**Physical Education**

**Core Physical Education KS3 & KS4**

Physical Education at Abbeyfield aims to inspire students to understand the importance of a healthy active lifestyle and experience a wide range of sports and physical activity that students will continue to enjoy pursuing into their adult lives. We hope students will develop many traits of their character development as well skills and physical competency, both in PE lessons and the many other sporting experiences on offer such as after school clubs, representing teams and becoming part of the highly regarded sports leadership programme.

Physical Education at Abbeyfield aims to develop the whole person and includes a concept focused lesson objective as well as developing Physical Literacy and Skills. Every child has the opportunity to build a positive connection to their PE lessons whilst meeting the objective of the lesson. The aim is to deliver a ‘life lesson’ through physical activity. We aim to reward progression and attitude as well as performance and ability.

Students will be taught the key components of Physical literacy to include physical competence, knowledge and understanding , motivation and confidence through a variety of physical activity. As students move through each year group they will explore focus concepts in their lessons such as, Personal Development, Health and Wellbeing, Leadership Skills, Aspirations and Employability and Supporting Mental Health and Managing Pressure.

**KS4 Sport Option**

The OCR Level 1/Level 2 Cambridge National in Sport Studies (J829) will develop knowledge, understanding and practical skills that can be used in the Exercise, Physical Activity, Sport and Health sector. Students will use their learning in practical, real-life situations, such as:

Understanding contemporary issues in sport and how they impact on different sporting activities. Applying skills as both a performer in two different sporting activities and as a leader in one sporting activity. How to be a sports leader, through using initiative to solve problems and making decisions when dealing with rapidly changing conditions and situations. Understanding the relationship between sport and the media and applying this to real life examples. How to evaluate and interpret the different ways in which sport is represented by the media.

**KS5 Sport Option**

Cambridge Technical In Sport and Physical Activity Level 3 (Extended Certificate QN: 601/7094/3)

Level 3 Cambridge Technical in Sport and Physical Activity qualification is the equivalent of one A-level. It covers a wide range of centre assessed units with practical and wider project-based assessment opportunities, as well as examined units on the body systems and the long and short term impacts of sport and physical activity; how sport is organised and the purpose of sports development. Other Units include Sports Coaching and Activity Leadership; Performance Analysis in Sport and Exercise and Sports Injuries and Rehabilitation.