Curriculum Intent statement for Physical Education

**Curriculum Intent**

The intent of Brook 6th Form’s Physical Education curriculum is to inspire all students to thrive and gain confidence in participating in sport and to enjoy the health benefits that sport and exercise provides.

Opportunities to compete in various sports is offered to all students to support a range of skills, such as: teamwork, strength and stamina; cardiovascular health, self-confidence, and the science of movement as well as embed core values such as, respect for others resilience and adherence to the rules of a game/sport.

Through Physical Education we aim to develop the students’ skills and aptitude in a range of team sports and athletics, so that they grow in self-confidence and develop skills that will last their lifetime.

We aim to ensure that all students develop a positive attitude to adopting a healthy and active lifestyle.

Each student receives at least 2 hours of PE each week (with at least 1 hour on the curriculum timetable and a further hour in extra-curricular time), which is planned to ensure a broad range of skills and sports are offered.

**Aims**

The aims of PE lessons for students to

* enjoy positive experiences participating in sport
* gain the opportunity to participate in P.E at a level that is challenging, but suitable for everyones level
* build and develop a wide range of skills
* understand the rules and techniques used to play in a range of sports to a competent level
* experience positive sporting attitudes in competitive sport
* improve their strength, agility, stamina and coordination
* lead parts of a PE session with confidence
* learn useful vocabulary and knowledge that will assist in future Sporting activities

**Cross-Curricular Links**

Wherever possible we aim to make meaningful links to other areas of the curriculum to support learning and the development of a broad range of skills and knowledge.

**Impact over time:**

* A greater proportion of students engage in a range of sporting activities.
* Improved individual performance by students on timed activities (such as sprinting)**.**
* Increased participation in competitive sport, internal and or externally (against other schools).
* An increased proportion of students engaging in sporting/physical exercise activities outside of school and the taught curriculum, including competitive sport.
* An increased proportion of students are able to officiate games, and are able to guide their peers.