

Curriculum Intent

Curriculum Vision - GCSE & A Level PE | *To develop and inspire an understanding of the social, historical, psychological and physiological aspects of sport within practical situations.*

Our GCSE & A-level specification in physical education should equip students with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds

All students

At GCSE & A level Physical Education we aim to encourage all students to be able to;

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds

Successful navigation of the subject within the world

- Our Physical Education curriculum at the advanced level, aims to equip our students with the ability to think critically in being able to:
 - Look at a healthy lifestyle, including the ability to reflect upon their own lifestyle choices
 - Empower students with the understanding of how to exercise correctly
 - Ensure their understanding of how performances are impacted by socio-cultural, psychological and physiological factors
- Physical Education also empowers our students to work in future fields such as sports development, sports coaching, physiotherapy, sports journalism, personal training or becoming one of the next generation of PE teachers.

My Physical Education Journey

