



CHRIST'S COLLEGE, SUNDERLAND

Emmanuel Schools Foundation

PE Intent Statement

Ethos

Our goal is to challenge and inspire every child to prepare for life by developing their understanding of physical, social, and mental well-being, as well as how different skills and sporting experiences can support them in the future, in either continued physical activity or through their chosen career path.

PE should offer opportunities for students to experience and develop their gifts and abilities while also learning about the world, themselves, and social interaction with others. In line with our ESF ethos, students should believe that they are infinitely precious and therefore it is important to care for themselves and each other by staying healthy and showing respect.

Curriculum

Pupils will access a wide range of sports through a concept or over-arching idea which is used to deliver skills and tactical knowledge alongside character virtues.

In the primary years, we split these concepts into 'Head' (knowledge and understanding), 'Heart' (motivation and confidence), and 'Hands' (physical competence). In secondary, these become, 'Cognitive', 'Character' and 'Physical'. Throughout all phases they are linked through the objective aims and language of 'Know', 'Grow' and 'Show'.

These concepts include a wide range of areas linked to students' personal development, including diet and nutrition, employability skills, leadership, self-worth, Inter-personal skills, mental well-being, social well-being, physical well-being, dealing with stress, competition, effective teams etc.

Concepts are overlapped with wide-ranging sport-specific delivery.

Character

Character Education is integral to PE, and particularly to the core concept of 'Heart' (in primary) and 'Character' (in secondary). By learning teamwork, co-operation, communication, resilience, and much more, PE also shows students why good character is important in the "real" world and how it can be developed to support their aspirations in the world of work.

Community

Community engagement is also an important part of the PE programme, though inter-school competition, coaching events, and trips to local sporting facilities to allow students to see what opportunities are available to showcase their knowledge and talent. Through the development of the character virtues in PE, students will also become responsible and supportive members of their communities for life.