



# Longridge High School

## Curriculum Intent P.E



THE BAY  
LEARNING TRUST

### 1. Vision & Purpose

- PE is integral to life and will equip pupils with not just physical skills, but the mindset of wellbeing, resilience, teamwork, and personal responsibility. At Longridge it is our aim to promote lifelong physical activity in our pupils by embedding habits that support physical, mental, and emotional wellbeing.
- We are driven to develop movement, competence and confidence across a broad spectrum of activities, ensuring accessibility and challenge for all learners.
- We believe a high-quality PE curriculum fosters lifelong habits of fitness, health, and confidence, preparing pupils to lead healthy, balanced lives in a dynamic society.

### 2. Ambition for All Learners

- All pupils, regardless of prior sporting or fitness ability, should access high-quality PE provision. As a school we support inclusive education by ensuring equitable access to high-quality PE experiences, regardless of background or ability. Support is provided for those less confident or who have additional barriers to participation.
- Opportunities for challenge and leadership are built in. Pupils who excel in sports or leadership roles are encouraged to extend further by take part in competitions or act as sports leaders.

### 3. Knowledge & Skills Development

- Pupils will develop core movement and physical skills (agility, balance, coordination, stamina, strength) in a range of sports and physical activities.
- Tactical understanding, rules, roles and responsibilities of sports, sportsmanship, and fair play are taught both in practical sessions and through competitive sport.
- Understanding of health, fitness, nutrition and mental wellbeing as part of PE, including how physical activity supports physical and psychological health. Physical literacy, goal setting and how to avoid injury is also taught within the curriculum.
- Development of decision-making, teamwork and leadership skills, including evaluating performance and personal improvement.

### 4. Sequencing & Progression

- In KS3, pupils experience a broad range of sports to build foundational physical literacy and understanding.
- As pupils move into KS4, they can focus more deeply on sports they are interested in, compete in inter-school / county level, and engage in more complex tactical work.
- Extra-curricular sports enrichment offers progressive opportunities: clubs, matches, awards.

### 5. Literacy, Oracy & Vocabulary

- Clear teaching of sports-specific vocabulary (tactics, techniques, strategy, agility, endurance etc.).

- Pupils are encouraged to verbalise their thinking in PE (planning tactics, discussing strategies, peer feedback) to develop oracy and clarity of understanding.

## **6. Enrichment & Cultural Capital**

- We offer a wide variety of extra-curricular sports clubs available (athletics, cricket, badminton, basketball, football, dance, netball, table tennis) open to all pupils.
- We run a water sports trip to Spain every year.
- We celebrate pupil achievement, via “Player of the Match”, “PE Praise Postcards”, “Sports Awards”, etc.
- We foster pride and commitment in sports through participation in competitions and inter-school sport.

## **7. Cross-Curricular Links & Real-World Relevance**

- Links to Science (body systems, nutrition, fitness), Health Education,
- Understanding of careers in sport, health, coaching, sports science etc.

## **8. Safeguarding & Online Safety**

- Ensuring PE lessons include safe practices (warm-ups, correct technique, safe use of equipment, risk assessments).
- Awareness of wellbeing and mental health: sport as a tool for managing stress and promoting positive mental health.

## **9. Assessment & Impact**

- Teachers use regular formative assessment during PE lessons: observing skill development, effort, technique and providing clear feedback and next steps for improvement.
- Use of extra-curricular and competitive outcomes are used as indicators of engagement and progression.
- The curriculum is planned as a spiral curriculum to ensure we deepen knowledge and skills as pupils move through and up the school.
- Recognition of achievements (via awards etc.) communicates high value placed on participation, attitude, improvement.