



## QPHS Physical Education Curriculum Intent

The Queen's Park High School Physical Education curriculum is designed to fulfil the schools core vision; 'Inspiring Individuals, Empowering Minds, Defining Futures.'

### Inspiring Individuals

- Provide a **broad and balanced curriculum** so that all students can discover their passion for sport and exercise by being exposed to a range of different sporting disciplines.
- Create a learning environment where students have **high aspirations** and a passion for sport, so all students can strive for their highest level of sporting performance.
- Provide students with enriching **extracurricular opportunities** to participate and engage in sport beyond the academic curriculum which promotes inclusivity of all abilities.

### Empowering Minds

- Develop students' self-worth, self-confidence and self-esteem so they are **mentally healthy individuals** through teaching them to recognise and value the various roles within a team or sport.
- Establish a **metacognitive** approach to learning, so students can actively reflect and articulate their progress along their learning journey. Embed key **oracy and literacy** skills so all students can read, write and speak with confidence to describe, analyse and evaluate sporting concepts and scenarios.
- Teach students to appreciate the diversity and inclusivity of sport. Uphold the value that sport is accessible and adaptable for all and encourage them to be **open minded** and curious so that they have a balanced view of the world.

### Defining Futures

- Continually develop students' knowledge and skills that encourage a **lifelong love for sport**, so all students continue to be physically active in later life.
- Provide **CEIAG** opportunities for students to develop the core skills to successfully graduate to post 16 education and progress into a career in sport.
- Aim to improve social mobility by ensuring that all students, regardless of their background, have access and opportunities to participate in sport.