



Dukes Academy Year 11 CORE PE Curriculum Methodology

Rationale for Offering Diverse Sports in Year 11 Curriculum as Stress Relief and Health Promotion

In recent years, the growing recognition of the holistic well-being of students has prompted educational institutions to reevaluate their curricula and incorporate measures that cater to the physical, mental, and social health of their pupils. Acknowledging the heightened stress and pressure that Year 11 students face due to impending exams, it is imperative for schools to address these concerns in a comprehensive manner. To this end, we propose the introduction of a diverse sports program for Year 11 pupils that empowers them to choose their preferred physical activities as a means to alleviate stress and nurture their overall health.

1. Stress Relief and Well-being:

The Year 11 curriculum is inherently rigorous, with students preparing for critical examinations that can impact their future prospects. This pressure often takes a toll on their mental well-being, leading to heightened stress levels, anxiety, and burnout. Engaging in physical activities has been scientifically proven to release endorphins, which are natural stress-relievers. By offering a selection of sports, we provide students with an avenue to escape from their academic pressures and channel their energy into a productive and enjoyable outlet.

2. Personal Choice and Empowerment:

Year 11 pupils are at a stage where they are developing their sense of autonomy and individuality. Allowing them to choose from a variety of sports empowers them to take control of their well-being. The freedom to choose a sport that resonates with their interests and preferences enables them to engage in physical activity without the added burden of conforming to a regimented curriculum, thus promoting a sense of ownership over their health.

3. Reduced PE Curriculum Time:

While physical education is undoubtedly important, Year 11 is a critical juncture where academic progress is of paramount significance. However, this does not undermine the value of physical activity. To accommodate both academic priorities and students' health needs, the introduction of a personalised PE program will effectively manage time constraints. This approach ensures that while students engage in sports to relieve stress, the reduced time commitment aligns with the need to maintain focus on their academic advancement.

4. Holistic Health Benefits:

Engaging in a range of physical activities not only contributes to physical fitness but also fosters mental and social well-being. Different sports challenge students in diverse ways, enhancing their cognitive functions, improving memory retention, and boosting overall mental clarity. Moreover, sports also offer a platform for social interaction, team collaboration, and friendship-building, which are integral aspects of adolescent development.

5. Long-term Health Habits:

By introducing a variety of sports that cater to individual interests, we encourage pupils to establish lifelong healthy habits. The positive experiences gained from engaging in enjoyable physical activities during Year 11 may prompt students to continue their involvement in sports beyond their school years, thereby promoting sustained well-being. By allowing pupils to choose their preferred sports, while respecting academic priorities, we establish a comprehensive model that nurtures physical, mental, and social health. This holistic approach not only relieves stress but also equips students with essential life skills and habits that contribute to their overall well-being.