

Woodlands School

Upper P.E CURRICULUM



#togetherwegrow

Marches Academy Trust 

Physical Education & Sport

Our vision



P.E at Woodlands will provide opportunities for our children to experience, enjoy and excel in high quality P.E and school sport incorporating a diverse range of motivational activities which offer life-long learning through challenge and competition.

P.E will develop not only physical literacy and physical skills, but it will allow pupils to learn about themselves, the importance of a healthy, active lifestyle, self-expression and concepts such as fair play and respect.

It will also contribute to the development of a range of important cognitive skills, such as decision making, analysis, and social skills which include such as teamwork and communication.

The Big Picture

Inspire pupils to engage in lifelong participation of sport/physical activity. Develop pupils competence and confidence to excel and compete in a range of sports/activities. Ensure pupils understand the long-term health benefits of sport/physical activity. Support pupils in developing their health & fitness by ensuring pupils are physically active for sustained periods of time.

Intent:

Pupils will enjoy the learning experience and be eager to challenge themselves and learn more. They will be provided with opportunities for new experiences. Pupils will work collaboratively to develop theirs and others performance. Teamwork be evident throughout. Pupils will use intrinsic motivation to improve their performance. Pupils will use self or peer-assessment techniques. The learning experience will develop and celebrates leaders and role models.

Implementation:

Due to the practical nature of the subject we discuss the key curriculum themes/key questions which creates debates and discussions during warm-ups. This allows take up time during the lesson and another opportunity to discuss any new thoughts or misconceptions during cool downs.

I have began to take inventory of the apparatus available in order to deliver a bespoke package for each student not only covering the national curriculum but also striving to hit EHCP targets for each pupil.

Due to the time constraints of P.E in general lessons need to be as practical as possible so pupils will engage in discussions throughout lessons around key theory principles relating to: Muscular System, immediate & Long-Term Effects of Exercise, rules and Regulations & Scoring Systems and components of Fitness .

Another part of the lessons will include guidance so pupils can confidently adopt leadership roles and lead small groups of peers during warm up activities and skill development-based activities.

Key assessments:

Peer and self-assessment opportunities are provided frequently.

Teacher observational assessment is completed at least twice per sport.

Autumn Term

Football, basketball, volleyball

Spring Term

Health & Fftness, badminton and table tennis.

Summer Term

Athletics, cricket and trampolining

Impact:

Good: Students can access multiple sports and have a basic understanding of the key concepts and processes of each sport. They will also have limited understanding of the knowledge and skills of each sport.

Better: Students can confidently engage with multiple sports and have a greater understanding of the key concepts and processes of each sport. They will also have a good understanding of the knowledge and skills of each sport.

Excellent: Students confidently engage multiple sports and excel in performance of these sports. They will also have a in depth understanding of key concepts and processes which they can use within game situations to further develop their performance. They will also have so und understanding of skills and knowledge around each sport.

Outwitting an opponent

Pupils will work on the ability to outwit opponents with varying degrees of pressure. Pupils will learn to combine and perform more advanced football skills consistently with a greater accuracy and tempo. Continual development and refinement of the learnt skills will contribute to producing an improved performance and outwit opposition more frequently.



Upper School P.E Road Map



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Developing Physical & Mental Capacity

Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Pupils will be encouraged to evaluate within the games how they are outwitting the opponents and reasons for basic strategic ideas. To use the understanding of rules and terminology used for different sports to trial different roles within the them.

Intent:

To further develop specific fitness based skills in a range of different contexts. To evaluate and refine movements to produce a more effective performance. To understand the broad range of training methods and different outcomes. To develop knowledge of the immediate effects of exercise and reasoning for these bodily responses.

Q1

Football



Intent:

To focus on developing, implementing and refining team and individual game plans to outwit opponents. Students will be expected to use core skills, implement them in different competitive situations and refine unsuccessful attempts. To understand games rules, play a number of roles and physically exert themselves throughout.

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Q3

Volleyball



Intent:

To develop more advanced techniques and implement and refine game tactics to outwit opponents. Confidently demonstrate the essential elements of attack and defence in competitive situations. To understand the games rules and accurately score/officiate unassisted. To replicate skills consistently and physically exert themselves throughout.

Q2

Basketball



Q4

Health & Fitness



Stretch & Challenge

Take part in at least 60 minutes of moderate to vigorous activity a day!



Development & Replication of Skills

Pupils will further develop the fundamental principles of play using and replicating core skills and movement needed including; passing, shooting, control and movement off the ball. Demonstrating high quality performances and accurate replication will be assessed with reference to learning outcomes.



