



# Excellence in PE



**South Craven School**  
SUPPORTED BY SOUTH CRAVEN ACADEMY TRUST

# Adult Excellence

## **Physical Activity Levels**

- Taking part in regular exercise above government targets.

## **Skills and Techniques Development**

- Develop a range of skills and techniques in various sports that allows the pupil to enjoy and excel at physical activity.
- Use skills developed in life such as teamwork, communication and respect.

## **Healthy Lifestyle**

- Values physical activity and understands its importance in maintaining a healthy lifestyle.
- Has a comprehensive understanding of a healthy lifestyle from diet to the importance of regular exercise.

## **Leadership**

- Coaching and passing on knowledge gained to a new generation.

## **Further Opportunities**

- Taking a career related to sport through qualifications gained in school.



# Key Stage 5 Excellence

## **Physical Activity Levels**

- High activity levels, despite no core PE time.
- Taking opportunities and continuing to play sport, either internally or with local clubs/centres.

## **Skills and Techniques Development**

- Develop a range of skills and techniques in various sports that allow them to enjoy and excel at physical activity.
- Skills learnt at school are used not just in physical activity but in life e.g. teamwork, communication and respect.

## **Healthy Lifestyle**

- Values physical activity and understands its importance in maintaining a healthy lifestyle.
- Has a comprehensive understanding of a healthy lifestyle from diet to the importance of regular exercise.

## **Leadership**

- Undertaking volunteering opportunities.
- Using key skills of communication and self-belief, developed in Core PE.

## **Further Opportunities**

- Developing a comprehensive knowledge of different aspects of sport (opening a pathway to further studies in Sport through Further Education).



# Key Stage 4 Excellence

## **Physical Activity Levels**

- Core PE pupils are enjoying the choices given to them and maintain active lifestyles with two hours of PE from school forming a basis of their activity levels.
- Increasing activity levels with a large range of enrichment activities available.

## **Skills and Techniques Development**

- Developing chosen sports key skills at a more advanced level.
- Thrives on pushing themselves to be better sports people.

## **Healthy Lifestyle**

- Benefitting from the time to exercise to help balance the demands placed on being in Key Stage 4.
- Understanding the need for a balanced diet and the importance of exercise in maintaining social and mental health.

## **Leadership**

- Enhance knowledge and experience of leadership through opportunities provided.
- Develop coaching skills and volunteer at sports events.

## **Further Opportunities**

- Enjoying the experience of studying for a Physical Education qualification.
- Finding the topics interesting.
- Wanting to learn and develop knowledge further.



# Key Stage 3 Excellence

## **Physical Activity Levels**

- Enjoying two hours of Core PE.
- Using enrichment clubs as a way of increasing physical activity levels.

## **Skills and Techniques Development**

- Exposed to a wide range of different sports and physical activities to develop multiple skills and techniques.
- Further develop both in intra and inter competitions, through enrichment activities.

## **Healthy Lifestyle**

- Develop knowledge of healthy active lifestyles.
- Gain knowledge about fitness.
- Demonstrate practical ideas in lessons to promote lifelong fitness.
- Understand the links between physical activity and health.

## **Leadership**

- Develop leadership skills and improve self-belief through opportunities.

## **Further Opportunities**

- Gain life experience and create unforgettable memories through sports trips.



# Key Stage 2 Excellence

## **Physical Activity Levels**

- Enjoying PE lessons.
- Wanting to continue to exercise.
- Regularly active in and out of school.

## **Skills and Techniques Development**

- Developed basic skills such as catching and ball control.
- Developed skills in a range of fun games.
- Gaining experience of playing in other games.
- Experience of other skills e.g. swimming, gymnastics, dance, athletics, bike riding etc.

## **Healthy Lifestyle**

- Basic understanding of health and good/bad foods.
- Understanding of why exercise is important.
- Wants to exercise to improve health.

## **Leadership**

- Develop leadership skills and improve self-belief through opportunities provided.

## **Further Opportunities**

- Develop skills beyond primary school in areas such as local sports and activities clubs.

