

Stretch and challenge for PHYSICAL EDUCATION

Key Stage 3

- **Support the personal growth of other pupils** e.g. Help them develop their skills/Give advice/Praise and give confidence to others.
- **Ask probing questions about the skill/concept** e.g. when it's used most effectively/How does it link to other skills in other physical activities
- **Taking part in extracurricular clubs** that you have never done before to put into practice new movement skills
- Can you bring what you have learnt from lessons into your **local community** and make positive changes
- **Join a club outside of school hours** to further your personal and physical development

Key Stage 4

- **'Leadership Academy'** - Participate in leadership activities with younger pupils from Arden and at local primary schools to develop their skills in organisation of sport, communication and leadership. Give confidence and spread the enjoyment of physical activity
- **GCSE/NCFE sport** – Can you put your learning into real world context through stories and articles in newspapers/magazines
- **Read books, watch documentaries/films and listen to podcasts** to develop a love of learning through PE.
- **Research** latest topics around PE/Sport
- **Challenge theory content** if you feel its incorrect (but do it in a professional manner)!
- If you know it, does the person around you know it, if not **how can you help**