



The PE Curriculum at Nova is Ambitious, Sequenced Carefully, Principled, Inclusive, Research-informed and Enriching.



Participation in Physical Education improves students' physical, mental and social wellbeing. We inspire drive and resilience in our students, teach them to collaborate in a team and how to step forward and lead others. Through teaching students to evaluate their own and other's performances, they learn communication and critical thinking skills. By coaching students in a wide range of individual and team sports, we ensure they have excellent opportunities to find a sporting passion, in school and out of school.



For each sport taught, we coach students through the basic techniques, rules and tactics to fluency, so they can exhibit them instinctively in competitive settings. By returning to the same sport in multiple years, students refine their skills and develop their appreciation of tactics in sport. Year on year students are able to master the basics and apply more advanced techniques to more complex and demanding situations.



Opting for Sports Studies brings more sporting opportunities, develops leadership skills and links to real workplaces. It provides a strong foundation for study at level 3, at sixth form or college, in Level 3 Sports Studies, A Level PE, BTEC Sports L3. You could be the next coach manager, PE teacher or sports analyst of the future. The list is endless.



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We follow Rosenshine's principles of instruction in all of our teaching and planning and we also incorporate Teach Like a champion strategies.



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