

Oasis Academy Lister Park Physical Education Curriculum: Statement of Intent

Purpose of study

Physical education inspires students to become physically competent in a way which promotes lifelong physical activity. The Lister Park Physical Education Curriculum will improve students' health and wellbeing through a holistic approach that allows them to flourish and students will have opportunities to develop personally through a range of experiences. They will engage and excel in competitive sport, physical activities and leadership, building character and embedding wider core values throughout.

We value character, competence and community in our curriculum:

- **Character:** Physical education promotes the holistic development of students, helping them to become better versions of themselves by emphasising respect and fairness. Within our heart assessment, students will promote sportsmanship and fair play, and develop good habits that bring out the best in each other both inside and outside of sport and physical activity.
- **Competence:** Through our hands and head assessment, students will develop competence within physical education, improving confidence and the skills and knowledge to lead physically active lives.
- **Community:** Through teamwork and opportunities to build character, PE fosters a sense of belonging and students learn to work collaboratively, developing leadership skills, meaningful relationships and contributing to a positive community culture.



Aims:

1. To encourage the personal development of students through a range of experiences and activities.
2. To equip students with the skills and knowledge to become physically literate.
3. To develop students holistically, promoting the positive benefits of a healthy lifestyle.
4. To develop an awareness of local, national and global barriers within sport.

Through our carefully sequenced and ambitious curriculum, we intend to achieve these outcomes:

Hand:

- Work with subject specialists/ professional coaches/ community clubs from a range of sports
- Demonstrate a variety of movements confidently and competently across a wide range of physical activities and performing with good technique and fluency
- Engage in extracurricular clubs and enrichment activities that allow students to develop sporting interests and skills

Head:

- Implement tactics within a variety of sporting scenarios and develop the ability to understand, communicate, apply and analyse various forms of movement
- Create opportunities for students to identify areas of improvement and knowledge and understand the importance of being active and making healthy choices

Heart:

- The promotion of sportsmanship, fair play and empathy through sport and physical activity
- Develop communication skills and social skills through team-based activities, demonstrating a self-belief and desire to improve
- Recognise the importance of inclusivity and work with others to promote a positive learning environment