



Our Vision for Physical Education and Dance

Our aim is to develop students' love for sport and a lifelong habit of physical activity. The curriculum is designed to develop the whole child to lead a healthy and active lifestyle. Physical education and activity is vital in students' development of sportsmanship, creativity, reflection, evaluation and self-belief, as well as physical prowess and endeavour. Physical education allows students to experience success and failure, working together within a team and acts as a stress relief, promoting a students physical, social and emotional well-being. All students are challenged in an inclusive environment, through high expectations, to find a sport they enjoy and want to continue playing once they leave school.

In physical education lessons students aim to achieve sporting excellence through SPORT.

Strive for challenge through tasks and questions to be the best I can be

Participation in every lesson and at extracurricular clubs, fixtures and performances

Officiating and leadership demonstrating knowledge of the sport and the attributes of a good leader

Resilience by bouncing back, when a challenge is hard

Teamwork working cooperatively together to achieve a common goal

What do we teach in KS3 PE and Dance?

Students in KS3 follow the National Curriculum experiencing a wide range of sports with the aim of developing a competent skill level in each. They use a range of tactics/strategies to overcome opponents in direct competition through **team and individual games**, developing knowledge of the rules and regulations that allow them to take part effectively in badminton, rugby, football, tennis, netball, basketball, cricket and rounders. Every student has the opportunity to learn to **swim** competently, confidently and proficiently using a range of strokes. Through **fitness** students understand the long term health benefits of physical activity and how to improve their physical fitness. In **dance**, students act as performers, choreographers and critics, whilst studying a variety of professional works and styles, such as Faultline, Emancipation of Expressionism and Bollywood. In **gymnastics**, students focus on group routine development, as well as balance, core strength and aesthetic appreciation. **Athletics** allows students to perform with maximal effort, whilst demonstrating improvement to achieve their personal best.

What do we teach in KS4?

The KS4 core curriculum aims to increase participation and enjoyment in physical activity, as well as act as stress release and social development for students. Students in KS4 tackle more complex and demanding physical activities in the areas taught in KS3. As well as this, a broader variety of sports and interests are offered to enable students to improve physical fitness and promote a

healthy, active lifestyle, for example, volleyball, table tennis, weight training and trampolining. In dance, students focus on the cultural development of street dance, from African Peoples Dance, through to Authentic Jazz Dance (lindy hop and charleston) for girls and Capoeira, street dance and physical theatre for boys.

Students in KS4 also have the opportunity to study GCSE PE, GCSE Dance and the Level 1/2 Award in Sports Studies. Through these courses students develop knowledge of theory, such as anatomy and physiology, sports psychology and skill acquisition.

Extracurricular Opportunities and Enrichment

Alongside the curriculum, the PE and Dance departments are committed to further enriching students' experiences with numerous clubs, fixtures, trips, workshops, live sports (such as Wimbledon, para-athletics at the Olympic Stadium, Netball at the CopperBox and Essex County Cricket Ground) and leadership opportunities. We have close links with the Newham School Sports Partnership, local primary schools, East London Dance, University of East London, The Place, Sadler's Wells and the English National Ballet. Specialist coaches are also provided across Basketball, Wall-Ball, Football, Rugby, Judo and Dance and Coach Faris (our resident Level 4 Tennis coach) runs the Lister Tennis Academy. This focuses on creating the next Tennis stars of tomorrow. Every year, students represent their house, by competing during interhouse competitions and at Sports Day, promoting a determination to win and pride in their houses' efforts. Students' achievements are also acknowledged at the annual Sports and Dance Awards Evening.