

Woodbrook Vale School PE Curriculum

A physically literate student will...

The 5 aspects of physical literacy are developed throughout the year, using a wide range of sports and physical activities.

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.



MOTIVATION

Show a desire to seek further opportunities to engage in physical activity in and beyond lessons.



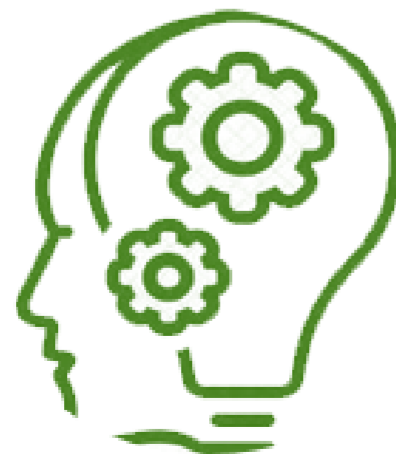
CHARACTER

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



KNOWLEDGE AND UNDERSTANDING

Be able to clearly articulate the physical, social, cognitive and emotional benefits of participation in physical activity.



MOVEMENT SKILLS

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



Personal Development reaches all areas within Physical Education and these qualities can be found in our curriculum throughout the academic year.