

Subject: Physical Activity

Subject Leader

Dave Burrows

National Curriculum link

Our physical education program is designed to inspire all pupils to succeed accessing different sports/physical activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. KS3 will follow a set programme where at KS4 there is more choice and experience for students with the focus being on engagement levels in physical activity to develop a healthy active lifestyle.

Curriculum Intent

To offer an alternative to academic core subjects and develop real-life practical and transferable skills that will last a lifetime; these will also include soft skills such as self-esteem building, teamwork, self-control, creativity, resilience, and problem solving. To offer students meaningful and relevant experience of sport and health and skill related fitness that can be built upon over a lifetime. This will be achieved through a wide range of teaching, opportunities and experiences within sport and physical activity.

Curriculum Implementation

Sequence of learning, teaching methodologies, study programme etc etc.....

		Term	Content/Topics	Assessment
Year 7	Autumn Term	1	Fundamental Skills Movement, Handling, Catching, Throwing, Agility, Co-ordination, Balance	Pupils are assessed on their ability to: -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity.
		2	Invasion Games Game Based Football, Basketball, Handball, Dodgeball, Hockey	Pupils are assessed on their ability to: -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple

Spring Term	3	Striking & Fielding Game Based Cricket, Rounder's, Softball, Golf	Pupils are assessed on their ability to: -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity.
	4	Racket Games Skill Based Tennis, Table Tennis, Badminton, Padder Tennis	Pupils are assessed on their ability to: -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity.
Summer Term	5	Leadership Problem Solving, Communication, Teamwork, Responsibility, Organisation, potted games	Pupils are assessed on their ability to: -Use at least two different verbal and at least two non-verbal communication methods effectively -Demonstrate active listening on at least one occasion -Demonstrate effective organisation on at least one occasion -Use at least two motivational methods effectively -Adapt an activity in line with the participants' needs on at least one occasion

Year 8		6	<p style="text-align: center;">Fitness Activities Athletics, SAQ, Orienteering, Boxercise, Circuits, Training Methods</p>	<p>Pupils are assessed on their ability to:</p> <ul style="list-style-type: none"> -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity. 	
			Term	Content/Topics	Assessment
	Autumn Term	1	<p style="text-align: center;">Fundamental Skills Movement, Handling, Catching, Throwing, Agility, Co-ordination, Balance</p>	<p>Pupils are assessed on their ability to:</p> <ul style="list-style-type: none"> -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity. 	
		2	<p style="text-align: center;">Invasion Games Game Based Football, Basketball, Handball, Dodgeball, Hockey</p>	<p>Pupils are assessed on their ability to:</p> <ul style="list-style-type: none"> -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity. 	
Spring Term	3	<p style="text-align: center;">Striking & Fielding Game Based Cricket, Rounder's, Softball, Golf</p>	<p>Pupils are assessed on their ability to:</p> <ul style="list-style-type: none"> -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. 		

Summer Term			<ul style="list-style-type: none"> -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity. <p>4</p> <p>Racket Games Skill Based Tennis, Squash, Table Tennis, Badminton, Padder Tennis Pupils are</p>
	4	<p style="text-align: center;">Leadership Problem Solving, Communication, Teamwork, Responsibility, Organisation</p>	<p>Pupils are assed on their ability to:</p> <ul style="list-style-type: none"> -Use at least two different verbal and at least two non-verbal communication methods effectively -Demonstrate active listening on at least one occasion -Demonstrate effective organisation on at least one occasion -Use at least two motivational methods effectively -Adapt an activity in line with the participants' needs on at least one occasion
	5	<p style="text-align: center;">Leadership Problem Solving, Communication, Teamwork, Responsibility, Organisation</p>	<p>Pupils are assed on their ability to:</p> <ul style="list-style-type: none"> -Use at least two different verbal and at least two non-verbal communication methods effectively -Demonstrate active listening on at least one occasion -Demonstrate effective organisation on at least one occasion -Use at least two motivational methods effectively -Adapt an activity in line with the participants' needs on at least one occasion
	6	<p style="text-align: center;">Striking & Fielding Game Based Cricket, Rounder's, Softball, Mini Golf</p>	<p>Pupils are assessed on their ability to:</p> <ul style="list-style-type: none"> -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity.

		Term	Content/Topics	Assessment
Year 9	Autumn Term	1	Fundamental Skills Movement, Handling, Catching, Throwing, Agility, Co-ordination, Balance	Pupils are assessed on their ability to: -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity.
		2	Invasion Games Game Based Football, Basketball, Handball, Dodgeball, Hockey	Pupils are assessed on their ability to: -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity.
	Spring Term	3	Striking & Fielding Game Based Cricket, Rounder's, Softball, Golf	Pupils are assessed on their ability to: -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity.

Summer Term	4	Racket Games Skill Based Tennis, Table Tennis, Badminton, Padder Tennis	Pupils are assessed on their ability to: -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity.
	5	Leadership Problem Solving, Communication, Teamwork, Responsibility, Organisation	Pupils are assessed on their ability to: -Use at least two different verbal and at least two non-verbal communication methods effectively -Demonstrate active listening on at least one occasion -Demonstrate effective organisation on at least one occasion -Use at least two motivational methods effectively -Adapt an activity in line with the participants' needs on at least one occasion -Assist in leading a minimum of
	6	Fitness Activities Athletics, SAQ, Orienteering, Boxercise, Circuits, Training Methods	Pupils are assessed on their ability to: -Uses fundamental simple skills such as throwing, catching, running with some control and success. -Demonstrates a skill or movement when assisted or through instruction. -Performs simple skills in isolation with some control and accuracy. -Organises equipment and communicates instructions to others. -Takes risks and learns from mistakes. -Follows simple rules and instructions in an activity.

		Racket Games Skill Based Tennis, Table Tennis, Badminton, Padder Tennis	
	6	Invasion Games Game Based Football, Basketball, Handball, Dodgeball, Hockey	This is recreational Physical activity for KS4 where choice and engagement is the focus