, sociology, biomechanics and teamwork. Our approach to Key Stage 3 PE enables our students to revisit topics throughout the year, but in different sports, to make learning sound and secure in preparation for Key Stage 4.

House matches and competition play a key role in our curriculum to enable students the opportunity to be challenged but to also develop their personal skills of empathy, sportsmanship, learning to cope with success or failure and developing positive



experiences through competition. Our students will also experience different roles within their lessons. They will have the opportunity to be a performer, coach, referee or umpire.

Curriculum Enrichment

Our students will be offered a wide variety of opportunities and experiences that will support and enhance their love of sport. These include:

- Competitive and engaging intra-school fixtures through the House system.
- Inter-school fixtures which will stretch and challenge our students.
- GCSE PE trips to support and underpin knowledge learned in the classroom.
- Leadership opportunities through our wider sport network.
- Football and netball tours to compete against teams from outside the region.
- Ski trip to develop skills to perform at GCSE level