

Department Intent

Our intent is that the **Physical Education** curriculum:

	<ul style="list-style-type: none">• creates opportunities to develop key subject knowledge, understanding and skills related to all aspects of physical education.• raises competence to excel and succeed in a broad range of individual and team sports.• encourages physical activity for sustained periods of time.• improves physical confidence and raises self-esteem.• develops theoretical subject knowledge to support informed decisions regarding health and fitness.
	<ul style="list-style-type: none">• presents opportunities to be physically and mentally challenged in a range of sporting situations to build character.• develops teamwork.• enables critical analysis and evaluation of performance.• provides opportunities to form accurate judgements and identify ways to improve.• develops resilience and courage.• embeds values such as fairness and respect.
	<ul style="list-style-type: none">• presents opportunities for external competition at school, district, county and national level.• develops the confidence and interest to continue to participate regularly in sport outside of school and in later life through community links.• inspires health, happiness and fitness for life.• provides an understanding of how to exercise safely.