SUBJECT INTENT STATEMENT

The Physical Education curriculum at Consett Academy inspires all pupils to enjoy, succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

We aim to;

- Develop competence to excel in a broad range of physical activities
- Ensure students are physically active for sustained periods of time
- Engage students in competitive sports and activities
- Promote extra-curricular and community links
- Educate students how to lead healthy, active lives, including physical, mental and social well being
- Provide students with performance opportunities in PE and Dance
- By the end of each key stage, pupils are expected to know, apply and understand the knowledge, skills and processes specified in the relevant programme of study.
- Give students leadership opportunities within and beyond the curriculum

Students build on and embed the physical development and skills learned in earlier key stages, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They will understand what makes a performance effective and how to apply these principles to their own and others' work.

They will develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Students will be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, handball, netball, rounder's, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics trampolining and gymnastics]