

# Physical Education – Curriculum Intent



During a student's learning journey at St Edward's, they will explore a variety of sporting activities. The curriculum will embed a love of and passion for sport and sport science.

Emphasis is placed on application of skill, game performance and enjoyment during lessons and extra-curricular activities. Our ambition is to promote a lifelong healthy and active lifestyle, as well as executing a high level of performance through both a practical and theoretical setting.

Students use technical terminology with confidence accurately and precisely, building up an extended specialist vocabulary. They can apply their mathematical knowledge to their understanding of PE, including measuring, timing, estimating and analysing data.

Students will develop interpersonal skills, self-confidence, resilience and the ability to persevere through challenging situations. Students are supported to make positive and informed choices around their health, well-being and diet, linking the benefits of physical activity to physical, emotional and social well-being.

The curriculum supports students in developing their leadership skills through sport. They have a sound understanding of different sports, including British and world-wide sporting role models. The curriculum develops passionate, engaged and enthusiastic students.

## **Curriculum Theological Underpinnings**

‘<sup>5</sup> Similarly, anyone who competes as an athlete does not receive the victor's crown except by competing according to the rules.’ (2 Timothy, 5)

We want our students to develop a respect for rules and boundaries and understanding how they can thrive within.

“Do you not know that your bodies are temples of the Holy Spirit” (1 Corinthians 6:19) and “Physical training is of some value, but godliness has value for all things”

We want to celebrate all creation as created good by God, and this includes our bodies. The way we treat our bodies is a way of honouring God. We want our pupils to learn the value of training and pushing ourselves in physical exercise as a good in itself but also as a way to develop perseverance and character.