

# Physical Education

## Curriculum Intent Statement

**“You can discover more about a person in an hour of play than a year in conversation.” Plato**

**“Challenge will help me grow. Play will help me enjoy. Challenge and enjoyment will give me passion.”**

**At Lunesdale Learning Trust Physical Education will enable pupils to:**

- Be excited experiencing a wide range of physical activity opportunities.
- Appreciate the importance of physical and mental well-being and how we can take care of these.
- Be confident to think about, learn about, and be creative in using a range of techniques, tactics and strategies during performance.
- Enjoy both team and individual activities across sport and physical activity.
- Feel empowered to analyse their own and others performance to appreciate strengths and identify areas for improvement.
- Care about the performance of others and enjoy leading their peer’s development in a variety of roles.
- Contribute to our sporting community in a wide range of opportunities beyond the curriculum for individual development or competitive fulfilment.

**KS3** : see our curriculum overview for key content and skills coverage

**KS4** : we offer a GCSE in Physical Education (OCR) and a Sports Pathway in Sports Science (Cambridge National)

**KS5** : we offer an A-Level in Physical Education and two Sports Pathway in Sport (Cambridge Technical Extended Certificate equivalent to 1 A-Level) and Sports Coaching (Cambridge Technical Diploma equivalent to 2 A-Levels)