

Curriculum Intent Statement

Sport and PE

John Whitgift Academy

Students in years 7, 8 and 9 follow content according to the National Curriculum for Physical Education. Students experience a balanced and varied curriculum which allows them to participate in a wide variety of activities covering invasion, racket, striking and fielding, aesthetics and athletics. They will use technical terminology with confidence accurately and precisely, building up an extended specialist vocabulary and will apply their mathematical knowledge to their understanding of PE (including measuring, timing, estimating and analysing data.) All students are encouraged to attend extra-curricular sporting clubs and competitions and have an opportunity to represent their school and community. Through PE they will develop a lifelong love of sports and physical exercise and make positive informed choices around their health, well-being and diet. They will also be able to link the benefits of a healthy diet and physical activity to mental and physical well-being and also develop their leadership qualities and skills through sport. Finally, students will have a sound understanding of different sports and their origins, including British and worldwide sporting role models.

The intent of our curriculum is implemented through:

- studying a variety of sports and activities - experiencing tactics and strategies through a series of condition and competitive games.
- having the opportunity to attend extra-curricular activities and represent the school. Celebrating successes and manage the challenges of defeat.
- being assessed in 4 assessment strands, these being:

Performance – being able to develop skill in different scenarios, individually, as pairs and in groups or teams. Exploring tactics, strategies and implementing skills learnt to a broad range of sporting situations.

Health, fitness and physical preparation – Students will understand and build on knowledge to answer the questions - how do I improve fitness? How to prepare and recover from physical activity safely? How do I test fitness? Understanding that will allow students to lead a healthy active lifestyle both now and in the future.

Leadership & Character – participate in lesson with correct equipment, work together in pairs, groups and teams. Lead peers and through sport develop self-esteem, confidence and resilience.

Knowledge/Theory – Develop an understanding of ‘anatomy and physiology’, ‘fitness and training’, ‘Nutrition’ and ‘sport injury’. Students will develop vocabulary and support knowledge through practical experiences.

Pedagogy	Enrichment	Other general principles
<p>Our pedagogy is underpinned by:</p> <ul style="list-style-type: none"> • Clear modelling of specific skills/concepts and high-quality teacher instruction. • Using errors as a learning opportunity and building resilience. • The importance of given students' regular opportunities to improve their work. • Students to understand what they are doing well and how they need to improve. • A range of strategies to deepen knowledge so that it is committed to the long-term memory. 	<p>We will enrich our curriculum by:</p> <ul style="list-style-type: none"> • Encourage students to contribute to the life of the school and the community and use these 'real' competitions to develop their skills and knowledge in Sport. • Providing sporting events/competitive situations both on and off the site. • Holding trust wide competitions to celebrate best work and extraordinary talent. • Continue to build on cross-curricular links 	<p>Our curriculum will enable students to:</p> <ul style="list-style-type: none"> • Students learn within a coherent chronological framework. • Develop their character, including resilience, confidence and independence, so that they contribute positively to the life of the school, their local community and the wider environment. • Improve their spiritual social, moral and cultural understanding of the world and be able to form reasoned opinions around sporting competitions/events/issues.