

# Our Curriculum: PE

## Our Intent

As a result of our curriculum, Headlands students will be inspired to:

- **Develop the physical skills, fitness and knowledge required to take part in sport or physical activity post 16.**

## Our Implementation

In order to realise our vision, our curriculum will provide students with opportunities to:

- **Participate in a wide range of team and individual sports as a player, coach and official during lessons**
- **Experience both recreational and competitive sport in an extensive extra curricular programme**
- **Learning about the immediate and long term health benefits of sport and physical activity**

## The Impact

The impact of our curriculum will be evidenced in:

- **Our students' speak enthusiastically about the subject both in and out of the classroom;**
- **The number of students taking PE as an option in KS4 and KS5;**
- **The number of students taking part in Extra curricular activities;**
- **The number of students taking part in some form of physical activity when they leave school.**

Above all, our students are aware that taking part in physical activity has a great number of physical and mental health benefits; they appreciate that it is not solely about taking part in competitive sport but that there are many varied opportunities available to them that can help them to maintain healthy lifestyles, bodies and minds.