

Intention of Physical Education

In an increasing sedentary society, where students face many obstacles including body image, weight management, poor motivation and low confidence, the importance of Physical Education is paramount. Through a learner centred approach, the aim is to instil a positive growth mind-set, improved self-esteem and encouraging a high level of self-efficacy, developing students beyond academic progress and preparing them for their future both socially and physically. Students will deepen their understanding of the benefits sport and activity can have on an individual's health and well-being along with the relationships it develops worldwide. Students will trace the current sporting picture against its historical revolution, through medical developments, technological advances, cultural and social changes.

The intent is to emphasize the **multi-disciplinary** nature of the course which covers areas such as anatomy and physiology, biomechanics, history, sociology, psychology, sporting performance and lifestyle choices. It prepares students for a variety of areas of study and offers opportunities to forge cross-curricular links between science, humanities, business, management, sporting performance and skills. Those studying PE will continue to gain an understanding of the effects of exercise, and will apply theoretical knowledge of Physical Education to practical sporting examples, at elite level and to their own personal experiences, allowing them to tailor an individual journey relating to their chosen sport through the course: providing an essential grounding for further study beyond A level.

The course highlights how physical and mental performance can be improved to help individuals to achieve their personal potential in areas which are not exclusive to PE and aims to deliver a broad and balanced course which will give students the skills to be confident leaders of tomorrow.