

We believe that a wide and varied curriculum is crucial in offering our young learners the opportunity to:

- Realise the importance of physical health and well-being
- Enjoy sport and have fun
- Be competitive
- Make progress in the activities they do
- Develop cognitive skills in relations to strategy and tactics in sport
- Develop positive social skills, especially teamwork and sportsmanship

The most important thing to us, is the ability to inspire our students to continue to take part in physical activity and sport when they leave school. Offering a wide range of physical activities that are pitched at a level where all students can experience success and enjoyment, will help engage, motivate and increase self-confidence, not only in their own performance but in their understanding of how to exercise and keep fit. It is great to see the latest National Curriculum recognising the essential role that PE, sport and physical activity play in a good and well-rounded education- enhancing children's health, building character, improving wellbeing and supporting them to fulfil their potential. At a time when young people's health and wellbeing has been in decline, this could not be more crucial.

At Key Stage 4 we offer Edexcel GCSE PE which equips students with the knowledge, understanding, skills and values they will need to be able to develop and maintain their performance in physical activities. Students will also gain understanding of how physical activities benefit, health, fitness and well-being. In addition to this, we also offer Cambridge National Sports Studies. This course enables students to develop and apply knowledge of sports-related activities, explore contemporary issues in sport and understanding theories behind the modern-day sporting world. At Key Stage 5 we offer BTEC Sport as the equivalent to A Level PE due to the breadth of the course and suitability to prepare for University courses and careers in sport (assessed using both written exams and coursework assignment).

We would in addition like to emphasise the following:

- In KS3 we teach a mixture of single and mixed gender lessons. Students are put into ability appropriate groups which allow the students to be stretched in the best way. This enables all students to experience success and progress at the appropriate level. This will also improve engagement, motivation and an enjoyment of sport
- In KS4 Core PE, we offer an Option programme where students can choose two different activities each half term. This provides students with some ownership of what they want to do. Again, helping with engagement and further developing an enjoyment for sport
- We believe in listening to our students so we can offer a range of activities to suit everyone. We update/change the sporting activities on offer based on student voice to help ensure they are doing activities they enjoy
- Use PE and sport to embed our College values (Respect, Cooperation, Stewardship, Compassion and Honourable Purpose) and Ethos (SHINE)