

## PE Curriculum Overview 2021 & Beyond - Department Aims

- Allow students to experience an extensive range of activities, enabling them to develop their own interests in PE and sport and equip them to lead healthy active lifestyles.
- Develop students' understanding of the importance of physical, mental and social health and develop knowledge of the body.
- Exposure to competitive sport
- Access to a varied extra-curricular programme with a dual focus of performance and enjoyment.

	Intent	Implementation	Impact				
KS2 & 3 Yea 5, 6, 7 & 8	<ul style="list-style-type: none"><li>Exposure to a range of different sports and activities from the key curriculum areas; Invasion Games, Net and Wall Games, Striking and Fielding, Gymnastics, Dance, Outdoor Adventurous Activities, Health Related Fitness and Athletics.</li><li>Link and build on previously learned core skills and introduce sports specific skills.</li><li>Explore the rules and regulations of different sports and activities.</li><li>Evaluate their own and others performance</li><li>Develop an understanding and awareness of the effect of activity on health (mind and body)</li></ul>	<ul style="list-style-type: none"><li>Students will experience a minimum of 10 activities per year following the PE and Games format (one hour of each per week).</li><li>Core sports experience by all learners combined with activities tailored to individual groups.</li></ul> <p>Typical activities experienced:</p> <table><tr><th>Games</th><th>PE</th></tr><tr><td>Basketball Cricket Football Handball Hockey Netball Rounders Rugby</td><td>Athletics Badminton Dance Fitness Gymnastics Table Tennis Tennis Trampolining Orienteering/ Problem solving</td></tr></table>	Games	PE	Basketball Cricket Football Handball Hockey Netball Rounders Rugby	Athletics Badminton Dance Fitness Gymnastics Table Tennis Tennis Trampolining Orienteering/ Problem solving	<ul style="list-style-type: none"><li>Learners will improve their performance in a variety of skills and understand how to transfer skills from one activity to the next.</li><li>Learners understand the basic rules and regulations of a range of sports and activities.</li><li>Learners develop social and emotional skills through enjoyment, teamwork and problem solving.</li><li>Learners have the opportunity to take part in school sport, either competitively or social sport.</li><li>Learners will gain the skills and confidence to join clubs in the community and use local facilities</li><li>Strong cross curricular links with Science, English and Maths</li></ul>
	Games	PE					
	Basketball Cricket Football Handball Hockey Netball Rounders Rugby	Athletics Badminton Dance Fitness Gymnastics Table Tennis Tennis Trampolining Orienteering/ Problem solving					

<p><b>KS3 Year 9</b></p>	<ul style="list-style-type: none"> <li>• Continue to expand transferable and sports specific skills</li> <li>• Develop tactical and technical awareness</li> <li>• Begin to develop a more personalised approach to Healthy Active Lifestyles</li> <li>• Focus on rules and officiating</li> </ul>	<ul style="list-style-type: none"> <li>• Students will experience a minimum of 6 different activities.</li> <li>• Explore flexible class groups and staffing, students will have the opportunity to work with different staff and students depending on the needs of the group and activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Learners will continue to develop their skills and be given the opportunity to apply them tactically in game situations</li> <li>• Learners consolidate their knowledge of rules and regulations and develop an understanding of the roles and responsibilities of officials.</li> <li>• Learners can establish their own preferences and motivation with regards to physical and mental health</li> <li>• Learners develop social and emotional skills through enjoyment, teamwork and problem solving.</li> <li>• Learners will gain the skills and confidence to join clubs in the community and use local facilities</li> </ul>
<p><b>KS4 Year 10 &amp; 11</b></p>	<ul style="list-style-type: none"> <li>• Build individuals sport and physical activity identity (Fit for Life)</li> <li>• Fitness focus (physical, mental and social health)</li> <li>• Develop knowledge and understanding of various types of competition and continue to develop officiating skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Choice- learner will be given some opportunity to choose the types of activities they will be participating in.</li> <li>• Character- participate and plan a range of fitness sessions including; circuits, aerobics, zumba, HIIT, body combat, pilates, and yoga</li> <li>• Competition- learners participate and organise various types of competition in a range of sports and activities.</li> <li>• Flexible class groups and staffing, students will have the opportunity to</li> </ul>	<ul style="list-style-type: none"> <li>• Learners take ownership of their physical activity by participating in sports and activities that they have selected.</li> <li>• Learners can establish their own preferences and motivation with regards to physical and mental health</li> <li>• Learners develop social and emotional skills through enjoyment, teamwork and problem solving.</li> </ul>

		work with different staff and students depending on the needs of the group and activity.	<ul style="list-style-type: none"> <li>Learners will gain the skills and confidence to join clubs in the community and use local facilities</li> <li>Increase confidence when organising and participating in competitions.</li> </ul>
<b>KS4 Examination</b>	<ul style="list-style-type: none"> <li>Prepare students to achieve their personal bests in both the practical and theory GCSE PE examinations.</li> </ul>	<ul style="list-style-type: none"> <li>OCR Specification</li> <li>Practical and theory lessons preparing for the written exam and controlled assessment.</li> <li>Practical sports consolidated at extra-curricular clubs and clubs outside of school.</li> <li>Group and individual targeted intervention</li> </ul>	<ul style="list-style-type: none"> <li>Prepares learners for A Levels, college courses and apprenticeships.</li> <li>Demonstrates that learners possess a range of both academic and practical skills.</li> <li>Learners develop social and emotional skills through enjoyment, teamwork and problem solving.</li> <li>Excellent cross curricular links with science, English and maths.</li> </ul>