

Why should students learn Physical Education?

Physical Education, Sport and Exercise

- Enables lifelong participation to improve health (Social, mental and physical).
- Develops self-confidence through increased sporting competence
- Builds resilience through individual challenge.
- Builds social connections through providing opportunities to work as part of a team.
- Includes various roles involved in sport and exercise

What is the core knowledge in your subject that all students should understand?

- How to safely participate.
- Movement skills,
- Decision Making skills,
- Physical attributes,
- Creativity,
- Sport Specific skills.
- Sporting concepts eg possession, advancing the ball, create scoring opportunities, one on one defence, team defence, serving, trading, neutralising, hitting a winner, defence.

Academic PE: Exercise Physiology, Psychology, Sociology, History

What do students do with their knowledge to demonstrate their understanding?

- Understand range / level of individual and team activities.
- Understand there are different motives for taking part in activities.
- That self-confidence can increase sporting competence
- Building resilience through giving many opportunities of individual challenge.
- Building social connections through providing opportunities to work as part of a team.

Education about the various roles involved in sport and exercise