



King's Leadership Academy Bolton

Physical Education Curriculum Rationale

'Physically educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing' Jame MacAllister.

Overview

The vision of the Physical Education department at King's is for all students to experience a range of sports and activities that promote not only a passion for the subject, but also a lifelong commitment to leading a healthy active lifestyle. Our department offers high quality Physical Education which is fully inclusive, allowing students from all backgrounds to access physically demanding activities and competitive sport. Through sustained periods of physical activity, students are encouraged to build character and embed values, preparing them to be successful citizens ready for tomorrow's world. Physically educated citizens are those that are fully equipped with the knowledge that allows them to pursue a healthy active lifestyle.

Healthy Active Lifestyles

The King's curriculum is aspirational, ensuring that the students are provided with opportunities to excel in traditional team sports, individual sports and also more modern activities and events, aligning with The National Curriculum. We hope that with a broad and balanced curriculum students will discover their aptitudes, abilities and preferences, allowing them to make informed decisions about how to lead a healthy active lifestyle. This is especially important for our school's SEN students who in transition planning receive extra support in learning about health lifestyles and personal safety.

Academic Skills/Independent Learners

At King's, our Physical Education department believes that lessons should have a strong focus on perfecting skills, understanding and vocabulary. The curriculum is carefully designed to build upon prior knowledge which students can apply in competitive situations. Through the foundation, preparation and senior stages of school, practical skills become more advanced, with students reflecting on performance to master skills as an athlete and a team player.

Vocabulary Rich

The King's Physical Education department places emphasis on the development of physical literacy and vocabulary of our students. Our curriculum naturally lends itself to the progression of key terminologies from our foundation years to our senior students, including



KING'S LEADERSHIP
ACADEMY BOLTON

those completing Cambridge National and GCSE level Physical Education. We understand that vocabulary is important for examinations, but it is essential for leading a lifelong healthy and active lifestyle. For this reason our practical lessons are underpinned by definitions and etymologies, to allow students to relate the theory to the practical, deepening their understanding of why exercise is so important, this allows students who receive literacy skills to practise their recall skills. As a department we regularly check for strong understanding of vocabulary in critical assessments, verbal communication and through development of performance..

Inclusive/Diverse

Through inclusivity, all lessons endeavour to instill the belief that lifelong participation in sport and exercise is accessible to all. The King's Physical Education department has carefully designed the curriculum, recognising that our students with SEND should have the same access to a stretching and challenging curriculum. All lessons are taught with appropriate consideration of the SEND and EAL registers, allowing all to express themselves in a practical subject through adaptations to suit individual needs. Inclusivity is not limited to the practical elements of the subject, but also transfers across to the theoretical aspects, thus providing all of our students with the knowledge and understanding for leading a healthy active lifestyle. Our mixed ability and mixed gender classes ensure that our students experience equal opportunities within sport and exercise, striving to combat common misconceptions about gender in sport.

As our curriculum also includes extra curricular opportunities, we also ensure that students with disabilities are supported through accessibility plans and risk assessments, meaning no students miss out on a vital part of our school curriculum. Parents and the school SENDco are consulted where necessary.

Opportunities and Leadership

To supplement the content of the King's Physical Education curriculum, the department also offers a range of extra-curricular clubs. Students are encouraged to represent the school in the wider community in a range of competitive events and fixtures. Extra-curricular activities encourage students to enhance their teamwork and leadership skills in an environment that builds upon the skills and ethos developed during structured lesson time. The King's Physical Education department also recognises the importance of developing officiating skills to deepen the knowledge of rules and sportsmanship. Our students are provided with the opportunity to practice and apply these skills in the community during inter-school fixtures.