

Physical Education (GCSE) at Kickstart Academy

“We don't stop playing because you grow old; We grow old because we stop playing!” – George Bernard Shaw

Our intent here at Kickstart Academy is to use Physical Education to engage students in activities that promote health, fitness, independence as well as team work through physical problem-solving challenges, evaluation, modifying techniques and consolidating skills through practice and repetition. We also recognise the ways in which our curriculum can support the development of self-esteem through the idea of physical confidence and look to help pupils to manage both success and failure in a competitive environment as well as the importance of instilling a sense fair play & good sportsmanship in our young people. We aim to develop leadership skills, sense of responsibility, self-awareness, and empowering them to encourage and recognise other pupils' achievements. Finally, our main objectives are to use Physical Education to develop skills as both as an individual and an athlete through the following:

- Engage students in safe but purposeful physical activity and education to foster healthy emotional, physical & mental wellbeing through sport.
- To promote healthy living and understanding of how our bodies work and what it takes to keep it functioning properly.
- Expand their understanding of sport and cultures by looking at other parts of the world through research and participation.
- To actively encourage students to achieve their best outcomes and promote a lifelong love of sport and healthy living through learning.