

## PE Intent

The main intent for the PE department at Thornden is to create happy, enthusiastic students who enjoy sport and physical activity, and who look to continue being physically active when they leave Thornden school post-16. Students will leave with a good understanding of the benefits of physical activity and have a range of key sporting skills that will help them maintain a positive attitude towards health and fitness.

In key stage 3, students build upon work at primary school to accelerate physical literacy and athleticism. Students are introduced to a range of activities to improve skill-related fitness and develop social skills. Schemes of work become increasingly challenging and encourage independence through the key stage. Students can engage with a wide range of extra-curricular and inter-tutor group activities and competitions.

In key stage 4, students further build on playing skills. Students begin to exercise for leisure, and/or sporting performance, so that they leave Thornden sufficiently motivated by sport and PE that they may wish to pursue it post-16. Students can continue to engage with a wide range of extra-curricular and inter-tutor group activities and competitions. Students at Thornden also have the opportunity to take AQA GCSE PE.

## PE Implementation

We teach good lessons, where all pupils are motivated and encouraged to engage.

We teach a wide breadth and depth of sporting activities, often sports pupils had not previously experienced during their time at primary school. The curriculum helps address physical, mental, social, spiritual, and emotional development for all students throughout their 5 years.

The schemes of work account for the rate at which students learn and consider NGB guidelines on physical development and confidence. For example, gymnastics starts at basic floor work and moves to flight, vaulting, then trampolining. Games schemes of works increasingly reflect the 'real thing' over time, and become more game related.

The PE department at Thornden understand that every student has different interests and views on sport and physical activity. Therefore, during the key stage 3 curriculum there is a wide variety of different sports and activities, and as pupils develop through into key stage 4 (specifically Year 11), pupils are given the opportunity to select specific pathways that meet their own individual needs. For example, a games-based pathway, an individual sport pathway or a fitness-based pathway.