

Physical Education

Curriculum Aims

Our vision is to deliver a broad and ambitious curriculum through high quality, stimulating lessons for ALL learners to excel in physical education & sport by promoting passion for these to make good progress. We will create an enjoyable, challenging, productive and safe working environment for staff & students. Learners will be inspired to lead healthy, active lifestyles by developing their physical, mental and social health and well-being. This will lead to learners building their confidence and physical competence to participate in sport and physical activity and developing their leadership skills. Learners will be actively engaging in their own learning and have the desire to improve their knowledge & understanding across a range of sports & physical activities.

Which will lead to learners:

- **Fit to Perform** - Here students learn the skills and tactics required to be effective performers in a range of physical activities. Students will also be able to analyse their own and other's performances.
- **Fit to Lead** - Students learn the fundamental leadership qualities required to be a good leader throughout the different physical activities
- **Fit for Life** - Students will be able to develop their own fitness levels, knowing some of the basic anatomy and physiology and components of fitness. Students will learn how to lead a healthy active lifestyle.

Here we explore the John Roan curriculum principles in the context of the PE curriculum:

- **Entitlement:** The department curriculum allows all learners to develop their confidence to excel in a broad range of sports and physical activities. We will seek to overcome any barriers to participation which learners might face because of their race, gender identity or any aspect of SEND. Learners will have opportunities to participate in inclusive activities and understand how studying PE & Sport can help learners move towards their future aspirations. All learners will have the opportunity to participate in the whole school sports day at the end of the academic year celebrating their achievements.
- **Coherence:** Through the curriculum learners will build and develop their powerful knowledge, confidence, leadership skills, decision-making and problem-solving skills, through a carefully sequenced curriculum. They will become determined to improve their own abilities and use transferable skills through a well-planned curriculum.
- **Mastery:** Throughout the curriculum learners will become physically skilful young people and develop their knowledge and understanding across a range of sports and physical activity, developing their own performances, leadership skills and understanding of the health benefits of physical activity. Learners will build the foundations and then build on their prior knowledge lesson by lesson. Many skills learnt are transferrable and can be applied in many different sporting settings. Therefore, skills can also be built on each year.
- **Adaptability:** Activities chosen within the curriculum are suited to the learners needs and will help them to access these sports and activities outside of the school in the local area. Sports and activities can be adapted to meet the needs of all learners in the class. Particularly at KS4, learners are groups based on their personality and follow a more bespoke curriculum based on their needs. With some following more competitive team sports and other taking a route involving more individual based activities.

- **Representation:** Different roles models should be used across each of the sporting contexts as a representation of many great role models in the world of sport who are just like many of the students in the school. Various roles models should be used to show equality.
- **Education with character:** The curriculum is designed to develop aspects of the learner's character such as fair play, resilience, and confidence to perform and compete. Throughout the curriculum learners will have the opportunity to be a participant in different sports and physical activities as a performer, learn different tactics and strategies for sport, leading to a healthy, active lifestyle to develop their physical, mental and social well-being.

The John Roan Values:

Proud - Wear the JR PE kit with pride

Respectful - have respect for the rules and other participants

Involved - come prepared and be actively involved in lessons

Determined- determined to improve and reflect on own performance & determined to make improvements

Excellent - striving to be the best you can be.

Roadmap of the PE curriculum

The roadmap diagram on the following page sets out the route that we expect pupils to take through our curriculum.