

# Physical Education

---

An example of how Physical Education contributes to Personal Development is in the subject content of our curriculum in both key stages three and four. We teach pupils the importance of leading a health active lifestyle, including nutrition and exercise.

We promote equality and diversity in Physical Education by studying the history of sport, including the Olympics and Paralympics, particularly linked to disability, gender and culture. Within practical PE lessons we learn to respect our opponents and the strengths of others. We regularly self-evaluate and peer-evaluate performances and this supports pupils in accepting helpful feedback. Through this, pupils are encouraged to identify their personal strengths and areas for improvement, setting themselves challenging goals and targets to allow them to improve their performance.

Practical lessons also promote personal safety. Pupils are taught how to handle equipment safely and the rules of sports that are specifically linked to health and safety. Pupils are expected to demonstrate safe working at all times. Through sport pupils are taught to respect the rule of law, by adhering to the rules of the activity and facing consequences if these rules are broken.