



PHYSICAL EDUCATION CURRICULUM INTENT

Sport and physical activity can unite nations and create a sense of national pride and elation. Sport allows individuals the opportunity to breakdown potential barriers of gender, class, ethnicity, and religion, with the common goal of participating with respect and humility. The beauty of sport is that it gives individuals the opportunity to develop transferable skills like leadership, resilience and teamwork that is vital for the workforce and everyday life.

Physical education at Swanlea strives to develop resilient, healthy, physically literate individuals. This is implemented through engaging experiences that the students enjoy and want to repeat. Pupils should be able to develop and embed the physical, mental and social skills taught in key stages 1 and 2. Students are given chances to develop competence and confidence in mastering techniques and given experiences where they are able to apply these techniques across a variety of different sports and physical activities. Pupils should develop theoretical knowledge in conjunction with practical activity to give meaningful understanding of how to lead healthy active lifestyles in later life. Various opportunities are given to the students where they can think at a higher tactical level in challenging, fun competitive situations. This in turn enables students to develop social skills that are crucial to develop a well-rounded confident individual.