



Subject Intent Statement
Physical Education
<p>Physical Education is crucial to the health, well-being and emotional regulation of pupils. In core PE the main focus is to keep the students active and engaged and enjoying the subject. The subject is inclusive and ensures that all pupils have access to the curriculum; it challenges and stimulates all learners. The vision is that all pupils will develop their physical literacy through access to a wide range of physical activity. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life and understand and apply the long-term health benefits of physical activity. In doing so there are social and emotional benefits to our young people and it is important that they learn to recognise these mental benefits.</p> <p>Physical Education is at the forefront of school educational visits providing young people with access to offsite activities such as climbing, canoeing and competitive sport. Pupils tackle complex and demanding physical activities and they get involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle. Those who express an interest in the field can extend their knowledge and understanding through accessing the NCFE Level 1 and Level 2 Certificate in Sport (Sport, Exercise and Fitness) programme at key stage four.</p>