

Physical Education

Statement of Intent

The physical education department at Nishkam High School aims to develop lifelong learners who are engaged and informed and show an enjoyment of PE, sport and physical activity. Students will ambitiously develop their movement, knowledge, understanding and confidence to lead an active, healthy lifestyle whilst applying and embedding the school virtues.

The P.E curriculum is sequenced to ensure that students acquire cumulatively sufficient knowledge and skills for future learning and employment when they leave school. Students will participate in a wide variety of sports and activities that will help develop the whole child through their Physical, thinking, social and affective learning domains. All students will find meaningful, relevant and fun physical education which improves their physical literacy and wellbeing today and for life. The curriculum is sequenced in a way that ensures progression across the learning domains so that all students can excel in at least one of the domains. A broad extra-curricular programme is offered to ensure students have the opportunity to participate in sports for participation and excellence.

Nishkam High School P.E department provides opportunities for all students of all faiths and backgrounds including SEND, disadvantaged to participate in traditional sports and new emerging sports in the hope that they find something that they enjoy which they can take into adult life. Students are taught the importance of applying the school virtues through sport and through interactions with their peers.

A broad and balanced curriculum is prioritised to allow pupils to access the full curriculum offer to develop their skills and learn new skills in a variety of different settings and learning experiences. The P.E department provide a curriculum enriched by trips, visits and experiences that include opportunities to represent the school in competitive sports matches, leadership opportunities but also engage and develop their skills in further learning experience's such as outdoor education PGL trips and residential.