

We study Physical Education and Sport in order to become highly successful and effective performers who understand the importance of healthy and active lifestyles.

Independence and Autonomy -

'learning to trust instincts and be secure in own ability'

EMPOWER (.5)

Dedication and Commitment -

'learning to take responsibility for further learning and development through extracurricular involvement'

Decision making -

'learning to make judgements effectively and processing incorrect choices'

Effectiveness -

'learning to stand out in chosen activities and/or specific situations within activities'

Advanced Skills and Tactics -

'learning the more complex needs of activities and positions'

EXCEL (.4)

Curiosity -

'learning to research and wanting to 'know more' about sport and physical activity'

Competitiveness -

'learning to channel competitive energy into games, extracurricular and Academy Sport'

Leadership -

'learning to positively influence others and communicate appropriately'

Character -

'learning to embed positivity, drive, enthusiasm'

ENGAGE (.3)

Confidence -

'learning to grow self-esteem and develop belief in ability to attempt more advanced skills'

Desire to improve -

'learning to promote improvement and a need to challenge self'

Resilience -

'learning to accept defeat and move on from mistakes'

Transferable skills -

'learning to work in teams and learning to cooperate with others'

ENJOY (.2)

Thinking -

'learning to develop tactical awareness and understanding of reasons for actions'

Safety - 'learning to protect self and others'

EMERGE (.1)

Healthy and Active lifestyles -

'learning importance and impact of activity, exercise, diet and mental health'

Basic skills - 'learning to move'

Basic knowledge - 'learning about new contexts'



The WHOLE Physical Education Journey @ St George's Academy

**Descriptors correlate to achievement levels awarded for performance*