

PE Curriculum

INTENT

The aim of the PE curriculum is to create a positive learning experience for all students whereby they are inspired to develop their understanding and awareness of the benefits of physical activity and sport. The curriculum intends to provide students with learning experiences which impart critical knowledge and fundamental skills in a varied but sequential pathway. Learning activities are carefully selected in line with National Curriculum requirements. Students within the curriculum will learn about how to develop their techniques and skills in several activities such as Basketball and Football. They will explore how tactics and strategies can be used in both individual and team activities such as Athletics and Tennis. They will develop their awareness of movement patterns within Gymnastics .. Students will be encouraged to solve problems throughout the curriculum and will consistently work on developing their team building skills.

IMPLEMENTATION

The curriculum is designed for pupils to develop and progress within two key concept areas which underpin the very essence of the subject: Physical and Leadership skills. Structuring the curriculum via two key concepts enables students to progress in a number of ways. These two concepts progress each year, building on previously acquired knowledge.

In Year 7 the Physical concept focuses on developing skills and techniques within several different activity areas. For example, Invasion games such as Rugby and Football focus on techniques such as, passing, catching, and throwing. In Year 8 students will start to explore tactics and strategies, developing ideas around attacking and defensive principles and their decision-making process. In Year 9 students will consolidate their previous two years of learning and start to examine more advanced skills and tactics. For example, in Basketball students will start to really extend their range of passing and shooting skills as well as learning about team formations and tactics.

The Leadership concept encourages all students to primarily develop their self confidence in the subject. Students will participate and perform in a variety of groups within different sporting and physical contexts. Students within Year 7 will specially understand how to lead simple warm up activities which prepare both the body and mind for physical activity. In Year 8 and 9 students will develop their knowledge and confidence in leading warmups – for example they will begin to lead a greater number of other students. The Leadership concept throughout the Key Stage has been structured so that students continuously improve their knowledge of activity key rules. Students are encouraged and have the opportunity within lessons to take on a number of roles such as officiating and coaching. It will also be promoted to students to demonstrate the right values and characteristics. Students will be encouraged to model positivity and excellence in a variety of different ways throughout the key stage.



IMPACT

The PE curriculum is also complemented by a wide variety of extra-curricular opportunities. This allows students to further develop their abilities in a range of sports as well as taking part in competitive intra-school events. The PE curriculum has been designed with a focus to uphold our schools' key values alongside providing knowledge and understanding of the wider British Values. Students are encouraged in lessons to make decisions and think independently. They are taught through teamwork how to accept each other as individuals and understand how respect and tolerance are essential components for successful sporting individuals and teams. The experiences and education students receive in the subject endeavors to provide a lifelong love of physical activity which will be of benefit to them through their post 16 pathway.

PE KS3

Term	Year 7	Year 8	Year 9
Autumn/ Spring	<p>Students participate in activities from the following list, in rotation, throughout the autumn and spring terms. There is a focus on understanding and demonstrating skills as well as a development in sportsmanship.</p> <p>Trampolining Football / Rugby Netball Badminton Health Related Fitness Table Tennis Cricket Rounders</p>	<p>Students participate in activities from the following list, in rotation, throughout the autumn and spring terms. Focusing on fitness for sport and the importance of resilience. There is also a development of understanding rules.</p> <p>Trampolining Football Rugby Netball Badminton Cricket Rounders Athletics</p>	<p>Students participate in activities from the following list, in rotation, throughout the autumn and spring terms. Students will coach and lead, where they can adapt tactics and be able to analyze performance.</p> <p>Trampolining Football Rugby Netball Badminton Health Related Fitness Table Tennis Cricket / Rounders</p>
Summer	<p>Athletics</p> <p>New knowledge, skills and content are activity-specific, but also related to themes which extend across groups of activities e.g. outwitting opponents, working at maximal levels, analysis and improvement of performance and healthy active lifestyles.</p>	<p>Athletics</p> <p>New knowledge, skills and content are activity-specific, but also related to themes which extend across groups of activities e.g. outwitting opponents, working at maximal levels, analysis and improvement of performance and healthy active lifestyles</p>	<p>Athletics</p> <p>New knowledge, skills and content are activity-specific, but also related to themes which extend across groups of activities e.g. outwitting opponents, working at maximal levels, analysis and improvement of performance and healthy active lifestyles.</p>