WOODBROOK VALE SCHOOL
Core PE

At Woodbrook Vale School, our Physical Education curriculum aims to inspire all students to lead active, healthy, and confident lives. Through a focus on physical literacy, we equip students with the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities. Rooted in the core principles of Movement Skills, Knowledge, Character, and Confidence, we provide an engaging and inclusive environment where every student can thrive.

EXPLORE

Year 7

Team — Individual

DEVELOP

Year 8

Gymnastics — Dance — OAA — Athletics — Individual

PERFORM

Year 9

OAA — Dance — Gymnastics — Athletics — Team

YEAR 10/11

Team — Athletics — Gymnastics — Dance — OAA — Sports Studies

Athletics — Team — Individual — GCSE PE

CHARACTER
Actively take on leadership roles within a team environment, showing the utmost respect for staff and peers whilst embracing challenge!

MOVEMENT SKILLS
Be able to successfully transfer skills, techniques and tactics to a wide range of environments/situations.

KNOWLEDGE AND UNDERSTANDING
Be able to clearly articulate the rules and concepts of each activity. Students will have a clear understanding of sport specific positions and will be able to implement tactics in order to outwit an opponent.

CONFIDENCE
Be self assured and able to take on a variety of roles in a wide range of sports and physical activities with all peers.