

Physical Education (PE)

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Curriculum Intent: To provide students with the opportunity to try a variety of activities, have enjoyable experiences and gain a lifelong love of PE.

	Core Knowledge	Procedural Knowledge
Autumn Term	Topics: <ul style="list-style-type: none"> • Invasion Games • Net/Racket Games • Gymnastics • Dance • Athletics • Fitness • Orienteering 	Students will: <ul style="list-style-type: none"> • develop their skills, knowledge and understanding in PE. • develop the ability to apply skills learnt in competitive situations. • be encouraged to work both independently and as part of a team. • use a range of tactics and strategies to overcome opponents in direct competition. • select and apply the appropriate strategy or technique to master an activity. • develop their technique to improve their performance. • analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
Spring Term	Topics: <ul style="list-style-type: none"> • Invasion Games • Net/Racket Games • Gymnastics • Dance • Athletics • Fitness • Orienteering 	Students will: <ul style="list-style-type: none"> • develop their skills, knowledge and understanding in PE. • develop the ability to apply skills learnt in competitive situations. • be encouraged to work both independently and as part of a team. • use a range of tactics and strategies to overcome opponents in direct competition. • select and apply the appropriate strategy or technique to master an activity. • develop their technique to improve their performance. • analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Summer Term</p>	<p>Topics:</p> <ul style="list-style-type: none"> • Tennis • Cricket • Rounders • Athletics 	<p>Students will:</p> <ul style="list-style-type: none"> • develop their skills, knowledge and understanding in PE. • develop the ability to apply skills learnt in competitive situations. • be encouraged to work both independently and as part of a team. • use a range of tactics and strategies to overcome opponents in direct competition. • select and apply the appropriate strategy or technique to master an activity. • develop their technique to improve their performance. • analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
<p>Homework:</p> <p>No formal homework is set in PE, but we encourage all pupils to involve themselves in physical activity outside of the PE curriculum and lead an active and healthy lifestyle.</p> <p>A range of extra-curricular activities are available before and after school and everyone is welcome to attend</p>		
<p>Assessment:</p> <p>We holistically assess throughout PE using observation, peer and teacher assessments. Students receive constant verbal feedback.</p> <p>Formal assessments take place twice a year, and our focus is on a student's behaviour, and whether or not they are meeting their potential.</p>		
<p>Links to Personal Development:</p> <ul style="list-style-type: none"> • Leading healthy active lives. • Be physically active for sustained periods of time. • Have the knowledge and understanding of the importance of fitness and health. 		
<p>How is my knowledge further developed at GCSE?</p> <p>If students choose GCSE PE, they will continue to develop their sporting ability in the activities described above. They will also learn about the theory of sport. If students do not choose GCSE PE, they will take part in 2 hours of Core PE a week and will build in their ability in all the activity areas mentioned above. There will be a focus on lifelong learning and inspiring students to take part in physical education outside of school.</p>		