



Physical Education: Our DNA

Head of Department: Ms Bridges

We deliver a broad, multifaceted curriculum and enrichment programme that is not influenced by gender, social or economic bias. The aim of Physical Education at Bolingbroke Academy is to instil lifelong engagement in sport, and to embed an understanding of the benefits of a healthy, active lifestyle.

Our department is one that prides itself on being revolutionary as opposed to reactionary, and high standards are embedded within all areas. We develop understanding as a GCSE Physical Education option at Key Stage 4 as well as structured cross curricular links that are fed down through both practical and theoretical contexts at Key Stage 3.

- **Inclusivity and 100% participation** – All students can succeed in Physical Education at Bolingbroke Academy. We believe in 100% participation in all lessons, with students wearing full Bolingbroke PE kit, engaging in their learning, putting in 100% effort, asking questions as curious learners and developing excellence as sports people.
- **A love of physical activity and sport** – Physical Education lessons aim to equip learners with the tools to be; fit, healthy and active adults who can make conscious lifestyle choices after Bolingbroke Academy. Our students are aware of the importance surrounding diet and exercise and the impact Physical Activity and Sport can play on a positive physical, social and mental well-being.
- **Enrichment and representation your school** – Bolingbroke Academy offers a wide range of enrichment outside the classroom including; boxing, football, rugby, cheerleading, netball, dance and trampolining. We work in partnership with several local and community sport clubs to deliver this provision as well as signpost individuals beyond school to develop their potential. We believe in providing as many opportunities as possible to our students including those to represent your school at local, borough and national level.
- **Resilience, leadership and team building** – These characteristics are those we wish to develop in our students through Physical Education. We do this through creating a culture where mistakes can be made, and we help each other to succeed. We develop leadership through empowering excellence in our students from Year 7. Students are leading warm up's in lessons, taking ownership of their own learning and consistently evaluating and improving their own performance. Team building is the final characteristic which is developed through high levels of pair and group work. Students learn to develop social skills outside of their friendship groups, to problem solve and to work together to achieve a common goal.
- **Thoughtful, engaging lessons** – Physical Education lessons at Bolingbroke Academy are continuously adapted based on students' feedback and assessment. As a department we rigorously co-plan and develop our curriculum to ensure a high standard of teaching is always being delivered. We offer a broad and balanced curriculum teaching a wide variety of sports such as; trampolining, table tennis, rugby and handball.