



Moorbrook School PE

Intent

The physical Education curriculum is tailored to meet the individual needs and abilities of all pupils. It is designed to encourage pupils to take part in physical activity, developing understanding of how this can have an impact on their physical, mental and social wellbeing during their time in school and beyond. By providing pupils with skills and knowledge in a wide range of sports and other forms of physical activity we aim to build confidence and self-esteem in order for pupils to lead a happier and healthier lifestyle. We follow the National Curriculum from year 7 through to year 11, this is supported by clear skills and knowledge progression. We ensure that skills and knowledge are built on year by year and sequenced appropriately to maximise learning and meet each pupil's individual needs.

Implementation

Our curriculum covers a wide range of sports and physical activities which provides pupils with a variety of opportunities to learn skills and allows them to access to Physical Education. As we have an excellent understanding of our pupils we are able to change and adapt in order to keep pupils engaged and motivated as well as reducing learner's anxiety while continuing to build confidence and develop skills. We break down of each individual sport, activity and then allow pupils to practice the skills they have learnt in game situations. As well as on going teacher assessment pupils are also encouraged to evaluate their success and identify how they can improve their own, and/ or others' performance. When pupils move into key stage 4 they are given the opportunity to complete a level 1 and 2 combined qualification in health and fitness, which allows them to gain a greater knowledge around the subject and also gives students the opportunity to pursue a career in this sector on leaving school.

Impact

Through pupil's enthusiasm and high levels of participation I am sure the Physical Education curriculum has a positive impact on learners as they are engaged and motivated in lessons.

As we often use leisure and sports facilities in and around our local community we encourage pupils to develop social skills and also make them aware of what is available in their areas, out of school time. This, as well as, the skills and knowledge they develop whilst at Moorbrook, prepares students to live an active and healthy life after school.