

## Physical Education

Our aims in PE are to ensure that all students:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

The sports we cover in our lessons throughout their time in Southchurch include basketball, football, hockey, netball, rugby, handball, badminton, fitness, athletics, cricket, rounders, tennis, volleyball, gymnastics, trampolining and outdoor adventurous activities.

### Extra-Curricular

Our school provides a range of PE-related activities for children before school and at the end of the day. These encourage children to further develop their skills in a range of the activity areas and have opportunities to experience competition. The school then plays regular fixtures against other local schools. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and cooperation amongst our children.

## KS3 Curriculum

Years 7, 8  
& 9

In KS3, we teach practical PE to all students 2 lessons per week. Our high-quality physical education curriculum inspires all students to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for students to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

## Key Stage 4 Curriculum

Years 10 &  
11

### Qualification name:

BTEC Technical Award in Sport, Activity and Fitness

We deliver BTEC Sport, Activity and Fitness to every single student in Key Stage 4. This shows the importance of sport and activity in our community. The BTEC Tech Award in Sport, Activity and Fitness enables our students to acquire theoretical knowledge and technical skills through vocational contexts by exploring areas such as the body systems, psychology, nutrition, technology and leadership.

The qualification recognises the value of developing skills, knowledge and vocational attributes to complement GCSEs. The qualification will broaden learners' experience and understanding of the varied progression options available to them.

