

## Curriculum Overview

*“Inspire a passion for Physical Education and Healthy Lifelong Participation”*

### Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and understand and appreciate a lifelong healthy lifestyle. It should also provide a platform to develop skills in a safe/secure environment and adapt when appropriate. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### Example of KS3 Y7 Curriculum

Info	Code	BLT	Start	Assess WB	Start	Assess WB	Start	Assess WB	Start	Assess WB	Start	Assess WB	Start	Assess WB
Date	Sp	4th Sept	18th Sept	16th Oct	30th Oct	11th Dec	2nd Jan	5th Feb	19th Feb	25th March	15th April	20th May	3rd June	15th July
7Y RKB	B	BLT	RG Field		TT RHG		FB FIELD		HRE LHG		ATH FIELD		CRS FIELD	
7Y AR	G	BLT	NB Court		BAD CH		HB COURT		GYM CH		ATH FIELD		CRS FIELD	
7Y JEG	M	BLT	HB Court		HRE FS		IG 3G		TT RHG		CRS FIELD		ATH FIELD	

## **Attainment targets**

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant scheme of work

Examples of activities delivered;

- Invasions games; Rugby, Netball, Football, Hockey, Basketball
- Net/Racket; Badminton, Tennis, Short Tennis
- Health Related Education; Various training types, Fitness Suite (Gym work), Cross Country runs
- Outdoor and adventurous activities; Team building activities, Orienteering, Capture the flag
- Striking and Fielding; Cricket, Rounders, Softball

Where necessary differentiated activities and exercises are used to best support learner progress.

## **Assessment**

Students will be assessed using Budmouth grading criteria in line with KS3 expectations. For each activity students will receive either Exceptional, Advanced, Secure, Developing or KS2 expected progress. The criteria for the grade dividers are composed using GCSE practical assessment information. Students should have the opportunity to self assess as well as peer assessment.

## **Rewards**

Based around self worth, engagement and purpose, these will be awarded each half term.- At the end of the year, a formal rewards evening will be organised, rewarding excellence in PE and extra curricular.