

# Curriculum Overview – Girls Physical Education

The PE department aims to provide a high-quality curriculum that inspires all pupils to succeed in sport and other physically-demanding activities whether that be as participants and/or in coaching and officiating roles. We aim to develop pupils' competence in their knowledge of sports and activities, skills and tactics used, associated rules and scoring systems, as well as developing fitness levels and knowledge of training methods whilst engaging in a wide variety of sports and activities. The department aims to support and guide pupils so they develop a lifelong love of sport and physical activity so that they lead healthy, active lives in the future.

