

“To encourage lifelong participation in physical activity through providing; Enjoyment, Respect & Sportsmanship.”



ASPIRE



ENDEAVOUR



ACCELERATE

WHAT?

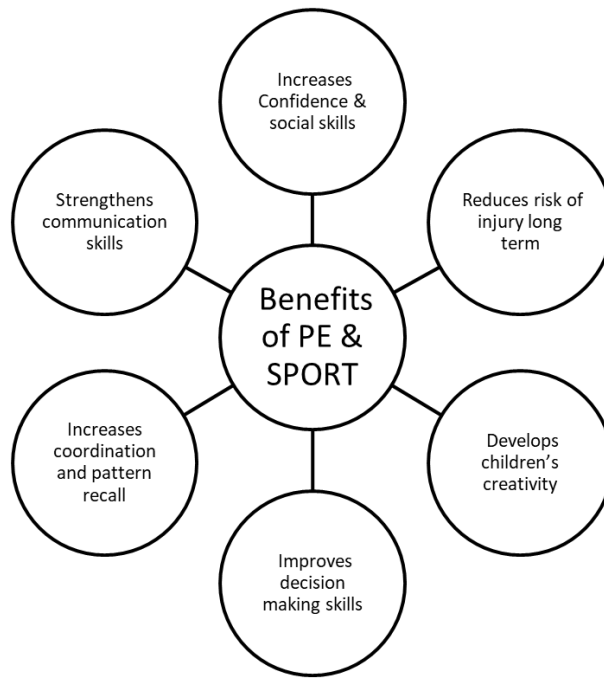
Here at The Portsmouth Academy, we believe in a holistic approach to learning. We offer a wide variety of After School Clubs, Fixtures against a variety of opponents and enter the Portsmouth Schools Competitions as well as the Hampshire Cup. Alternative sports



are also offered to increase engagement from all students, not just those who wish to be competitive athletes. We offer all students the opportunity to attend numerous after school clubs and to represent TPA at these fixtures throughout the entire school year

WHY?

Our curriculum is tailored to meet student voice, which is why we have a games-based approach curriculum. This is to increase enjoyment and empower our students to create a collaborative learning environment.



HOW?

Each learner is given individualised feedback based on their 'Head, Heart & Hands'. This transpires to be their knowledge & understanding, Sportsmanship & effort combined with physical literacy skills. Students can apply this individual feedback to their pathways so can visibly see progress they are making in PE.

Throughout each students' learning journey, starting in Year 7 they will experience a variety of; Striking & Fielding, Achieving personal bests and Invasion Games. A focus on developing students' knowledge of each module and skill development is key. As they progress into Year 8 learners will be able to develop these 'Head, Heart & Hand' skills further applying to tactics and strategies to games.

During Year 9, we have altered the curriculum to focus on Health & Fitness to prepare learners for Level 1 / 2 in Health & Fitness. They will learn the components of fitness, principles of training and how measure individual's fitness. This will be via Boxing Fitness lessons and Round net to broaden students' experience.

We also deliver the 'Sports Leaders Level 1 Award in Sports Leadership' for select students. These students will help and have historically delivered sporting events for local Portsmouth Primary Schools at The Mountbatten Centre and Tennis Centre. Amongst this have helped run Meon Junior's Sports Day and we are looking forward to developing this in the future.

Throughout Key stage 4, learners progress in their knowledge & understanding of each body system. They are required to for their external exam to explain the structure & function of each body system as well as analyse impact health & fitness activities have upon these.

Secondly, they have to apply this past knowledge with new knowledge of Diet & Lifestyle Habits to complete a personalised training programme to improve the Health & Fitness of an individual within their group.