



## Subject Philosophy

Physical Education (PE) and Sport at QE foster an ambitious, community-driven, and kind environment. Our broad curriculum spans diverse learning environments in our beautiful county, including Outdoor Education. PE encourages physical expression, challenging students in various activities. It significantly contributes to their spiritual, moral, social, and cultural development, aligning with our values of respect, commitment, and safety. Success in PE stems from hard work, competitiveness, and perseverance. PE and school sport are central to QE, promoting lifelong health and well-being. Engaging now, inspiring forever.

## Intent

Aligned with QE values, PE aims to develop learners who embody respect, commitment, and safety both in and outside curriculum time. Students will engage in various activities to inspire a lifelong passion for PE and sport.

## Design

**Practical Curriculum & Theory-Based Subjects** At Key Stage 3, students master core skills in twelve sports, including traditional and alternative options like Ultimate Frisbee. They also explore theoretical elements of PE and develop leadership skills, with many Year 9 students leading our Primary Sports Partnership programme. At Key Stage 4, the focus shifts to full-context games and activities like weight training. Students can choose GCSE PE or OCR Sports Studies. At Key Stage 5, A Level PE and BTEC National Diploma in Sport & Outdoor Activities are available.

**Extra-Curricular Activities** Our extensive extra-curricular programme includes traditional sports and outdoor activities like surfing, climbing, and mountain biking, fostering community and ambition.

## Delivery

In core PE, students demonstrate independence through the #PE@QE warm-up. They learn core skills and apply them strategically in sports. Lessons also incorporate theoretical elements, like focusing on bones or muscles. In exam-based subjects, teachers use engaging methods to apply knowledge to real-life scenarios. Pedagogical routines from theorists like Barak Rosenshine and Doug Lemov ensure high-quality lessons that reflect our commitment to student safety, respect, and ambition.

Teachers of PE	
Head of PE	Colin Skinner
Second in PE	Brett Woodgate
PE	Ross Gillon
PE	Davis Harris
PE	Leah Atkins
PE	Jack Fahy
PE/Business	Paul Tearle
PE	Chloe Smith
PE	Dan Sams

