

Curriculum Aim – Physical Education

Broad Intent: The aim of Physical Education at JoG is to recognise the importance of PE and the role it has to play in promoting long term, healthy lifestyles and making a positive impact on physical, mental and social health. We want our young people of John O'Gaunt to appreciate the benefits of a healthy and active lifestyle. Through our teaching of PE, we will instil our core values and transferable life skills such as resilience and mutual respect as well as providing them with opportunities to take part in competitive sport through our extra-curricular programme. Our extra-curricular programme is open to all our students to attend on a competitive and social basis.	KS3 Intent: <ul style="list-style-type: none">• Develop understanding of personal performance through physical, cognitive and social opportunities in a range of sports• Introduce an understanding of the benefits of physical activity• Develop an understanding of the rules needed in a variety of different sports• Students develop an understanding of tier 2 and 3 vocabulary and use of it• Develop leadership skills through coaching and officiating in lessons• Prepare students for Cambridge National Certificate in Sport Science• Encourage students to attend extra-curricular sports clubs• Signposting pupils to relevant sports clubs within the community to develop sporting education
	KS4 Intent: <u>(Cambridge National in Sport Science)</u> <ul style="list-style-type: none">• Develop understanding of reducing the risk of sports injuries, applying principles of training, sport psychology and of sports nutrition• Develop research and referencing skills• Develop the ability to analyse/evaluate their own opinions and opinions of others <u>Core PE</u> <ul style="list-style-type: none">• Continue developing the skills needed to participate in a range of different sports• Demonstrate the skills needed to officiate a range of different sports• Develop understanding of the tactics needed to be successful in a competitive situation