

Woodlands School

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. To begin to develop their understanding of the long-term health benefits of sport/physical activity. To encourage children to start to develop their health & fitness by ensuring pupils are physically active for sustained periods of time.

Intent:

Pupils will be encouraged to engage in the learning experience and start to challenge themselves. They will be provided with opportunities for new experiences. Pupils will begin to work collaboratively to develop theirs and others performance. Pupils will begin to develop their resilience and 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 rugby.

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.

Decision Making and Problem Solving

- Develop and refine skills and tactical decisions in order to run, jump or throw further.
- Evaluate the use of body parts to gain an improvement in replicated technique.
- Apply strategies for effective competitive performance.
- Adapt & refine these strategies to the need of an event.
- To encourage the ability to become a reflective learner.



Middle School P.E Road Map



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Personal Development

- Importance of sportsmanship and particular British Values linked to sport (tolerance and respect for others).
- Highlight possible character building opportunities through athletic based activities.
- Why do we need to stay healthy and active throughout life.

Q1

Football



Intent:

To build on the fundamental skills required to perform at maximum levels in small sided games. Development of the basic principles of attack and defence in football. To develop the ability to use simple tactics and strategies to outwit the opposition.

Intent:

To build on the fundamental skills required to perform at maximum levels in small sided games. Development of the basic principles of attack and defence in basketball. To develop the ability to use simple tactics and strategies to outwit the opposition.

Q3

Volleyball



Intent:

To build on the basic principles of attack and defence and aim to get the ball to land in a target area so that the opponent cannot return it. To develop the replication of the core skills necessary to outwit opponents with increasing pressure. To begin to accurately score and officiate games using the correct terminology throughout.

Intent:

To learn and accurately replicate specific techniques in a range of fitness based activities. To investigate the bodies' ability to exercise and the reasoning behind such principles. To gain an understanding of warm ups, cool downs and health related exercise through physical tasks.

Q2

Basketball



Q4

Health & Fitness



Stretch & Challenge

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



- **Outwitting an opponent**
Pupils will develop the ability to outwit opponents and teams using strategies and tactics.
- Pupils will learn to choose, combine and perform basic skills applying fluency and accuracy in replication.
- Adaptation and refinement of core skills will contribute to producing an improved performance and outwit opposition more frequently.



Middle School P.E Road Map



- **Developing Physical & Mental Capacity**
Develop ability to perform sustained physical movements as part of a warm up and games activities.
- Use concepts to develop observation skills on peer performances, skills and techniques. To develop an understanding of the basic rules and roles during a game situation.

Intent:

To build on the basic principles of attack and defence for badminton. To develop the replication of the core skills necessary to outwit opponents with increasing pressure. To develop component of fitness which are transferrable to other activities. Students begin to accurately score and officiate mini badminton games.

Q5

Health & Fitness

Q7

Trampolining

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.

Q6

Badminton

Q8

Rugby

Intent:

To learn and accurately replicate specific techniques in a range of fitness based activities. To investigate the bodies' ability to exercise and the reasoning behind such principles. To gain an understanding of warm ups, cool downs and health related exercise through physical tasks.

Intent:

To develop the use of core skills and techniques individually and in combination with other link movements focusing on the control and aesthetics. To demonstrate creativity and fluency in developed sequences. To develop an ability to evaluate and assess movements and sequences to produce refined outcomes. To understand the basic safety around the trampoline

Stretch & Challenge

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





Middle School P.E Road Map



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- **Development & Replication of Skills**
- Pupils will learn to use basic principles of play to work towards successful outcomes.
- Pupils will develop the skills necessary to compete in competitive games.
- Technique will be further tested through its use in small sided games and assessed against expected learning outcomes.



Stretch & Challenge

Intent:

To replicate and improve core skills in batting, bowling and fielding with the intention of outwitting opponents. To develop an ability to striking the ball using deception in a competitive context. To develop confidence and a competence in body movements relating to striking and fielding games.

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

Q9

Cricket

Intent:

To accurately replicate running, jumping and throwing skills for athletic events showing an improvement in performances. To explore variations in core techniques and use knowledge to become more technically proficient. To record and improve upon personal bests in relation to speed, height and distance.



Q10

Athletics



Decision Making and Problem Solving

- Pupils should be able to recognise the importance of responding to changing situations.
- Pupils will implement strategic and tactical decisions.
- Opportunities to lead small groups will develop communication and decision making skills.

