PE Curriculum

| Subject | PE |
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| Intent  | At NEECA we encourage students to improve their health, wellbeing and self-confidence in an engaging and competitive way through taking part in physical activity at NEECA. |
| Implementation | We offer practical PE lessons to KS3 students in a variety of different sports. In KS3 our PE curriculum offers badminton, basketball, circuit training, cricket, curling, dodgeball, fitness training, football, golf, tennis, rounders, rugby and volleyball. We have the use of a local leisure centre where we can access facilities such as the sports hall, astro pitch, bike track and the fitness suite to enhance our offer to our studentsAt KS4, students are offered both theory and practical PE, which together can lead to a BTEC First Award Level 1/2 qualification in Sport. In BTEC Sport students will cover compulsory units and optional units:The compulsory units include:Unit 1: Fitness for Sport and ExerciseUnit 2: Practical Performance in SportUnit 3: Applying the Principles of Personal TrainingStudents will choose one of the following optional units:Unit 4: The Mind and Sports PerformanceUnit 5: The Sports Performer in ActionUnit 6: Leading Sports ActivitiesOur pupils have the opportunity to take part in a range of offsite activities in addition to the standard curriculum. The purpose is to improve confidence, self-esteem, resilience, team building and lifelong working, whilst learning a range of new skills. Activities we offer include: BMX, Cycling, Boxing, Golf, Horse Riding, and Martial Arts. Offering our pupils the opportunity to take part in these activities has proven to help build positive relationships between staff and peers as well as developing skills in how to engage and behave appropriately in a public setting. |
| Impact | Pupils have the opportunity to develop their knowledge on health and fitness. This gives students skills and awareness to increase body confidence, and self-esteem for now and the future. The BTEC Level 1/2 qualification can lead to them taking Level 2 or 3 sport courses at any college which can lead to them taking a variety of A-Levels or Level 3 courses at college. Pupils at NEECA have wider opportunities in PE and Sport developing experiences for lifelong learning. |
| Accreditations | BTEC First Award Level 1/2 in Sport. |
| Enrichment and opportunities | At NEECA we offer a variety of extra-curricular sporting activities off-site Enabling pupils the opportunity to extend their provision. Activities we offer include: BMX, Cycling, Boxing, Golf, Horse Riding, and Martial Arts.  |
| Safeguarding | We promote Healthy Body and Healthy Mind through fitness sessions and physical activities.In our PE activities we encourage all students to wear appropriate clothing for activities. |