

How the PE Curriculum at JMHS at least matches the National Curriculum

National Curriculum	JMHS PE Curriculum
Develop competence in a broad range of physical activities	Students experience up to 14 different sporting activities not only in core PE lessons, but through House Sport, leading events for primary schools and compete against other schools in sports.
Are physically active for sustained periods of time	The structure of the lessons and through teaching excellent and enjoyable lessons, students are active for sustained periods of time. Notwithstanding House Sport fixtures and fixtures against other schools.
Engage in competitive sports and activities	Students take part in House Sport matches, fixtures against other schools, modified and stage-appropriate games/competitions as part of core PE lessons as well as leading primary events.
Lead healthy, active lives	Students have the maximum opportunity to make this a reality into adulthood given the opportunities they have at their disposal.