

Physical Education and Sport **Department Mission Statement**

The Mission of the Physical Education Department at North Gosforth Academy is to provide a safe, non-threatening and positive environment for all pupils. To offer opportunities for participation at all levels and encourage sporting excellence. To encourage emotional strength, develop character and improve physical competence thus contributing towards living a healthy active lifestyle.

Philosophy

Physical Education is an integral part of the total education programme. It is that phase of education which provides an opportunity for physical, mental and social development. It is the vehicle used to facilitate progress and improvement of a well rounded individual and prepare them to meet the challenge of life. NGA students will develop an appreciation and value for physical education that enhances the quality of life and motivates them to respect and appreciate a healthy body and mind.

The department aims to:

1. Develop physical competence and help to promote physical development by stimulating and maintaining pupil interest and enjoyment. This will be achieved through the provision of purposeful, challenging experiences and opportunities for success in a wide range of physical activities.
2. Increase the desire of pupils to participate in physical activities and exercise at school, and in the future and enable pupils to see exercise as a major feature in our lives related to leisure, employment and culture. To learn about the dangers of a sedentary lifestyle and highlight the benefits of health and well being.



3. To ensure a pride in health and fitness and an understanding of how to remain healthy and fit for positive living.
4. To enable pupils to understand and use safe practice and to appreciate its importance in PE.
5. To promote skill and develop an appreciation of skillful and creative performances across all activity areas as well as developing an understanding of how skills are acquired.
6. To understand the Importance of rules, laws and codes for different activities and uphold moral standards, etiquette and good sporting attitudes.
7. To enable pupils to develop a range of desirable personal qualities such as politeness, perseverance, concern for others, initiative and independence as well as establishing self-esteem through the development of physical confidence.
8. Develop a range of inter-personal skills e.g by helping our pupils to be aware of their roles as members of teams and groups and taking account of others' ideas, intelligent observation and analysis of performance of oneself and others.
9. To provide opportunities for co-operation with the competition against others, and developing a sense of fair play, good sporting behaviour and social awareness.

