PE & Dance Curriculum Intent

At PACA, our PE and Dance curriculum is underpinned by a clear and purposeful intent: to empower all students to engage confidently and positively in physical activity and expressive movement, and to foster a lifelong appreciation of sport, dance, and active living.

Our curriculum is built around four core principles:

1. Positive and Safe Experiences

- We prioritise creating an inclusive and supportive environment where all students feel safe, valued, and encouraged to participate. Through carefully structured lessons and respectful relationships, we ensure that every student can enjoy physical activity and dance with confidence.

2. Lifelong Participation

- We aim to instil a lasting love for movement, sport, and dance. By offering a broad and engaging curriculum, we equip students with the skills, knowledge, and motivation to remain physically active throughout their lives.

3. Positive Engagement in Competition

- We provide opportunities for students to experience competition in a constructive and enjoyable way. Whether through team sports, dance performances, or inter-school fixtures, students develop resilience, teamwork, and a sense of achievement.

4. Creative and Expressive Development

- In Dance, we nurture creativity, self-expression, and performance skills. Students explore a range of styles and techniques, developing confidence in movement and an appreciation for the cultural and artistic value of dance.

Curriculum Overview

Key Stage 3

- **PE**: Delivered through three lessons per fortnight, covering six core sports across the academic year.
- **Dance**: Two practical lessons per fortnight, exploring a variety of dance styles and techniques.

Key Stage 4

- Students choose a personalised PE pathway:
    - **Active PE Pathway** – focusing on enjoyment, fitness, and lifelong activity.
    - **Competitive PE Pathway** – focusing on performance, skill development, and team sports.
- **Dance**: Students can opt for Dance as a KS4 qualification, deepening their understanding of choreography, performance, and appreciation.

Enrichment & Extra-Curricular Opportunities

- A wide range of after-school and lunchtime clubs in both PE and Dance.
- Competitive sports teams and dance performance groups.
- Leadership pathways including:
    - **Sports Leadership Level 1 Qualification**
    - **KS4 Sport Captains Programme**
    - **KS3 PE Ambassadors**

Assessment & Recognition

- **KS3 Assessment**: We use our *Head/Heart/Hands* tracking tool to assess students holistically across physical performance, mindset, and engagement.
- **KS4 Qualifications Offered**:
    - **OCR Sport Studies**
    - **OCR GCSE PE**
    - **Edexcel GCSE Dance**
- **Rewards System**:
    - Lesson reward postcards
    - Half-termly PE & Dance Champion certificates

- Leadership roles and ambassador recognition