

## CURRICULUM INTENT

The Benton Park PE curriculum provides students with the skills, knowledge and confidence to excel in competitive sport and continue to participate in recreational sport out of school and in to adult life. The curriculum also aims to develop knowledge related to understanding the importance of a healthy and active lifestyle supporting students to maintain this into adulthood. Our curriculum is underpinned by a very strong extra-curricular programme which gives students further opportunities to apply their skills in competitive sport, pathways to elite sport and to experience further recreational opportunities. As well as developing core skills and tactical awareness through various sporting activities, our curriculum also develops educational qualities such as leadership, teamwork and communication skills through sports leadership opportunities which are embedded throughout the years and disciplines. Character, morals, aesthetic appreciation and problem solving skills are also developed through this aspirational curriculum. We provide a platform for children of all abilities to thrive in physical education irrespective of their physical literacy and sporting capabilities. We therefore see our physical education curriculum as a medium to develop and educate the 'Whole Child'. Structured and developmental progression models provide for challenge, progression and a sense of achievement. This understanding prepares our students to make positive health related decisions in the future.

## BENTON PARK SCHOOL VALUES

The school values are supported in Physical Education:

- Resilience** is developed through learning about how both sporting success and failure, with particular emphasis on overcoming sporting and physical challenges. Discussions around successfully surmounting these barriers are an integral part of physical education lessons with links made to positive effect this will have on their health and future life beyond their learning journey.
- Our physical education curriculum is designed to support student understanding of working together and **collaborating** with one another, for example in team sports working together outside of their friendship groups to be successful and overcome sporting challenges. As these skills are developed students are encouraged to take leadership roles within PE lessons which equip students with an array of transferrable skills to suit both education and real-world contexts.
- Achieving sporting success, no matter how big or small takes commitment and determination. In PE, students must **endeavour** to overcome physical and cognitive barriers to find a way of being the besting sporting version of themselves.
- Compassion** is delivered through a positive and inclusive PE curriculum that encourages and provides opportunities for students to consider the sporting progress made by themselves and others while recognising why this may be different for individuals. In classroom discussion key focus is placed on contemporary ethical issues in the world of elite sport and students are encouraged to consider the thoughts and feelings of all parties.
- Students are **inspired** by the Benton Park school sporting community whether that be peers in their lessons, ex students who have experience great success within sport or their PE teacher. Inspirational athletes are the focus of classroom case studies used to highlight the positivity that a healthy and activity lifestyle can bring to their lives.

## EXERCISE PHYSIOLOGY - SPORTS PSYCHOLOGY - CONTEMPORARY ISSUES IN PHYSICAL ACTIVITY AND SPORT



“CREATING A LOVE OF PHYSICAL EDUCATION, BELIEVING IN MYSELF & CREATING SOCIAL BELONGING”