

## Introduction

Physical Education at REACH School is aligned to the DfE (2013) National Curriculum for Physical Education, the Pearson BTEC Tech Award Level 1/2 in Sport, the Sports Leaders Qualifications (SLQ) Life Skills Award and the school's Active Citizenship Award. These components form part of a coherent Key Stage 4 learning programme that enables both academic and vocational progression.

## Our intent for an ambitious physical education curriculum

### Aims

REACH physical education will ensure all students:



The REACH Physical Education Programme provides students with the opportunity for a wide-ranging foundation in the field of physical education, school sport and physical activity (PESSPA) equipping them with the necessary knowledge, skills, and behaviours to succeed in life and further study or future employment within the sport and active leisure industry.

We want to inspire and prepare students to develop a deep appreciation for themselves through PESSPA and make meaningful contributions to school life and the community, both as active participants and informed professionals.

### Skills and Knowledge

- Students will engage in practical activities that develop their knowledge of rules and regulations, leading small groups, and technical and tactical competence in a range of sports. They will also enhance their ability to plan, implement, and evaluate sessions, applying knowledge of fitness components, small group organisation, and safety considerations. They will explore how these factors influence performance and participation

### Real World Experiences

- A supportive and inclusive learning environment that accommodates diverse learning needs and abilities are planned. We will utilise a variety of teaching methods, including practical demonstrations, interactive discussions, digital media, independent research, and real-world case studies, to engage students and make the subject matter relatable and relevant

### Future pathways

- The PE programme focuses on building applied knowledge and skills to show aptitude and improving understanding of progression options so that learners who achieve the BTEC Tech in Sport Award at level 1 or 2 are equipped to go on to become work ready and employable. The physical education element allows students to demonstrate important Life Skills that are accredited against the SLQ Life Skills Award

### Challenge

- Students will foster effective communication, teamwork, and leadership skills through collaborative projects, group activities, and presentations. They will learn to work effectively as part of a team, resolve conflicts, and adapt their communication to different contexts within sport. They will be challenged to develop critical thinking and analytical skills to evaluate sporting performance, strategies, ethical considerations and to assess the effectiveness of training programmes, techniques, and interventions, utilising various measures

### Enriching

- We aim to provide enriching personal development by nurturing Active Citizenship qualities such as resilience, perseverance, time management, and self-reflection. Students will be encouraged to set personal goals, reflect on their progress, and identify areas for improvement, enhancing their overall self-awareness and growth mindset