



What are our key concepts in P.E?

P.E Concepts	Physical Competencies	Knowledge	Character
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The key concepts in PE are broken down into three categories: Physical Competencies, Knowledge and Character. These concepts were decided by taking into consideration the end point in school. As not all pupils select P.E as a KS4 option we took the decision to base on the many not the few. With personal development and wellbeing at the centre of our subject it is vital all in our community develop their physical literacy to ensure future positive health and fitness and all around personal wellbeing.

1. Physical Competencies

Physical competencies is a type of learning in which repetition results in enduring changes in an individual's capability to perform a specific task. Our pupils get the opportunity to experience many conventional and non conventional sports and physical activities. We as a department develop the pupils ability to perform the skills required in each activity in order to build physical literacy and personal self confidence. If pupils can perform confidently this increases their social development but also builds character and the chances of lifelong participation. Also in activities such as dance and gymnastics pupils learn how to control and move with fluency and control. As a part of learning and participating in a variety of sporting activities pupils are given the opportunity to compete against each other. This requires them to think and make personal skill decisions and movements but also work together to outwit others.

2. Knowledge

Knowledge is at the heart of the curriculum within Physical Education. With the school approach to pedagogy through a knowledge-engaged curriculum, this key strand outlines the importance of the 'E' in PE. The opportunity to be physically active is a foundation of the purpose of P.E, however also having access to powerful knowledge which leads to positive wellbeing is a human right. Knowledge is integral to developing performance across a range of physical activities: this technical and tactical approach lends itself to both recreational and through to competitive environments. This includes a holistic approach to a child incorporating mind and body. Developing an understanding of how their own body works and why is vital to staying healthy not just for their time at school but for the rest of their lives.

3. Character

Character however refers to the sum of an individual's qualities and characteristics which differentiate him/her from others. An individual's character is actually an amalgamation of his/her qualities which makes him unique and helps him stand apart from the rest. Our subject provides many personal challenges for all pupils in our community that are vital for a strong education. In order to succeed both in school and after leaving resilience, and social skills are key. P.E offers the opportunity for all to develop their character that can then lead to success in the workplace and in pupils becoming good citizens in the local community. Life is a combination of personal wins and losses, P.E serves to help pupils strive for success but also to have the character to cope with challenge and loss.