

## **Physical Education**

The pivotal aim of PE is to encourage all students to actively engage in lifelong physical activity, not only as a participant but in other roles such as a leader, coach or an official. This will support our ambition for all students to lead a healthy and active lifestyle through both PE and nutrition curriculum lessons. Our core curriculum is further strengthened through the extra-curricular offer of a range of sporting activities and fixtures.

Physical Education is delivered to develop the physical, social and mental well-being of our students and actively develops interpersonal skills such as resilience, teambuilding, leadership and communication skills. These key skills along with core PE and nutritional knowledge will support their future life choices and allow them to be able to flourish physically, socially and mentally. When students leave Astrea Academy Dearne they will be able to perform safely and efficiently in a range of sports/sporting activities, either recreationally, competitively or both.

We purposefully develop students understanding of living a healthy and active lifestyle, their understanding of nutritional intake is essential to this. Students are taught about kitchen safety, food groups, diet, the importance of meal planning and the consequences of living an unhealthy lifestyle. Students will use this knowledge to be able to plan, prepare, cook and evaluate a range of healthy meal choices in a safe practical environment.

### **We have a 3-tiered approach to our curriculum.**

**Engage** – In year 7 we offer 9 short blocks of different sports giving our students opportunities to perform in a range of activities that they may not have done so before.

**Prepare** – In years 8 and 9 we offer 6 blocks of activities which last 6 weeks each. In these there is also a focus on sporting knowledge and terminology to start building core foundations for topics that will be studied in future years.

**Deliver** – In key stage 4 option choices students are given every single opportunity to achieve beyond their expectations as we strive to deliver outstanding results. This is done by offering different courses that students select based on their personal strengths in PE. We deliver the content of the courses in various ways in order to maximise outcomes.

### **Key Stage 3 CORE PE**

In key stage 3 students will focus on improving their physical, social and emotional well-being through an engaging range of sport and physical activities. Development of students' PE literacy is key, with students assessed on the attitudes, skills and knowledge of becoming happy, healthy and successful people through PE. We also introduce students to keystone words which will help prepare them for key stage 4 option choices in PE.

### **Key Stage 4 CORE PE**

In key stage 4 students will continue to develop their confidence, motivation, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities

for life. This is done by ensuring lessons are both engaging and purposeful, building on previously taught curriculum knowledge about the different sports.

### **Physical Education Option choices**

We offer both GCSE PE (AQA) and Sport Studies (OCR) at Astrea Academy Dearne. Both courses offer students a range of opportunities to see how sport can be used to shape a sport based career upon leaving school and further education.

At whatever level students are studying they are encouraged to fully immerse themselves in the incredible world of sport with a focus on the emotions, passion and happiness that playing, watching and learning about sport can bring.