

PE at Invested Education



Intent

At Invested Education, we recognise the essential role of Physical Education (PE) in promoting the holistic development of our students. Our intent is to provide a comprehensive and engaging PE programme that fosters physical fitness, personal growth, and social development. Through our PE curriculum, we aim to instil a lifelong appreciation for physical activity, enhance self-confidence, and equip our students with the skills necessary for a healthy and active lifestyle.

Implementation

Our PE programme at Invested Education is designed to cater to the unique needs and abilities of our students. We have a diverse range of activities and exercises that cater to individual interests, abilities, and learning styles. Our dedicated and qualified PE teacher ensures that lessons are well-planned, inclusive, and tailored to the specific requirements of each student.

We offer a balanced and varied curriculum that covers different aspects of physical development, including; fundamental movement skills, team sports, individual activities, fitness training, and outdoor pursuits. The equipment and facilities we use provide a safe and stimulating environment for our students to explore and excel in various physical activities.

To promote inclusivity and engagement, we incorporate differentiated teaching strategies and adapt our lessons to accommodate students with varying abilities, physical limitations, or special educational needs. Our approach is student-centred, emphasising cooperation, teamwork, and respect for one another. We encourage our students to set personal goals, challenge themselves, and celebrate their achievements in a supportive atmosphere.

Impact

The impact of our PE program at Invested Education is far-reaching and positively influences

our students in various ways. Firstly, it improves their physical fitness levels and overall health, contributing to increased energy levels, improved concentration, and better overall well-being. By engaging in regular physical activity, our students develop habits that can have lifelong benefits, reducing the risk of obesity, cardiovascular disease, and other health-related issues.

Furthermore, our PE program instils essential life skills such as resilience, perseverance, and self-discipline. Through participation in team sports and cooperative activities, students learn to work collaboratively, communicate effectively, and resolve conflicts. These interpersonal skills translate beyond the sports hall, supporting their personal and social development.

Our PE program also nurtures a positive body image and self-confidence. By providing a supportive and inclusive environment, we help students develop a sense of pride in their physical abilities and foster positive attitudes towards their bodies. This, in turn, can contribute to improved self-esteem and a more positive self-image.

Overall, the impact of our PE program extends beyond the confines of physical activity. It equips our students with the tools they need to lead active, healthy lives and promotes the development of well-rounded individuals who are prepared to face the challenges of the future.

In summary, the intent of our PE program at Invested Education is to provide a comprehensive, inclusive, and engaging curriculum that promotes physical fitness, personal growth, and social development. Through its implementation, we tailor our program to meet the unique needs of our students, ensuring that they have a positive and meaningful experience in physical education. The impact of our program is significant, as it contributes to improved physical health, develops life skills, and enhances self-confidence, ultimately equipping our students with the necessary tools to thrive in all aspects of life.

Qualifications

All students at Invested Education will be given the opportunity to choose NCFE Level 2 Diploma in Sport as an option in KS4.

Life beyond Invested Education

At Post- 16, the NCFE Sports courses can follow on into college or create an important pathway into A-level PE.

Sport qualifications can lead to a wide range of careers including:

- Athlete
- Cycling coach
- Fitness instructor
- Football referee
- Football coach
- Leisure centre manager
- Outdoor activities instructor
- Performance sports scientist