

## Physical Education

### Key Stage 3

#### Intent

Activity matters. It grounds us, makes us happy and supports the development of both a healthy mind and body. Our PE curriculum aims to develop student's physical literacy. This underpins our students' ability to learn & develop confidence and competence in activity specific skills and techniques. With these secured we aim to provide a broad range of activities that students can both experience and access and in doing so create pathways for lifelong participation in physical activity when they leave school. Delivering content through paired, small group and team activities is designed to immerse our students in developing their wider personal qualities of communication, problem solving, teamwork and leadership.

#### **Our Physical Education Curriculum aims to ensure that all students:**

- 1) Develop competence, confidence and enjoyment in range of activities
- 2) Are physically engaged in content as part of their regular experience in PE lessons and the school day as a whole
- 3) Are provided with opportunities for participating in competitive sports/activities through intra/inter school sport
- 4) Make informed choices and lead healthy, active lives

#### In Key stage 3 all students will be taught through:

Gymnastics, Dance, Handball, Rugby, Netball, Swimming, Athletics, Rounders, Cricket and Personal Fitness.

They will also have the option to learn through Football, Table Tennis and Volleyball

**Year 7:** Develop physical literacy through sporting/physical activities

**Year 8:** Develop tactical/compositional understanding in a game context

**Year 9:** Selecting and applying skills/techniques/tactics/composition in competitive or full performance context

#### Implementation

- PE lessons start with a review of previous learning either through a practical activity to recall learning kinaesthetically or through recall questions.
- New material is introduced in small layered progressions to allow students to obtain a high success rate
- Staff will use modelling to demonstrate and/or explain how to complete a learning activity
- Learning time is provided for students to practice and master activities whilst receiving teacher or peer feedback to support progress
- Staff will use a range of questioning techniques to both check and develop understanding
- Formative assessment is used in lessons to review learning and plan the next steps in learning at both a class and individual level.
- Summative assessments are conducted at the end of each unit of work (8-10 lessons)

## Impact

Effective teaching and engaged learning will lead to a good uptake of examinable PE/Dance pathways at KS4 (BTEC Sport/RSL Dance).

High engagement in extracurricular programme to all students to:

1. Develop interests and talents
2. Benefit from the physical, social and mental well-being regular physical activity supports

## Key Stage 4

### Intent

Activity matters. It grounds us, makes us happy and supports the development of both a healthy mind and body. Our PE curriculum aims to develop student's physical literacy. This underpins our students' ability to learn & develop confidence and competence in activity specific skills and techniques. With these secured we aim to provide a broad range of activities that students can both experience and access and in doing so create pathways for lifelong participation in physical activity when they leave school. Delivering content through paired, small group and team activities is designed to immerse our students in developing their wider personal qualities of communication, problem solving, teamwork and leadership.

**Our Physical Education Curriculum aims to ensure that all students:**

- 1) Develop competence, confidence and enjoyment in activities of their choice
- 2) Are physically engaged in content as part of their regular experience in PE lessons and the school day as a whole
- 3) Are provided with opportunities for participating in competitive sports/activities through intra/inter school sport
- 4) Make informed choices and lead healthy, active lives

In key stage 4 we deliver a student led curriculum.

- Each half term students are provided with a choice of 4 activities
- Students can choose sports/activities that they want to further develop talent/performance in
- Students can choose new activities that they have not previously experienced with a view to creating a pathway for lifelong participation post 16

## Implementation

- The main focus of PE lessons in key stage 4 is active participation
- Lessons focus on performance in full context experiences in sports/physical activities
- Activities that embrace mindfulness and wellbeing will be offered
- Appropriate opportunities for students to assume the role of officials are provided
- Opportunities/pathways for further participation (extra-curricular and/or post 16) should be identified and discussed/encouraged.

In activities being experienced for the first time lessons will:

- New material is introduced in small layered progressions to allow students to obtain a high success rate
- Staff will use modelling to demonstrate and/or explain how to complete a learning activity
- Learning time is provided for students to practice and master activities whilst receiving teacher or peer feedback to support progress
- Staff will use a range of questioning techniques to both check and develop understanding

## **Impact**

Students should arrive in PE enthused to use the lesson as either:

- 1) A vehicle to further develop interest/talent/enjoyment
- 2) A catharsis within their academic curriculum to support their enjoyment and wellbeing at school

A successful Physical Education Curriculum will mean that students leave school engaging in physical activity as a pathway for lifelong participation.