



BEIS YAAKOV JEWISH HIGH SCHOOL ACADEMY

PE Programme of Study 2024-25

At BYJHS, we recognise the importance of Physical Education and how it contributes to the overall education of all students by helping them to lead full and valuable lives through engaging in purposeful and high-quality sporting and physical activities. Not only does PE promote long-term active and healthy lifestyles, physical skills, physical development and knowledge of body actions but it can make a positive impact on the mental and social health and well-being of our students.

We strive to inspire our students through fun and engaging PE/Games lessons that are enjoyable and challenging and accessible to all and endeavour them to become happy, healthy and successful people through PE; possessing the skills, motivation and knowledge to enjoy a lifelong engagement with sport and physical activity.

Our Physical Education curriculum will give our students the opportunity improving their fitness, health and mental well-being through knowledge (on key anatomy and physiology, psychology, biomechanics); physical, technical and tactical sporting skills and application; and physical literacy in varying sporting contexts and activities (invasion, net-wall, performing at maximum, accurate replication and striking and fielding) as well as recognising recognise relevant rules, etiquette and safety.

We aim to use PE as a vehicle to develop the whole character of a student, in particular looking at building mental skills such as resilience, determination and confidence through competitive sporting success and physically demanding activities and challenges. We understand the importance of Physical Education in instilling a sense of good sportsmanship, and encourage recognition of other pupils' contribution, developing leadership skills (through coaching or an official), responsibility and self-awareness. We also recognise the ways in which our curriculum can support the development of self-esteem through the development of physical confidence and helping pupils to manage both success and failure in competitive and co-operative activities. We actively seek to develop skills as a team player, including praise for others and motivation skills through feedback, and to develop independence through problem-solving physical challenges, evaluating, modifying technique and consolidating skills through practice and repetition.

PE CURRICULUM AREA STAFF 24 - 25

Mrs S Schleider

Mrs R Moore

Should you require more information about this subject area please contact:

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SUBJECT	YEAR GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
PE	Y7	Table Tennis and Badminton	Hockey/ Tag Rugby	Outdoor Adventurous Activities (OOA), Dance and Health Related Fitness	Netball	Rounders	Football and Athletics
	Y8	Table Tennis and Badminton	Hockey/ Tag Rugby	Outdoor Adventurous Activities (OOA), Dance and Health Related Fitness	Netball	Rounders	Football and Athletics
	Y9	Table Tennis and Badminton	Hockey	Outdoor Adventurous Activities (OOA), Dance and Health Related Fitness	Netball	Rounders	Football and Athletics
	Y10	Table Tennis and Badminton	Hockey	Outdoor Adventurous Activities (OOA), and Health Related Fitness	Netball	Rounders	Football and Athletics
	Y11	Table Tennis and Badminton	Hockey	Netball	Football		