

# **BOLDON SCHOOL**

## **PHYSICAL EDUCATION DEPARTMENT**

The Physical Education department (Mrs Potter, Head of Girls PE, and Mr Huckle, Head of Boys PE) supports the whole school policies, however, the following aims and policies relate directly to Boldon School's Physical Education department.

### Statement of Intent

Work done within the department is designed to support, contribute to and complement the aims and objectives of the whole school, by providing access for all pupils to a broad and balanced curriculum, as stated in the National Curriculum.

The department aims to provide an enjoyable and satisfying programme of activity. With opportunities for all pupils to develop physically, emotionally, socially and cognitively. Through progression, the curriculum offers a wide range of learning experiences to meet the needs of individual pupils, and it encourages active involvement by all as performers, observers and officials.

Structured schemes of work will cater for all abilities, thus challenging pupils and providing a sense of achievement.

It is intended that the programme offered, together with an awareness of the leisure opportunities within the community, will develop skills and attitudes conducive to involvement in an active and healthy lifestyle.

The development of confidence, tolerance and the appreciation of one's own and others' strengths and limitations are considered to be an important part of the learning process.

### Aims

- To allow pupils to experience the enjoyment of physical activity.
- To develop a knowledge of safety procedures and an understanding of safe practice, including the need for rules and regulations.
- To develop coordination and motor skills in a variety of activities through a structured and developmental programme of skill acquisition.
- To increase pupil awareness of their own capabilities and an appreciation of individual differences.
- To develop an appreciation of health, fitness and the benefits of a physically active and healthy lifestyle.
- To develop problem solving skills in a variety of sporting situations
- To allow for the appreciation of physical movement through observation. Analysis and evaluation.
- To develop the understanding of fair play, and the ethics of sporting activities.
- To develop the ability to make informed decisions and apply such decisions to practical situations.