



Physical Education Curriculum Intent

Physical Education enables young people to understand the importance of movement, physical activity and healthy lifestyles in leading fulfilling and successful lives. Through PE, students develop the knowledge, skills and understanding needed to maintain their physical, social and emotional wellbeing, whilst gaining an appreciation of the value of sport and physical activity in society. The subject equips students with the confidence and competence to participate in a wide range of physical activities and empowers them to make informed choices that support lifelong health and wellbeing.

At Hodgson Academy, PE makes a distinctive contribution to our curriculum by developing motor competence, strategic thinking, cooperation, leadership and resilience through practical experiences and reflective learning. Students learn how rules, tactics and strategies influence performance, how physical activity contributes to health and wellbeing, and how individuals and teams can achieve success through dedication, communication and collaboration. In doing so, PE supports students to become responsible, active and informed members of modern Britain who understand the benefits of healthy participation for themselves and their communities.

Our curriculum is built around the key concepts of motor competence, rules, tactics and strategies, and healthy participation. These concepts are carefully sequenced from Years 7 to 11, enabling students to build knowledge progressively and develop increasing expertise in both practical performance and theoretical understanding. Through high expectations, high-quality teaching and carefully designed learning experiences, students revisit and deepen their understanding over time, ensuring secure foundations for future learning and sustained success.

Literacy is developed authentically through the language of physical education. Students learn and apply subject-specific vocabulary, analyse and evaluate performances, communicate effectively with others, and justify decisions using appropriate terminology. These disciplinary forms of communication enable students to articulate their understanding of performance, health and physical activity with increasing confidence and accuracy.

PE broadens students' horizons by exposing them to a diverse range of sports, activities, role models and sporting traditions from different cultures and communities. Through participation and engagement with local clubs and organisations, including Wyre Netball, Fylde Cricket, Fleetwood Town Football Club and Blackpool Athletics. Students gain access to experiences beyond the classroom and develop an understanding of the opportunities available within their local and wider communities.

The subject makes a significant contribution to personal development by helping students understand how effort, resilience, self-regulation and teamwork influence success. Through our Head, Heart and Hands assessment model, students reflect on their progress, recognise their strengths and identify how they can improve. These transferable skills support achievement across the curriculum and prepare students for the demands of further study, employment and adult life.

Our Key Stage 3 curriculum provides the essential knowledge and practical foundations required for progression into Key Stage 4 and beyond, supporting pathways including GCSE Physical Education and OCR Sport Studies. Students develop an understanding of how the knowledge and skills gained through PE are valued in further education, employment and a wide range of careers connected to sport, health, fitness, leadership and wellbeing.

Ultimately, Physical Education embodies Hodgson Academy's vision to Imagine, Believe and Achieve by ensuring every student has equitable access to a challenging, knowledge-rich and inclusive curriculum. We aspire to develop confident, healthy and knowledgeable young people who leave school with a lifelong appreciation of physical activity and the motivation to lead active, successful and flourishing lives.