

# PE

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Curriculum Intent  
*Last updated: Apr 22, ECL*



**Blackburn Central**  
**HIGH SCHOOL**

Aspire and achieve

# PE

The PE curriculum at BCHS enables all pupils to enjoy and succeed through taking part in physical activity. They are given opportunities to develop competence in a wide range of skills and to develop their ability to use tactics, strategies and compositional ideas to perform successfully.

Alongside developing skills our focus is on building resilient, independent pupils who understand the benefits of being physical activity and how it can have a positive impact on their mental health and well-being. Through our core curriculum we also promote British Values by highlighting the importance of democracy, the rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs as part of everything we do.

We aim to develop performers who think about what they are doing, analyse the situation and make decisions effectively. Our performers are independent and able to reflect on their own and others' performances and find ways to improve them. Our performers contribute every lesson, showcasing their ability to convey thoughts and ideas through oral and written responses. These responses and interpretations allow them to progress towards the 'competent performers' we see at key stage four.

Performers will have confidence to take part in different physical activities and learn about the value of healthy, active lifestyles and be able to explain this to others. Supporting students well-being post pandemic has been the highest priority, placing physical activity at the heart of all lessons.

The curriculum helps pupils develop personally and socially giving opportunity to work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. Throughout their PE journey pupils take on different roles in competitive and non-competitive situations including performing, leading, coaching and officiating, enabling pupils to showcase their talents in many formats.