

# Why we teach Sports & Health

Our Sport & Health Department aspires to build self-esteem, teamwork and leadership skills enabling each child to be the best they can be by:

- Inspiring a passion in lifelong participation and health
- Providing a broad, balanced curriculum that supports academic progress
- Teaching lessons which encourage fun and enjoyment of physical activity
- Promoting social, mental and physical wellbeing
- Developing resilience
- Promoting self-reflection, ultimately allowing for development of physical skills

## Curriculum Content

All students in Y7, 8, 9 & 10 have a two hour lesson per week, with Y11 having a two hour lesson per fortnight. Y12 & 13 have the option to participate in recreational sports once a week.

The curriculum is designed to be accessible to all students ensuring their entitlement to make progress and realise their potential. The Sport & Health Department is committed to providing opportunity for participation, enjoyment and performance in a range of physical activities with active, challenging and dynamic learning situations.

Teaching caters for each individual, promoting the development of motor skills, and a wider understanding of healthy active lifestyles. Pupils are encouraged to develop leadership and communication skills, and appreciate the personal qualities relating to sportsmanship and fair play. Students are taught about the benefits of exercise and it is hoped that this will stimulate a lasting interest in sport and physical recreation.

Students have the opportunity to choose GCSE PE at the end of Year 9, and BTEC Level 3 in Sport, in sixth form.