

Core PE Subject Rationale

“Start something today that your future self will thank you for”.

Nowadays young people are surrounded by gadgets and technology of many types - *television, smartphones, video games, computers to name a few*. They require little or no physical activity. This has a negative impact on the overall health of the children. Physical activity and Physical Education are important for a child's development and lays the foundation for a healthy lifestyle. Children who are physically fit are also better equipped to handle physical and emotional challenges in and out of school and are more resilient on the whole.

Here at Trinity High School, we believe in creating a healthy mind in a healthy body; enabling our students to develop physically, intellectually, socially, and emotionally in a broad range of sports and activities. As well as participating in sport and exercise, students gain lifelong skills such as; confidence, teamwork, respect, and resilience, supporting them in other subjects and into later life.

Our PE curriculum inspires all students to succeed and excel in a board range of competitive sports and activities that they will continue beyond school and into their later life. We appreciate that some students may struggle to master advanced skills and techniques, this is why we have designed our curriculum to ensure all students achieve excellence.

Our students learn through a three-strand approach, which develops well balanced people for the future.

- **Head** – intellectual/thinking ability e.g. (*knowledge, understanding, rules, regulations, analysis, feedback, problem solving*)
- **Hand** –physical/practical ability e.g. (*skills, techniques, tactics, strategies, fitness levels, competitions*)
- **Heart** - emotionally/socially ability e.g. (Confidence, communication, leadership, respect, resilience, and effort)

Our curriculum makes a vital contribution to the whole school ethos, it is ambition, inclusive and allows all students to prosper, having high expectations of their physical progress as well as their personal development.

We offer an extensive extra-curricular programme encouraging all students to attend throughout the year. Here they consolidate the knowledge, understanding and skills they have learnt in lessons and are signposted to local Redditch clubs and activities, ensuring lifelong participation in sport and exercise.