



CURRICULUM OVERVIEW

Physical Literacy (P Level 3 – 8)

KS1

- Fundamental Movement Skills (Agility, Balance, Co-ordination)
- Walking, running, catching, throwing, jumping, sending and receiving, balance, movement
- Work individually and with others, develop level appropriate competitive opportunities and challenging activities.

KS2

- Begin to participate in team games and develop simple tactics.
- Begin to link series of movements.
- Work more productively in pairs and small groups.
- Start to use running, jumping, throwing and catching in isolation and combination.
- Take part in modified sports and invasion games, striking games, target sports as well as gymnastics and athletics and understand concepts of these games / skills and key vocabulary.
- Take part in OAA activities to challenge individually and to enhance team building skills.
- Develop swimming skills.

Physical Literacy (P Level 7 – NC4)

KS3/4

- Build on and embed physical development and skills learned in KS1 and 2.
- Start to become more competent and confident in techniques.
- Understand what makes performance effective.
- Begin to understand the long term health benefits of regular physical activity.
- Begin to use tactics and strategies to overcome opponents.
- Develop technique and improve performance in athletics, gymnastics and swimming.
- Take part in OAA to build teamwork and problem solving skills.
- Analyse performance and suggest ways to improve.
- Take part in competitive sport in and out of school.

High Achievers

- Tackle more complex and demanding physical activities.
- Become involved in a range of activities to develop personal fitness and promote an active lifestyle.
- Develop leadership skills through young sports leader programmes.

Learning and Progression

Students learning will be based around a series of 'I Can' Statements. Students will be aware of where they are in terms of their learning and progression and will be aware of the steps they need to achieve in order to progress to the next level. Learning objectives will fall within one of six areas:

- **PHYSICAL**
- **PERSONAL**
- **SOCIAL**
- **COGNITIVE**
- **CREATIVE**
- **HEALTH AND FITNESS**

These categories will offer students the chance to enhance their all-round skills linked to PE and will be made evident within medium term planning. The categories lend themselves to the four main areas of Physical Education:

- **AQUIRING AND DEVELOPING SKILLS**
- **APPLYING TACTICAL AND COMPOSTIONAL IDEAS**
- **EVALUATING AND IMPROVING PERFORMANCE**
- **INCREASING KNOWLEDGE OF HEALTH AND FITNESS**

Activities

Learning objectives will be achieved by using an engaging mixture of sports and activities specifically suited to each learning group. Over the duration of the academic year groups will cover the following areas:

- **Athletic Activities (Running, Throwing, Jumping)**
- **Gymnastics (Balance, Travel)**
- **Invasion Games (Dodgeball Individual, Dodgeball Team, Football, Netball, Basketball, Unihoc,**
- **Net / Wall Games (Tennis, Badminton, Balloon Volleyball)**
- **Striking Games (Rounders, Tennis, Kwik Cricket, Tri Golf)**
- **OAA (Team Building, Problem Solving, Orienteering, Parachute Games)**
- **Health and Fitness Activities (Circuit training, Fitness Suite, Cycling, Boxercise, Trampolining)**
- **Multi-Sport Activities (Kurling, Boccia, Polybat, Target Throwing, Mini Archery)**

Long Term Plan

<p>Term 1 - <i>INVASION GAMES</i></p> <ul style="list-style-type: none">• Football, Uni-hoc, Basketball, Netball, Dodgeball.	<p>Term 2 - <i>GYMNASTICS</i></p> <ul style="list-style-type: none">• Balance, Travel, Shape.
<p>Term 3- <i>HEALTH AND FITNESS</i></p> <ul style="list-style-type: none">• Trampolining, Boxercise, Cycling, Fitness Suite, Circuit Training.	<p>Term 4 – <i>ATHLETICS / MULTI-SPORTS / TARGET ACTIVITIES</i></p> <ul style="list-style-type: none">• Boccia, Tri Golf, Kurling, Target Throwing, Polybat, Long Jump, Running, Javelin, Shot-put.
<p>Term 5 – <i>NET WALL AND STRIKING GAMES</i></p> <ul style="list-style-type: none">• Tennis, Balloon Volleyball, Cricket, Longball.	<p>Term 6 – <i>OUTDOOR ADVENTUROUS ACTIVITIES</i></p> <ul style="list-style-type: none">• Team building, Orienteering, Parachute Games.

