



# Physical Education at Three Peaks

Quality physical education inspires children to excel in competitive sport, build character through the work ethic of practice and teaches the values of fairness and respect. It promotes the adoption of a healthy lifestyle both physically and mentally. Physical education opens doors to new interests and hobbies which can last a lifetime. It promotes problem solving and good communication skills. The physical education curriculum is supported by a wide variety of extra-curricular activities and inter school competition.



## Physical and athletic skills

Agility  
Balance  
Co-ordination  
Social interaction  
Challenging stereotypes about participation in sports.



## Working Like an athlete (Retention and Application)

Maintain physical health as part of balanced mental health.  
Mentally prepare self for physically demanding activities.  
Mentally alert to respond to ever-changing situations during a game.  
Learn to manage fears by taking calculated risks.  
Show patience and self restraint when faced with losing.  
Communicate effectively with team-mates and employ tactics and strategies to work as a team.  
Show generosity when winning.



## Sequencing Content (Retention and connection)

Developmentally appropriate - sequenced with children's physical development.  
Links with *geography curriculum* to promote outdoor activities and adventure sports as part of a healthy lifestyle.  
Links with *biology in Science curriculum*, effects of exercise on a health lifestyle.



## Success For All

Learning with the brain in mind.  
Differentiation for physical needs  
Oracy—explicit teaching of physical and movement terminology and academic vocabulary.  
Opportunities to refine skills by playing sports at break times.  
Co-curricular sports offer a breadth of experiences.  
Co-curricular sports targeted as those traditionally under-represented in physical activity.



## Assessment and progress

Retention - recall rules of sports.  
Retention - practise individual skills  
Retention - Summative quizzes.  
Application - playing team and individual sports both in lessons and break times.  
Sports Premium spending analysis shows improvements on targets set from previous year.