

Physical Education Curriculum Intent

Definition of the Subject

Physical Education develops the knowledge, skills and confidence needed to lead a healthy, active and successful life. At Teign School, students experience a broad and ambitious curriculum that promotes physical literacy, resilience, teamwork and wellbeing. Through participation in sport and physical activity, students develop character, leadership and a lifelong appreciation of movement and healthy living.

Purpose of the Subject

Our curriculum aims to:

- Develop confident, competent and physically literate young people.
- Promote lifelong participation in sport and physical activity.
- Foster resilience, teamwork, leadership and determination.
- Develop understanding of health, fitness and wellbeing.
- Create opportunities for personal success and achievement.
- Prepare students for further study, employment and active citizenship.

Curriculum Journey

Year 7: Support Each Other

Students develop fundamental skills, teamwork and confidence through a range of activities including invasion games, rugby, badminton, gymnastics, athletics, dance, fitness and swimming.

Year 8: A Love for Learning

Students broaden their sporting experiences while developing technical competence, tactical understanding and enthusiasm for learning through a diverse curriculum.

Year 9: Your Best Mindset

Students build resilience, independence and a growth mindset through activities including volleyball, basketball, cricket, athletics, tennis and health and wellbeing.

Year 10: Centre of the Community

Students develop leadership, officiating and wider sporting awareness, recognising the role that sport plays in bringing communities together.

Year 11: Ready for the World

Students refine practical skills and develop the confidence, motivation and knowledge required for lifelong participation in physical activity.

Examination Pathway

The Cambridge National in Sport and Physical Activity allows students to deepen their understanding of:

- Physical activity and body systems
- Principles of training
- Nutrition and sports performance
- Sports leadership and coaching
- Sports psychology
- Organisation of sporting events
- Contemporary issues in sport

Students apply their knowledge in real-world contexts, developing valuable academic and transferable skills.

Destinations and Next Steps

Students may progress to:

- Sport & Exercise Science
- Sports Coaching
- Sports Development
- Sports Psychology
- Personal Training
- Event Management
- Apprenticeships in Sport and Leisure
- Higher Education and Sport-related Careers

Our End Point Vision

By the time students leave Teign School, they will be physically literate, resilient and confident young people who understand the importance of health and wellbeing, value teamwork and leadership, and possess the knowledge, skills and motivation to remain active throughout their lives. Inspired by sport and ready for the world, they will be equipped to contribute positively to their communities and future careers.