



PHYSICAL EDUCATION

CURRICULUM AIMS

Everything we do in **Physical Education** will help shape a positive future for life beyond school.

“Equipping students with the knowledge, skills and motivation to live active, healthy lives.”

- **Team Players**
- **Competent Performers**
- **Committed Practitioners**
- **Courageous Learners**
- **Future Leaders**
- **Healthy Humans**

Believe

Shaping positive futures in the development of personal characteristics

Learners are nurtured into a ‘can do’ attitude towards learning, built through individual and team activities. Learners improve in confidence and develop resilience by challenging themselves to aim higher. Working in a team requires trust and Team PE work hard to build relationships with learners that help them feel comfortable about performing across all sports and exercise activities. Through participation in a variety of team activities our learners learn and understand the importance of **teamwork** and in turn develop social, leadership and communication skills. Taking part in a sporting event requires courage – courage in facing an opponent but also **courage** in pushing yourself to achieve further and our learners are given opportunities to perform through lessons and enrichment programme. By wearing our shared CHS kit, all children are part of Team CHS. They learn, assess, compete, and work collectively.

Achieve

Shaping positive futures by helping our pupils to achieve

Physical Education at Cottingham High School opens your eyes to the amazing world of sports performance. Learners can perform in different sports and develop wide ranging knowledge into the how and why of physical activity and sport. The combination of the physical performance and academic challenge provides our learners with an interesting and challenging learning experience. The development of transferable skills including decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking, acting and reacting under pressure. In our lessons, we develop **competent performance** by modelling and carefully breaking down the parts of each activity – from the fine movements and processes of unique actions to the strategies needed to overcome an opponent. We also provide opportunities to revisit and rehearse these skills and, through our assessment, help learners see how they are improving. Physical education requires a **commitment to process of practice**, review, and completion. It teaches learners the habits of working toward a personal goal.

Succeed

Shaping positive futures so that pupils can contribute to wider society and life beyond school

We aim to ensure all learners leave the school possessing the skills, motivation and knowledge to enjoy a lifelong engagement with sport and physical activity. They will know the benefits and impacts of leading a **healthy active lifestyle** and have better **physical, social and mental health**. As team players, learners will be able to contribute to a wide range of experiences collectively working with others to achieve goals and objectives. It is our hope that we grow **leaders of the future** through a range of sports leadership opportunities that will develop a wide range of important life skills and qualities including confidence, communication, organisation, reliance and problem solving.