

### **Intent:**

At Archway School the PE curriculum is broad and balanced and is designed to provide opportunities for every student to make maximum progress in a wide range of sporting activities, at a level that is accessible yet challenging.

Our aim is for every student to leave Archway with the skills, knowledge, and desire to lead a rewarding and healthy lifestyle that includes positive relationships, resilience and success.

Alongside the more obvious physical benefits (i.e. healthy bodies, physical fitness, coordination and movement control, and helping to maintain a healthy body weight), we also give our students the opportunities to achieve sporting qualifications at KS4 & 5 and provide platforms for sporting excellence at every level

The broad and balanced KS3 curriculum focuses on creating the holistic athlete by engaging the students in fundamental core skills in year 7 to decision making and implementing knowledge and skills during competitive situations in years 8 and 9.

Throughout KS4 more advanced skills are embedded and pupils are encouraged to take responsibility to lead a healthy, active lifestyle. In addition to the KS4 core curriculum, pupils are given the opportunity to take PE examinations to further develop their knowledge and skill base in Sport.

In KS5 pupils can extend their qualifications in PE by studying Sport in greater depth to Level 3 or choose to participate in our 6<sup>th</sup> form extra-curricular provision.

We believe PE is about pupils developing their physical, mental, social, cognitive and affective skills to leave school wanting to lead an active, healthy lifestyle.

### **Implementation:**

Design a wide range of opportunities and experiences from a comprehensive sporting diet in lessons. Students will be taught to use a range of tactics and strategies to overcome opponents in direct competition in team and individual games. They will develop their technique and improve their performance in aesthetic sports such as dance and gymnastics with focus of skill development and form. Students are exposed to and taught how to manage intellectual and physical challenges and are encouraged to work in a team, building on trust and developing skills to solve problems both independently and as a team. Students will be taught to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.

Our tradition of giving students extra-curricular opportunities and the chance to take part in competitive sports and activities outside school through community links or sports clubs continue to be strong.

To achieve this, we will develop the skills that will enable students to be successful learners, confident individuals and active members of society who become positive role models of the future. We encourage all students to be confident, independent and aspirational learners.

### **Beyond the classroom:**

A wide range of extra-curricular activities are on offer every week to further develop student's overall performance in a wide range of sports. All clubs are open to all students and encourage a wide range of year groups, both team and individual sports.