



Physical Education Curriculum



Extra-Curricular

Inclusive focus, squad training, intra-school competition and inter school fixture opportunities

Transition Activities

Reports from Primaries regarding clubs
Leadership activities hosted on site
SBE students teaching sport in primaries

Happy, Healthy, Successful



Developing physical literacy, a lifelong love of sport, physical activity and wider health and wellbeing through PE



through

Outwitting Opponents

Exercising Safely & Effectively

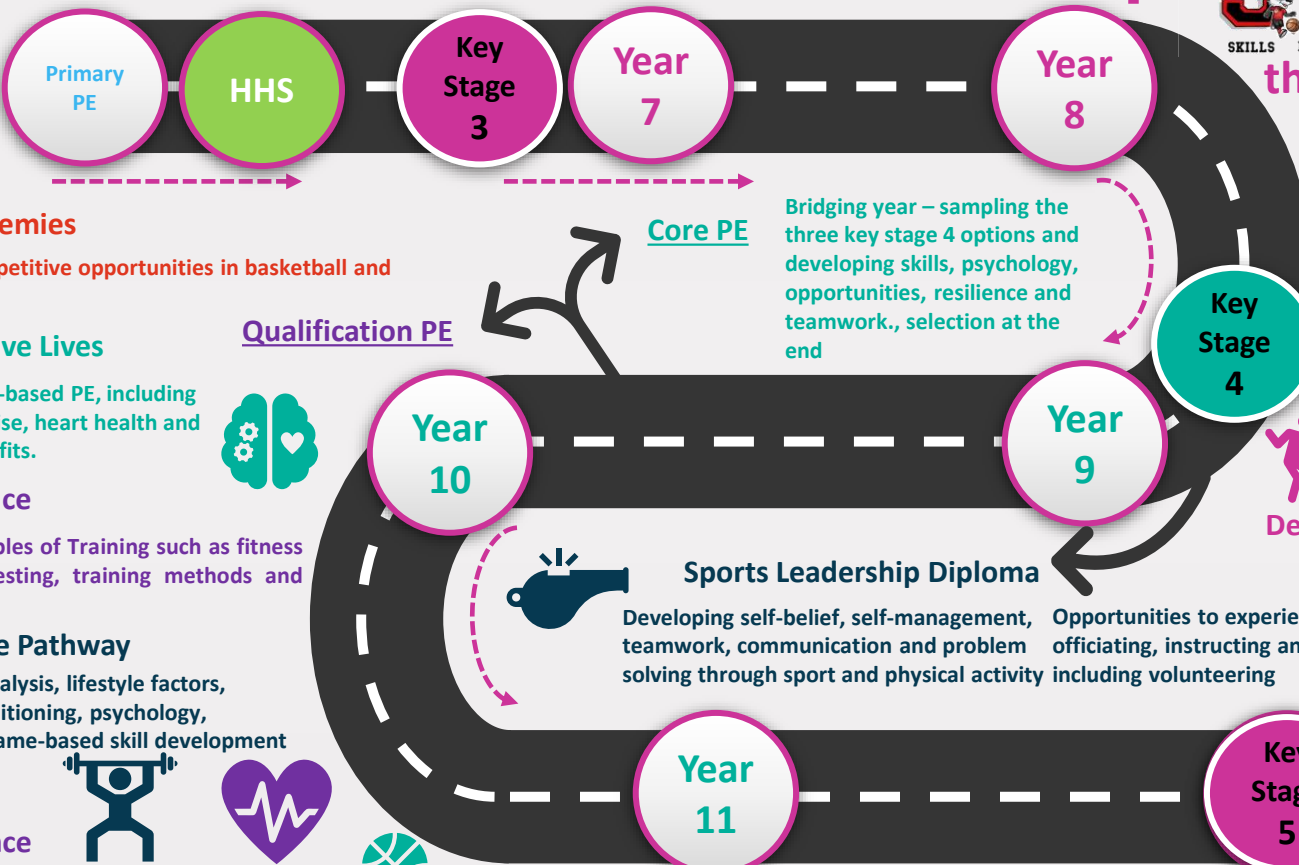
Performing at Max Levels

Accurate Replication of Skills

Exploring & Communicating Ideas

Identifying & Solving Problems

Developing PHYSICAL LITERACY



Junior Academies

Additional competitive opportunities in basketball and netball

Healthy Active Lives

Focus on health-based PE, including nutrition, exercise, heart health and emotional benefits.



Sports Science

Applying Principles of Training such as fitness components, testing, training methods and programming

Performance Pathway

Performance analysis, lifestyle factors, strength & conditioning, psychology, sociology and game-based skill development



Sports Science

The body's response to exercise such as cardio-respiratory fitness, the Musculo-skeletal system, short and long-term effects of exercise

Sport Education

Organisation, leadership, communication and teamwork through team-based activities

Qualification PE

Year 10

Year 9

Year 11

Key Stage 4

Key Stage 5

Sports Leadership Diploma

Developing self-belief, self-management, teamwork, communication and problem solving through sport and physical activity

Opportunities to experience coaching, officiating, instructing and supporting others, including volunteering

Sports Science

Reducing the risk of injuries and responding to common medical conditions, including preparation and recovery from exercise

Games for Understanding & Emerging Sports

Practical activities which engage and further embed physical literacy concepts such as fundamental movement, confidence and motivation

5D Trust Academies

Elite performance academies in netball and basketball, focusing on extensive training, strength & conditioning, nutrition, lifestyle and psychological development