

## **Physical Education**

The aim of the PE curriculum is to develop a lifelong enthusiasm and passion for sport and exercise. Pupils will develop the sporting skills and understanding required to live a healthy active lifestyle and develop key core values through the medium of sport that will enable them to become highly regarded adults.

In key stage 3 we aim to provide a diverse sporting provision which not only prepares the pupils for the role of a performer but also as a leader, a coach and as an official. We interleave KS4 course knowledge to prepare the pupils for the transition to the BTEC Physical Education qualifications we offer. We ensure pupils are aware of the progress they make and their current attainment levels through the step levels which are built around the KS4 BTEC course criteria.

In key stage 4 the aim is to further develop core values and leadership skills alongside the development of sporting skills which will allow pupils to continue competing in sport, training or simply enjoying physical activity once they leave school. In the KS4 examinational courses the pupils develop a strong understanding of the course content to allow them to achieve very highly as well as developing their understanding of the careers and opportunities there are within sport to help guide them on their next steps of KS5, university or their future careers.

The curriculum is planned to ensure pupils experience a range of different sports and physical activities which they revisit to embed skills so they can continue to participate outside of TCS. An understanding of physical literacy, a healthy active lifestyle and core values such as leadership, independence and resilience are embedded in the learning as well as allowing the opportunities to develop and apply tactical and strategic thinking.

Learning is sequenced and personalised to ensure all pupils receive correct levels of challenge and support to ensure progress is consistent in all classes. Independent learning is also set in KS3 which is used to deepen the understanding of the pupils and develop knowledge required for KS4 courses and beyond their time at TCS.

### **The Intent of each PE across each year group was all decided upon (amended from the YST)**

**Year 7: Believing in myself and exploring opportunities**

**Year 8: Developing a growth mindset and the ability to work with others**

**Year 9: Building aspirations and developing resilience**

**Year 10: Building mental health strategies and managing pressure**

**Year 11: Making Active Lifestyle Choices**

