

**Subject name: PE and Gym KS5**

**General Statement of Intent**

The National Health Service (NHS) recommends that children 5-18 years of age should aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week.

According to Association for Young People's Health by age 14-16 only 16% of boys and 10% of girls meet daily recommendations for physical exercise. Surveys consistently show physical activity declining across adolescence and lower levels of activity particularly for young women and a quarter of 11-15 year olds in England are classified as obese.

In response to the statistic above, KS5 students have the opportunity to take part in PE sessions. The intend of this session is to give students an opportunity to explore a variety of physical activities that they may enjoy and consider as a form of exercise when they are adults.

Students have sessions in school and in the local gym. Sessions in school may include physical activities such as: dance, yoga and group games.

In addition to scheduled PE and/or gym sessions, students also have access to Multi Use Games Area (MUGA) where some students will choose to play games such as football and basketball.

Students also have an option of undertaking some Martial Arts sessions with an external provider as part of the school Enrichment sessions

The sessions in PE support students' physical ability such as their balance, co-ordination, strength; it improves mental wellbeing and promotes inclusion. Other skills that can be gained are:

- Team work
- Setting their own goals
- Leadership skills
- Communication

Cross-curricular links: PSHE

Assessment strategies including external examinations	None
Any additional notes	