COLMERS SCHOOL
& SIXTH FORM COLLEGE

Physical Education

Curriculum Intent

The intention of Physical Education at Colmers is to create individuals to become lifelong participants in Sport and active leisure. The Physical, Social and Mental benefits of sport and exercise are well documented and unequivocal, and it is our sole intention to equip our students with the necessary skills and knowledge of Physical activity to allow them to lead healthy and active lives when they leave.

To achieve this we will deliver our PE curriculum using three core principles:

1). Head – Pupils will be taught to "Know More" about Physical Education and Sport

2). Hands – Pupils will be taught to "Do More" within their PE lessons

3). Heart – Students will be encouraged to "Be More" through the Colmers Characteristics.

During the **Hands** strand, **("Do More"),** the students will develop their motor skills, sequencing and patterns of movement through a variety of different sports and activities both individually and as a team, whilst considering the specific rules regulations and scoring systems that apply to each discipline in order to maximise the chances of success. They will also learn what it means to be safe and well-prepared performers in sport and how this impacts on their short, medium and long term health.

During their PE lessons pupils will learn about the theoretical principles that underpin performance in sport concentrating on how the various different body systems react and respond to exercise to allow us to keep playing. This core knowledge will be reinforced during practical lessons to give precise meaning to the work the students do. **Heads ("Know More")**

Finally, the **Heart** strand, **("Be More")**, will focus on some of the Colmers Learning characteristics which are embedded through the school. Each term we will look at a different learning habit and encourage and motivate the students to develop these skills within their PE lessons ensuring that we praise and reward students when they demonstrate these skills.

In Years 10 and 11, our focus becomes on the individual performer and the benefits that PE and sport can have on the pupils to complement and benefit them in all aspects of their lives. We place more of an emphasis on physical and mental well-being and hope that this allows each student to become independent learners and understand the benefits of physical activity.

In Key Stage 4 students will also have the opportunity to opt to study Sport as an examination subject. This will be done through the OCR Cambridge National Sport Course, which will allow learners to develop their own knowledge and understanding of Sports participation and leadership, the media and sport and contemporary issues that affect sports participation across the country and indeed world.

Throughout, their time at Colmers, students will have the opportunity to engage in a thorough and comprehensive extra-curricular programme which compliments the curriculum, This leads on to representing the school in various sports or developing their own skills and knowledge in specialised sports. Furthermore, pupils will have many opportunities to engage in trips and visits, to both live sporting events or educational establishments which supplement their learning in PE.