



Physical Education Department Curriculum Vision Statement – June 2026

Intent

The Physical Education Department seeks to engage students in activities that develop physical literacy, health, and lifelong fitness, as well as fostering independence through problem-solving within physical challenges, the evaluation and refinement of technique, and the consolidation of skills through deliberate practice.

We understand the importance of Physical Education in promoting integrity, respect, and sportsmanship, and actively encourage recognition of others' contributions while developing leadership, responsibility, and self-awareness.

We also recognise the ways in which our curriculum can support the development of resilience and self-esteem, achieved through building physical confidence and supporting pupils to effectively manage both success and failure in competitive and cooperative environments.

We actively develop students as effective team players, including the use of praise, communication, and motivation skills. Students are taught to understand and apply rules, laws, codes of conduct, etiquette, and safety procedures across a wide range of activities, ensuring they are equipped with the confidence to participate in lifelong physical activity and sport.

Lesson planning maximises the use of our high-quality facilities and staff expertise, with sequences of learning designed to build on prior knowledge. Lessons systematically revisit, develop, and deepen knowledge and skills to ensure meaningful progression and long-term retention.

Alongside this, all pupils leave Thomas Telford School with an appropriate and challenging Physical Education qualification that reflects their individual potential.

Exposure to high-level competition and performance pathways is a key focus of both the school and the department, ensuring that students fully embrace the personal, social, and physical benefits these opportunities provide.

Action

All students have full access to an extensive range of facilities whilst undertaking our Physical Education curriculum. Our provision is enriched through opportunities such as inter-house competitions, educational sports trips, a comprehensive fixtures programme, and a wide variety of extra-curricular Session 3 clubs.

Students also engage with personalised fitness programmes in our gym, and develop essential life skills through swimming, personal survival, and lifesaving within our swimming pool.

Our curriculum is designed to progressively build knowledge, skills, and understanding over a five-year journey, with planned opportunities for retrieval practice and skill repetition to secure learning.

We offer a range of qualifications in Physical Education, selected to provide an appropriate level of challenge based on each pupil's stage of development, including: GCSE Physical Education, BTEC Sport Level 2 (KS4), A-Level Physical Education, BTEC Sport Level 3 (KS5)

At KS3, the curriculum focuses on developing core physical competencies across a broad range of activities, enabling students to experience different sports and identify areas of strength and enjoyment. This provides a strong foundation for participation in recreational sport, inter-house competition, and school representation.

In Year 8, this provision builds on prior experiences, with a focus on increasing confidence, refining performance, and supporting students in identifying activities for continued participation and progression.

During KS4, students continue with practical sport whilst developing advanced tactical awareness, leadership, and sport-specific skills, alongside a greater focus on lifetime physical activities and personal fitness.

Theoretical content is introduced from Year 9, developing students' understanding of components of fitness, training methods, fitness testing, and principles of training, supporting both examination success and informed engagement with personal health.

Students complete regular formative assessments, allowing staff to monitor progression and adapt teaching accordingly.

We provide a comprehensive range of extra-curricular opportunities during our Session 3 programme, including: Team training and fixtures, Recreational sport, Swimming and fitness sessions, Academic support, intervention, and catch-up provision

Students benefit from teaching by subject specialists across key activity areas, and all staff engage in continuous professional development to maintain and enhance subject expertise.

Assessment within Physical Education includes a balanced range of formative and summative strategies, including: Observation and performance analysis, Self and peer assessment, Fitness testing, Targeted questioning, Homework (for examination groups), Coursework assessment, Internal and external examinations

These approaches are used to inform teaching, support progress, and ensure high levels of attainment.

Impact

The vast majority of pupils meet or exceed their expected progress in Physical Education and leave with a recognised and valued qualification.

Uptake at Sixth Form is consistently high, with many students progressing to higher education and careers within sport, health, and related industries.

A culture of healthy lifestyles, leadership, teamwork, and sportsmanship is embedded across the school, with clear transferable benefits to students' academic and personal development.

The curriculum ensures that life skills and lifelong participation in physical activity are prioritised, supporting students to successfully transition into post-16 education and beyond.

The impact of our extra-curricular programme and sporting success is significant, with many students representing the school at regional and national levels across a range of sports.

Thomas Telford School consistently features in the School Sport Magazine Top 20 state schools for sport, reflecting the strength of our provision.

Enrichment opportunities, including the football and netball tours, ski trip, Duke of Edinburgh Award, competitive fixtures, awards evenings, and Sports Scene, play a vital role in: Celebrating success, Enhancing engagement, Providing memorable experiences, Supporting personal development

Subject contact

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