Upper School P.E Road Map



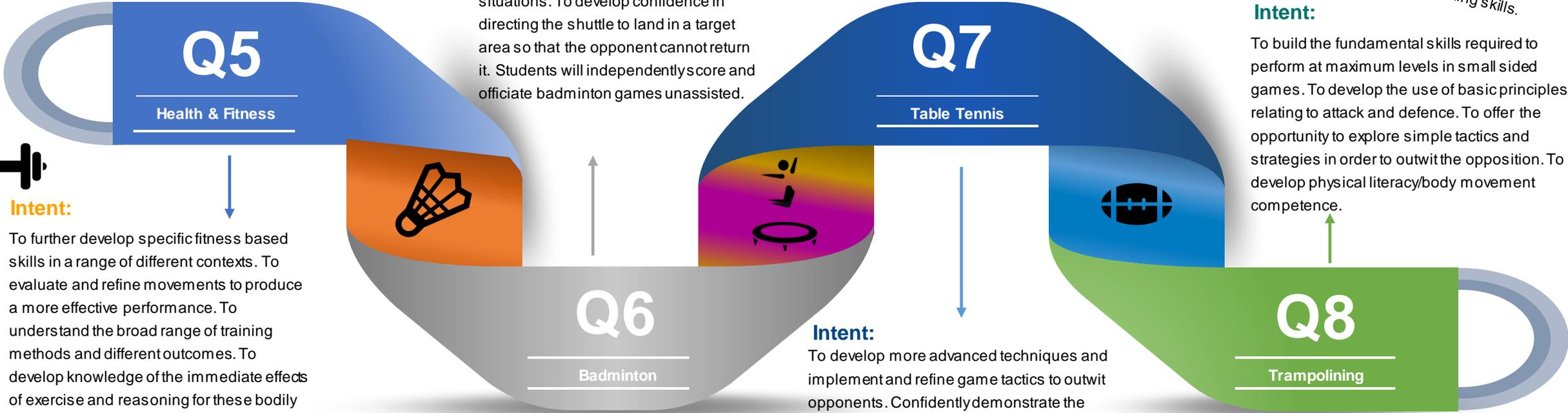
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Decision Making and Problem Solving

Pupils will be encouraged to use more advanced strategies to beat and outwit opponents. Pupils should be able to recognise the importance of responding to changing situations and increase the speed of decisions made. Further opportunities to referee/coach pupils or small groups will develop communication and decision making skills.

Intent:

To build the fundamental skills required to perform at maximum levels in small sided games. To develop the use of basic principles relating to attack and defence. To offer the opportunity to explore simple tactics and strategies in order to outwit the opposition. To develop physical literacy/body movement competence.



Q5

Health & Fitness



Intent:

To further develop specific fitness based skills in a range of different contexts. To evaluate and refine movements to produce a more effective performance. To understand the broad range of training methods and different outcomes. To develop knowledge of the immediate effects of exercise and reasoning for these bodily responses



Q6

Badminton

Q7

Table Tennis



Intent:

To develop more advanced techniques and implement and refine game tactics to outwit opponents. Confidently demonstrate the essential elements of attack and defence in competitive situations. To understand the games rules and accurately score/officiate unassisted. To replicate skills consistently and physically exert themselves throughout.

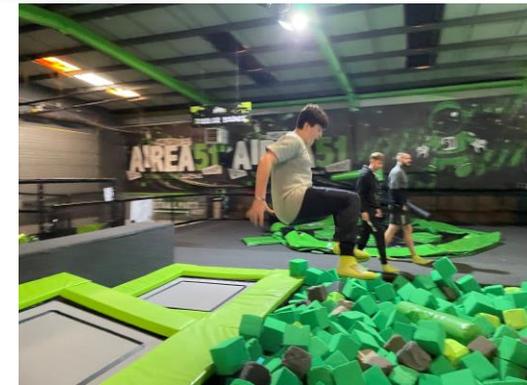


Q8

Trampolining

Stretch & Challenge

Take part in at least 60 minutes of moderate to vigorous activity a day!



Personal Development

To develop understanding of how to prepare for and recover from exercise safely. To develop a resilience to challenges and setbacks and work independently as well as a team. To understand the importance of sportsmanship and respect for others. Signpost enrichment opportunities within the school timetable and in the wider community.



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Evaluating and Improving

Be able to understand the concept of attack and make effective evaluations of strengths and weaknesses of a team's performance. Appropriate questioning on teaching points will develop peer and self-assessment skills. Deeper questioning will allow for the stretch and challenge of gifted and talented pupils.



Intent:

To demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. To improve the skill of outwitting an opponent as a batting and fielding team and develop decision making skills through game play. Students to work independently and demonstrate an ability to score and officiate small sided games.

Q9

Cricket

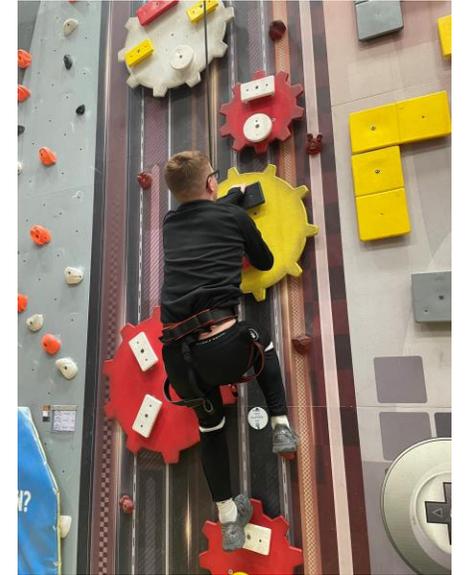


Q10

Athletics

Intent:

To allow students to accurately replicate techniques across a range of disciplines. To develop a detailed understanding of fitness and its effect on performance. To allow planning and preparation prior to competing in a range of athletic events. To develop an understanding of the immediate effects of exercise and fatigue factors.



Stretch & Challenge

Take part in at least 60 minutes of moderate to vigorous activity a day!

