



Physical Education



Our intent

Studying sport ignites passion and builds character by developing resilience, confidence, and teamwork. It will develop a lifelong interest in sport and physical activity, and provides students with the knowledge required to make informed life choices. Students gain an insight into the importance of physical fitness and how physical activity can strengthen an individual psychologically. Learning about champions, what makes them the athletes they are and how they develop, will, we hope, create Great Britain's next set of legends.

Our 'why'

PE at TLA:

- encourages students to live a **healthy active lifestyle** so they students reduce the risk of injury and help prevent the chance of sickness and disease.
- provides the outlet for students to **be creative** and release their energy.
- develops students' **ability to cooperate** with others as they learn how to play as part of a team.
- builds students **confidence** as they learn new skills rules, techniques and tactics on a daily basis and challenge themselves to improve their performances through personalised goal setting.
- increases students personal **fitness, health** and **motor skill development** which also helps reduce their stress and anxiety leading to happiness and increased sense of well-being.
- develops **leadership** and coaching abilities of students enabling them to use those skills in society.
- is **academically challenging**, enabling students to use their scientific knowledge to improve the performance of those around them.

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Our 'how'

Lessons are taught in a safe and nurturing environment by highly skilled experts that differentiate the learning objectives for each student so they feel included and stretched with their learning.

Students are encouraged to gain motor competence by improving their knowledge of the range of movements that become increasingly sport- and physical activity-specific. Students at TLA study a wide variety of invasion games, net games and Fitness based activities such as Football, Rugby, Basketball, Handball, Table Tennis, Athletics & Netball which involve various body parts to be coordinated.

Lessons are sequenced to build on prior learning and include challenge activities to ensure all students are encouraged to improve their skills.

Rules, strategies and tactics are explained to students to highlight the conventions of participation in different sports and physical activities and improve their knowledge and ability to work cooperatively with teammates/peers to be competitive in both conditioned and authentic game situations.