



COMMANDO JOE'S®

Realising your potential

Integration of Commando Joe and PE

The Commando Joe curriculum and PE curriculum are tied together through a focus on developing physical fitness, teamwork, resilience, and character. The PE curriculum focuses on physical skills, tactical understanding, and fitness, and the Commando Joe curriculum complements this by emphasising a broader development of personal skills, social responsibility and leadership.

1. Physical Fitness and Skills:

The Commando Joe curriculum includes activities that promote physical fitness, such as obstacle courses, team challenges, and fitness routines, which align directly with PE's goal of improving physical health, strength, coordination, and motor skills. Our teachers are able to tailor their Commando Joe sessions to ensure that they stretch the children physically as well as mentally.

2. Teamwork and Collaboration:

The Commando Joe curriculum includes challenges that require communication, cooperation, and strategic thinking in groups, which mirrors many PE activities that promote cooperative sports and team-building exercises.

3. Resilience and Mental Toughness:

A key focus of the Commando Joe curriculum is developing resilience, perseverance, and problem-solving skills, especially under pressure. This aligns with the PE curriculum's aim to promote mental well-being, encouraging students to overcome challenges and cope with both success and failure.

4. Character Education:

Commando Joe places a significant emphasis on values such as respect, responsibility, leadership, and discipline. These traits complement PE's focus on good sportsmanship, leadership in sports, and understanding the value of hard work, determination, and fair play.

5. Problem-Solving and Strategy:

Many activities in the Commando Joe curriculum involve strategic thinking, planning, and problem-solving, skills that can be beneficial in both competitive sports and other PE activities that require tactical decision-making.

6. Cross-Curricular Connections:

The Commando Joe curriculum often integrates with other subject areas like PSHE and History, helping students see the connections between physical activity and broader life skills. This enhances the PE curriculum by providing students with real-world applications for the physical, emotional, and social skills they develop through sports.

In summary, the Commando Joe curriculum complements our PE curriculum by focusing not just on physical fitness but also on developing important life skills such as leadership, resilience, and teamwork, which are essential in both physical education and personal growth.