

HOE VALLEY SCHOOL CORE PE

The PE curriculum aims to develop students physically, mentally and socially. Students should be able to move competently in a range of activities and show good cognitive skills in terms of strategic and tactical knowledge. Students should be prepared to take on a variety of roles in a group/team/class.

"It's about the journey not the outcome"

KS3

By the end of KS3, students are able to demonstrate a broad range of practical skills across different physical activities and sports. They can apply these skills with increasing confidence and control, adapting their performance to suit the demands of each activity. Students also develop the ability to work effectively as part of a team, showing cooperation, communication, and respect for others. In addition, they are encouraged to reflect on their own progress by identifying both strengths and areas for improvement, giving and receiving constructive feedback to support their continued development.

KS4

By the end of KS4, students are able to demonstrate strong leadership and teamwork skills, taking on a variety of roles and responsibilities within different physical activities and sporting contexts. They show the ability to organise, motivate, and support others, while also working collaboratively to achieve shared goals. Alongside these interpersonal skills, students are encouraged to make informed and responsible choices about maintaining a healthy, active lifestyle. This includes understanding the physical, mental, and social benefits of regular exercise, recognising the importance of balanced nutrition, and exploring opportunities to stay active beyond school.

YEAR 11

Choosing to be Active:
Making a healthy active choice that positive impacts lifestyles

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YEAR 10

Self Improvement choice:
Spotting areas to improve via choice of activity

Sport Education Student Led:
Students taking ownership of working with a group

Sport Education Teacher: Being a team member and understanding your role



Teamwork:
Understanding team dynamics and their effects



Growth Mindset:
Mental skills set to be required to improve performance



Communication:
Effectively sharing and receiving of ideas with a group



YEAR 9

Self Improvement:
Knowing strengths and weaknesses and how to improve



Respect:
Etiquette and sportsmanship in sport



Leading by Example:
Evidencing work and being accountable

Bones - to be able to learn major bones in the body

Diet - understanding key elements of the diet to support sports performance

Joint Actions - to know key actions that occur in sports around joints

YEAR 8

Muscles - to be able to learn major muscles in the body

Heart - understand how the heart works to support physical activity

Components of fitness - to know key components that make up fitness



Courtesy:
Accepting of all sporting abilities



Resilience:
The importance of not giving up when practicing



Leadership:
The responsibility of a good leader



YEAR 7

Integrity:
Making good decisions and following rules



Community:
Working as a group/team

Routines:
Preparing for PE in Secondary School



Topics with the WR logo are directly linked to the Hoe Valley School Work Ready Agenda.