

## The Curriculum > Physical Education

### **Why** do we learn Physical Education?

Pupils learn to improve their practical skill level and self confidence in a range of demanding physical activities that also have a positive impact on their fitness and health. Pupils learn what a healthy active lifestyle comprises and how engagement in physical activity continues into adulthood.

Pupils learn that PE and sport develops social skills and build moral character, including developing interpersonal skills such as trust, teamwork, and respect for others. Finally, engagement in sport can take on different roles, therefore pupils gain experience of a range of coaching, leadership, and officiating opportunities as part of their curriculum.

### **How** do we learn in English lessons?

Pupils follow the National Curriculum for Key Stage 3 Physical, where pupils experience a broad and balanced range of activities to suit all pupils. This prepares pupils for choosing a sporting pathway in Key Stage 4 PE and provides the foundations for studying PE as an option subject.

Our Curriculum Map reflects a broad and balanced curriculum offer. Pupils will take part in a range of activities over 6–8-week activity blocks where the core skills and fundamentals of each sport are taught, and pupils have the opportunity to apply their knowledge and skills into competitive situations.

As pupils progress through the key stage, knowledge, and skills progress, so pupils become increasingly more confident and competent in a range of sports.

Within each activity pupils complete a core task to allow them to assess their current knowledge and skill level and consider what their strengths and areas for development are. *Big Questions* are used to reflect the importance of transferable skills within sport for example *why is maintaining possession important within different invasion games*. Lessons are sequenced to allow core skills to be improved and embedded within the unit, allowing the opportunity for more advanced techniques or tactical strategies to be practised when appropriate. Pupils use PLCs to track their progress within each unit.

Pupils are taught that participation in PE can take different roles such as: being physically active whilst performing; by taking the role of a coach to provide peer feedback or officiating.

In Key Stage 4, pupils have 1 PE lesson per week so the number of activities that can be taught is reduced. Pupils follow a more tailored curriculum to meet the needs of different abilities and they are given the opportunity to apply the skills that have been taught throughout Key Stage 3 in competitive games or as part of health and fitness options.

PE offers 2 options courses throughout Key Stage 4: AQA GCSE PE (exam-based option) and OCR Sport Studies (vocational option)

### **What** do we learn in English lessons?

	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Year 7</b>	Pupils will complete x6 units from the following:  Basketball Badminton Boccia Dance Football Gymnastics Hockey Handball Health Related Fitness Outdoor Education Tag Rugby & Rugby	<b>Spring 1</b>  Continuation of activity units  <b>Spring 2</b>  Interform activities	<b>Summer 1</b>  Athletics  <b>Summer 2</b>  Softball Cricket Rounders Tennis
<b>Year 8</b>	Pupils will complete x6 units from the following:  Basketball Badminton Boccia Dance Football Gymnastics Hockey Handball Health Related Fitness Netball Outdoor Education Tag Rugby & Rugby Volleyball	<b>Spring 1</b>  Continuation of activity units  <b>Spring 2</b>  Interform activities	<b>Summer 1</b>  Athletics  <b>Summer 2</b>  Softball Cricket Rounders Tennis
<b>Year 9</b>	Pupils will complete x4 units from the following:  Basketball Badminton Boccia Dance Football Health Related Fitness Netball	<b>Spring 1</b>  Continuation of activity units  <b>Spring 2</b>  Interform activities	<b>Summer 1</b>  Athletics  <b>Summer 2</b>  Softball Cricket Rounders Tennis

	Outdoor Education Tag Rugby & Rugby		
<b>Year 10</b>	<p>Pupils will complete x4 units from the following:</p> <p>Basketball Badminton Boxercise Football Health Related Fitness Netball Tag Rugby &amp; Rugby Trampolining</p>	<p><b>Spring 1</b></p> <p>Continuation of activity units</p> <p><b>Spring 2</b></p> <p>Interform</p>	<p><b>Summer 1</b></p> <p>Athletics</p> <p><b>Summer 2</b></p> <p>Softball Cricket Rounders Tennis</p>
<b>Year 11</b>	<p>Badminton Basketball Football Health Related Fitness Netball Trampolining</p>	<p>Badminton Basketball Football Health Related Fitness Netball Trampolining</p>	<p>Badminton Basketball Football Health Related Fitness Netball Trampolining</p>