



CAPE ACTIVE

PE- CURRICULUM INTRODUCTION STATEMENT OF INTENT

PE prepares students to move for life. Our ability to move effectively, efficiently and with energy and determination in all aspects of our life is fundamental to wellbeing. PE also develops the characteristics and personal qualities to succeed in a competitive society and is designed to form the foundation of an active and healthy lifestyle. Key aspects are the development of physical, social and mental wellbeing. The broader benefits of PE also include teamwork, sportsmanship, leadership, communication, self-reflection and having fun. Through our carefully sequenced core PE Curriculum, extra-curricular programme and the Be Active Programme during Be Inspired, we develop the three characteristics of Excellence, Determination and Respect, which embody the Olympic values.

We cover and extend the National Curriculum, and in this, we look to create driven students with a desire to succeed who are resilient and determined with a strong work ethic. We provide students with many learning opportunities through a wide range of physical activities, including traditional sports and a range of movement and fitness activities. Our curriculum equips students to study for PE qualifications at KS4 and beyond. At Cape Cornwall School this is the Btec Level 1/2 First Award in Sport. Through our links with external sports bodies, Colleges and universities, we can introduce students to future opportunities.

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Inter School Sport - All students have the option of participating in high quality school sport, representing the school in a wide range of competitive tiered events. Examples include the county athletics championships, Penwith schools surf championship and the National small schools football cup. Due to the unique size of the school, the vast majority of students participate in inter school support, representing Cape Cornwall School with energy and commitment.

Extra-Curricular clubs - All students have the option to participate in a range of high quality preschool, lunch time and after school clubs. Examples include table tennis, football and gymnastics.

Play - All Students are encouraged to move throughout the school day. This takes the form of activities such as preschool workouts, indoor rowing, active tutor, lunch time active, break time activity and classroom based movement.

Intra School Sport - All students take part in a summer sports day and a winter house games performing a range of activities for their house. There is also an indoor futsal league throughout the year.

Be Inspired - All students can participate in 'My Personal Best'. This is supported with use of the Youth Sports Trust my Personal Best Cards. Variety - Some students participate in Project-ability events and the 'All Move' Mencap project which supports the links between mainstream students and Kites students in an active way.

