

## Physical Education Curriculum Intent

At OHA our Physical Education curriculum intent is

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<b>Broad and balanced</b>	All students have the opportunity to study all subjects on the National Curriculum including PSHE and SRE. This should allow all students to develop emotionally, intellectually and creatively and provide an opportunity to follow their own journey towards their own aspiration.	<p>‘Inspire a lifelong positive attitude to fitness, exercise and wellbeing, through enjoyment of an inclusive, broad and balanced curriculum’.</p> <p>Our curriculum is aimed to inspire students to succeed and excel in competitive sport and other physically demanding activities. We provide students with the opportunity to become physically confident in a way which supports their health and fitness. These opportunities will build character and help to embed values such as resilience, responsibility and respect.</p>
<b>Preparation for the future</b>	We believe that all students should experience a solid foundation at Key Stage 3 and therefore all students follow a three-year Key Stage 3. This ensures that OHA students have the skills, knowledge and understanding to have a successful Key Stage 4 and open doors to both Post-16 study and future employment.	<p>We aim to ensure that students are aware of the importance of fitness for life and have the necessary skills and knowledge to carry this on after leaving school. In order to achieve this, we ensure that students follow a broad and balanced curriculum which should build on and embed the physical development and skills learned in key stages 1 and 2.</p> <p>We aim to:</p> <ul style="list-style-type: none"> <li>• To encourage the development of physical competence and help to promote physical development.</li> </ul>

		<ul style="list-style-type: none"> <li>• To develop an understanding of the basic strategies and terminology associated with individual, team, co-operative and competitive activities.</li> <li>• To develop an appreciation of skilful and creative performances across the areas of activity.</li> <li>• To encourage the ability to work with others in a variety of situations.</li> <li>• To understand basic fitness principles and the importance of an active lifestyle.</li> <li>• To encourage the development of positive personal qualities such as tolerance, fair play, enthusiasm, self-worth, and resilience.</li> <li>• To encourage independent learning.</li> </ul>
<b>High aspirations:</b>	We have designed a curriculum which is enjoyable, ambitious and motivates all students including SEND and the most disadvantaged towards lifelong learning.	We have an aspirational curriculum which follows the national curriculum but also offer a variety of extra-curricular opportunities which are open to all individuals and abilities. Links have also been forged with local schools, clubs and facilities to encourage individuals to perform at either a higher standard or gain experience in roles such as leadership and officiating.
<b>Promotes the Academy values</b>	Our students will demonstrate Respect, Resilience and responsibility throughout their daily life at the academy.	Sport is an excellent vehicle to promote the academy values. For example, resilience when things do not go to plan, responsibility as either a team-mate or an official and to respect your opposition.
<b>Rich knowledge based</b>	Students will leave OHA following five years of study, fully prepared for a variety of ambitious destinations. By providing students with extended and independent learning, our students will be ready to embrace the wider world around them.	Students will leave the academy with the knowledge and appreciation of what a healthy lifestyle looks like and how to develop and maintain one. They will have experience in a broad variety of sports and activities which will enable them to continue to develop skills further at a higher standard or for

		enjoyment as well as being able to maintain and improve fitness levels.
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