



Physical Education



Our intent

Studying sport ignites passion and builds character by developing resilience, confidence, and teamwork. It will develop a lifelong interest in sport and physical activity, and provides students with the knowledge required to make informed life choices. Students gain an insight into the importance of physical fitness and how physical activity can strengthen an individual psychologically. Learning about champions, what makes them the athletes they are and how they develop, will, we hope, create Great Britain's next set of legends.

Our 'why'

PE at TLA encourages students to live a healthy active lifestyle so they students reduce the risk of injury and help prevent the chance of sickness and disease.

PE at TLA provides the outlet for students to be creative and release their energy so that they can be focused when they return back to the classroom and can lead to improved concentration.

PE at TLA develops students' ability to cooperate with others as they learn how to play as part of a team.

PE at TLA builds students confidence as they learn new skills rules, techniques and tactics on a daily basis and challenge themselves to improve their performances through personalised goal setting.

PE at TLA increases students personal fitness, health and motor skill development which also helps reduce their stress and anxiety leading to happiness and increased sense of well-being.

PE at TLA is taught in a safe and nurturing environment by highly skilled experts that differentiate the learning objectives for each student so they feel included and stretched with their learning.

PE at TLA develops leadership and coaching abilities of students enabling them to use those skills in society.

PE at TLA is academically challenging, enabling students to use their scientific knowledge to improve the performance of those around them.

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Our 'how'

Students are encouraged to gain motor competence by improving their knowledge of the range of movements that become increasingly sport- and physical activity- specific. Students at TLA study a wide variety of invasion games, net games and Fitness based activities such as Football, Rugby, Basketball, Handball, Table Tennis, Athletics & Netball which involve various body parts to be co-ordinated. Lessons are sequenced to build on prior learning and include challenge activities to ensure all students are encouraged to improve their skills.

Rules, strategies and tactics are explained to students to highlight the conventions of participation in different sports and physical activities and improve their knowledge and ability to work co-operatively with team-mates/peers to be competitive in both conditioned and authentic game situations.

Healthy participation – First and foremost the safety of lessons are a priority and students are encouraged to improve their knowledge of safe and effective participation to reduce the risk of injury and enable them to lead a healthy active lifestyle.