



Highsted Grammar School

The Physical Education curriculum

The PE curriculum inspires all students to succeed and excel in competitive sport and other physically-demanding activities.

We provide opportunities in the curriculum for students to become physically confident which supports their health and fitness.

PE builds character and teamwork and fosters key virtues such as courage, fairness and respect.

Content

Years 7-9

Netball, football, gymnastics, dance, basketball, athletics, rounders, tennis, volleyball, rugby, badminton.

Years 10 & 11

The Core PE curriculum covers the KS3 sports with further opportunity to concentrate on students' basic fitness.

The KS4 PE curriculum covers applied anatomy and physiology, movement analysis, physical training, use of data, sports psychology, socio-cultural influences and health, fitness and well-being.

Sixth Form

The sixth form Physical Education curriculum builds on KS4 study to include skill acquisition, sport and society, exercise physiology, biomechanical movement and the role of technology in physical activity and sport.

Examples of cross-curricular links

With Science, e.g. the benefits and risks of aerobic and anaerobic exercise.

With Maths, e.g. collecting data about performance: quantitative, qualitative and those that sit halfway along the continuum.

With Food Preparation and Nutrition, e.g. diet and nutrition as part of a training and performance regime.

Extra-curricular opportunities

There is a busy programme of PE at lunchtimes as well as competitive fixtures after school in sports such as football, netball and athletics. There are also regular inter-house competitions as well as the annual sports day.