



## PERSONAL DEVELOPMENT AT ST IVES SCHOOL

### PE- CURRICULUM INTRODUCTION STATEMENT OF INTENT

PE prepares students for their future, develops the characteristics and personal qualities to succeed in a competitive society and is designed to form the foundation of an active and healthy lifestyle. More important than any other aspect is the development of physical, social and mental well-being, and the wider benefits of personal development through PE including teamwork, sportsmanship, leadership, communication, self-reflection, having fun.

Within core PE and our extra-curricular programme we look to create driven students with a desire to succeed; resilient, determined with a strong work ethic. Our aim is to provide students with a multitude of learning opportunities through a wide range of physical activities to develop themselves as, citizens, sportspeople and learners.

Our central goal is to prepare students for their future; in PE we summarise this in our key messages to students and the outcomes we want them to achieve: determination, excellence, respect.

In PE we do not separate the curriculum from personal development, indeed it is the purpose of our curriculum to foster and promote essential personal characteristics that will allow students to succeed. In doing so PE contributes to a students' future through the development of traits that are valued by employers. These include resilience, problem solving, effective communication, empathy, respect, reflection and wanting to be your best. Lesson objectives are designed to focus on the development of these characteristics, and to apply them in a wide range of different sport and physical activity settings. In addition to core PE lessons we encourage pupils personal development through a range of additional activities and events that make up our extra-curricular programme. These include opportunities for organised competition and school representation, house competitions and challenges, High performance Academy activities, Sports Day and all our Wellbeing Clubs.

Personal Development in PE is therefore delivered in every lesson and by every member of the PE team.

### PE PROGRAMME

House Sport Competitions:

- House Netball
- House Football
- House Capture The Flag
- House Fun Run
- House Dodgeball
- House Rounders

Sports Day (also a house competition)

Leadership training and experience through our primary links programme.

Youth Sport Trust Active In Mind programme.

Termly School Sport and Wellbeing Clubs (these change every term).

Be Inspired: Trampolining/ American Football/ Yoga/ Surf Club/ Basketball/ Summer Sports/ Happy Healthy Sports Fixtures across the year

Projectability activities