Curriculum Intent statement for physical education

**Curriculum Intent**

The intent of Brook 6th Form’s Physical Education curriculum is to deliver inclusive lessons; inspire all students to thrive and gain confidence in competitive 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; knowledge of anatomy and the science of movement as well as embed core values such respect for others and inclusion.

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. This is embedded in the curriculum.

Each student receives at least 1 hour of curriculum time in PE and 1 hour of extra-curricular Sport on a weekly basis 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 in inclusive lessons
* gain the opportunity to participate in P.E at a level that is challenging, but suitable for everyone’s level and ability
* 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

**Impact**

All students receive a broad and balanced PE curriculum. Every student is encouraged to access all of the key areas of the subject in various sports: football; basketball; badminton; table tennis; athletics. The PE teacher ensures that all of the students participate in accordance with their abilities in inclusive lessons. We also provide daily opportunities for Physical Activity during every Break time and Lunchtime.

The students are given the opportunity to participate in competitions against other local schools.

**Cross-Curricular Links**

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