

Curriculum Overview – Physical Education

The intent of the Physical Education Department at SARCHS is to ensure that **every** child will experience high quality PE that is **challenging, inclusive, safe** and **fun** with **confidence** as the first step to a life-long journey in sport and physical activity. The curriculum will develop deep seated knowledge and understanding, linking different activities through **skills, fitness** and **aesthetic appreciation**. It will develop **affective, social, cognitive** and **physical** skills through the variety of learning experiences. Pupils will develop the ability to transfer skills between different activities with high levels of confidence. Pupils will be given the opportunity to grow into confident, valued members of the community who live active healthy lifestyles in both mind and body, with increasing levels of **empathy, emotional intelligence** and **sportsmanship**.

AUTUMN TERM

SPRING TERM

SUMMER TERM

