

## Curriculum Progression Pathway for Physical Education

### Subject Intent:

The Physical Education curriculum fully encompasses the '3 Pillars of progression' and has been developed to meet the needs and engagement of all our learners. Our aims are to increase student motivation, confidence and competence both in PE and in the transferable skills across the whole school curriculum.

Our focus is on teaching and developing competency, depth of knowledge and giving time to practise, develop, revisit and refine skills throughout the key stages. Opportunities to engage with a wider variety of activities and promote healthy active lifestyle are delivered both through the curriculum and in the extra curricular offer.

### Why is the study of Physical Education important?

It is important to take part in Physical Education in order to learn how the body works, moves and performs. With this knowledge further links can be made to other aspects of the school curriculum and being involved in healthy participation in exercise throughout life.

Practice is an important part of PE, developing a range of motor competences looking at quality of movement and being able to apply strategies effectively. With this the ability to analyse the performance of others and themselves.

Our extra curricular offer further enriches the curriculum offered in school and with links to local clubs increases the opportunities for our students to be involved in the wider community.

### What skills will the study of Physical Education teach students?

All areas in the Curriculum Progression Pathway below cover the following:

- Quality of Movement
- Using Skills and techniques in various activities and their application
- Analysis and evaluation of self and others
- Preparation for life long participation in physical activity and understand how it contributes to positive wellbeing
- How to model/coach skills
- Competitive and non competitive activities and how to adapt performance accordingly
- Ability to model/demonstrate/lead aspects of activities

**What will students know and understand from your study of Physical Education?**

All areas in the Curriculum Progression Pathway below cover the following:

- How the body fundamentally moves and responds to exercise
- Importance physical activity has on all aspects of life
- Specific skills related to sport and also transferable skills across many subjects and physical activity areas
- How to analyse the performance of themselves and others, being able to offer feedback to improve or refine
- How to perform and replicate skills shown
- To understand rules and strategies used in various activities
- They will understand how to participate effectively in both competitive and noncompetitive situations/activities
- Skills of leadership

**How does your study of Physical Education support student's learning in other subjects?**

Students can relate to how the body responds to exercise using areas taught in Science, specifically muscles, joints and the cardiovascular system. Through the teaching of OAA students will link map reading skills and compass work to both Maths and Geography. Team building activities support whole school

learning

**How can you deepen the student's understanding of Physical Education?**

Explicit teaching of strategies and how to analyse performance make adaptations linked to observations made  
Use of formative assessment to plan effective progressions with opportunities for students to articulate understanding  
Making sure lesson/curriculum/key stage progressions are articulated clearly and more importantly understood  
Improving oracy and literacy skills

**How can Physical Education support a student's progression?**

Having an understanding of how to look after themselves physically will help students to participate fully in school life, including good attendance at school.  
Building resilience through PE lessons helps to contribute to wider school and also activities in team building which support success in post school options.  
The implicit teaching of analysis in lessons will support students being able to understand the improvements/refinements they/others need to make.  
The enthusiasm of the teachers within the department in engaging with sport and developing the students' understanding of its importance throughout life; through modelling and promoting an understanding to all. Ensuring students understand links to post 16 and careers in Physical Education.

**Exam board used in Y10 & Y11**

OCR Cambridge National Sports Studies Y10 & Y11

CURRICULUM PROGRESSION PATHWAY

	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Autumn 1</b>	All students for Autumn 1 through to Spring 2 will carousel the activities	All students for Autumn 1 through to Spring 2 will carousel the activities	All students for Autumn 1 through to Spring 2 will carousel the activities	All students follow chosen pathway	Personal option on rotation

	below:	below:	below:		
<b>Autumn 2</b>	Cross Country Gaelic Football Handball Rugby	Cross Country Gaelic Football/Handball Rugby	Cross Country Gaelic Football/Handball Rugby	Cross Country  All students follow chosen pathway	Personal option on rotation
<b>Spring 1</b>	Basketball Health-Related Fitness Gymnastics	Basketball Health-Related Fitness Gymnastics	Dodgeball Health-Related Fitness Badminton/Table Tennis	All students follow chosen pathway	Personal option on rotation
<b>Spring 2</b>	Outdoor Adventurous Activities	Outdoor Adventurous Activities	Outdoor Adventurous Activities	All students follow chosen pathway	Personal option on rotation
<b>Summer 1</b>	Striking and fielding  Rounders/Cricket/Danish Longball	Striking and fielding  Rounders/Cricket/Danish Longball	Striking and fielding  Rounders/Cricket/Danish Longball	Striking and fielding  All students follow chosen pathway	Striking and fielding  Rounders/Softball/Cricket/ Danish Longball
<b>Summer 2</b>	Athletics Track and Field	Athletics Track and Field	Athletics Track and Field	Athletics Track and Field	EXAMS