



Olive Academies

# Core PE Learning Journey

Thurrock & Havering

## The purpose of the Core PE curriculum:

- To enable pupils to become more competent , confident and expert in their techniques, to apply them across a range of activities.
- Pupils will develop an understanding of what makes a performance effective and be able to apply this to their own and others work.
- Deliver a holistic approach to understanding the health benefits of physical activity and promote life-long involvement.

Core PE makes sports accessible for everyone, whether you're a seasoned athlete or a brand new beginner, there is something for everyone in these lessons.

Working through different sports, students will begin to develop skills both relevant to that sport and useful in the wider world, allowing them to become better team players, and learn the skill of communication through sport.

