



CORE PE – Intent Document

Key stage 4: Focus/ethos for Core PE

Pupils are encouraged to **engage and participate** in competitive sports as well as recreational sport which will promote personal physical and mental health as well as general well-being.

Pupils are given the choice of taking part in a range of activities across the academic year ranging from individual based sport, team sports and OAA.

Examples include Football, Netball, Rugby, HRF, Benchball, Basketball, Badminton, Table Tennis, Dance/Pilates, Orienteering, Dodgeball, Volleyball, Tennis, Athletics, Softball and Cricket

In line with the PE national curriculum pupils are taught and encouraged to:

- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games
- Develop their technique and improve their performance in other competitive sports
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group. E.G. Through on-site orienteering.
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best E.G Athletics and Cross-Country
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs