



## **Formal Groups curriculum summary and overview**

**Date:** academic year 2023-24

**Subject Title:** Physical Education

### **Intent:**

**In Physical Education, we offer a broad and balanced curriculum which is fully inclusive to all our students in school. We promote a healthy lifestyle through physical activity and aim to develop our students' teamwork, leadership & confidence. We aim to improve their technique and skills, fine and gross motor coordination and we encourage sportsmanship across all competitive activities. Our curriculum offers a variety of sporting and physical activities in order to provide students with opportunities they may never have had the chance to experience before.**

### **Implementation:**

**Delivery is organised across ability based teaching and learning groups in each key stage. This allows work to be differentiated to meet ability ranges with access to staffing ratios that offer small group and individual 1:1 support when needed. Staff are experienced and follow appropriate professional development opportunities to support delivery models. Physical Education follows a broad and balanced curriculum map that highlights the content and progression. We follow the KS3 and KS4 National Curriculum for PE and also deliver OCR Entry Level accreditation in KS4. Teachers differentiate each activity to become fully inclusive, meet the needs of all our students, as well as being able to stretch and challenge our higher achievers. Assessment is both formative and summative to inform next steps in learning and summarising attainment and progress. Some students will also have access to specific physical therapy and also make use of any specialist equipment during lesson times if appropriate.**

### **Impact:**

**At every key stage physical activity is offered to promote a healthy lifestyle. Communication and team work are used to develop personal and social skills. Regular exercise will promote a positive outlook and boost self-esteem. Fine and gross motor skills and coordination are developed further. Students are encouraged to take up new challenges and persevere if difficulties arise. Qualifications (OCR) are available at the end of Key stage 4. Students are encouraged to always try their best and make the progress they are capable of. Fair play and good sporting behaviour are expected from all students. Students evaluate their own and others' performance to help them to fulfil their**

**individual potential. By adopting a healthy lifestyle through regular exercise in school will encourage them to continue to be active in later life.**

Key Stage 3 (Y7, Y8 & Y9)	Year A (2022/23)	Year B (2023/24)	Year C (2024/25)
Autumn 1	<p>Dodgeball</p> <p>Students will understand the rules, tactics, various throwing techniques and spatial awareness</p>	<p>Basketball</p> <p>Students will learn the rules of the game &amp; how to play independently. They will be taught a variety of skills to help them outwit their opponent. They will also improve their tactical knowledge and the understand different positions on the court.</p>	<p>Football</p> <p>Students will learn the rules of the game. They will be taught a variety of skills to help them outwit their opponent. They will also improve their tactical knowledge and the understand different positions on the pitch.</p>
Autumn 2	<p>Tag Rugby</p> <p>Students will learn the rules of the game. They will be taught a variety of skills to help them outwit their opponent including improving their tactical knowledge, but they will not attempt physical tackling.</p>	<p>Hockey</p> <p>Students will learn the rules of the game. They will be taught a variety of skills to help them outwit their opponent. They will also improve their tactical knowledge and the understand different positions on the pitch.</p>	<p>Handball</p> <p>Students will learn the rules of the game. They will be taught a variety of skills to help them outwit their opponent. They will also improve their tactical knowledge and the understand different positions on the court.</p>
Spring 1	<p>Gymnastics: vaulting, jumping, rolling</p> <p>Students will learn how to jump and roll safely and effectively. Eventually leading on to vaulting over a variety of gymnastics equipment using a trampette.</p>	<p>Health &amp; Fitness</p> <p>Students will be taught the importance of physical exercise as part of a balanced diet. They will use a variety of gym equipment as well as learn various exercise techniques (e.g. circuit training).</p>	<p>Dance / WC dance</p> <p>Students will learn various routines and be taught a variety of dance techniques (canon, usison etc). Students will also attempt to use sports wheelchairs to perform and create a dance routine.</p>
Spring 2	<p>Boccia / Kurling / Skittles</p> <p>Students will learn the rules and how to play each of these aiming games. They will learn tactics and techniques how to throw/roll effectively.</p>	<p>Badminton / Volleyball / Tennis</p> <p>Students will learn the rules of the game the teacher has chosen to deliver based on the ability level of the group. They will learn about the importance of timing, hand-eye coordination and how to perform a variety of skills to improve these.</p>	<p>Gymnastics: routines &amp; balances</p> <p>Students will learn a variety of different balances and ways that they can travel from one place to another. They will independently create routines alone/with a partner and perform them to the class.</p>
Summer 1	<p>Outdoor Adventure / Trails / Orienteering</p> <p>Students will learn basic map reading skills, teamwork and build on their own independence skills.</p>	<p>Golf</p> <p>Students will learn the basic rules of the game, scoring procedures, different types of shots and different names of clubs.</p>	<p>Tee Ball / Rounders</p> <p>Students will learn the rules of the game, how to hit a ball off a tee and also a moving ball. They will also learn the importance of fielding and how to bowl a ball to a partner/batter correctly.</p>
Summer 2	<p>Cycling / Go Karts (and Sports Day preparation)</p> <p>Students will attempt to ride a bicycle, tricycle or go kart depending on their ability. They will learn the importance of physical exercise and a daily exercise schedule.</p>	<p>Athletics</p> <p>Students will learn how to perform a variety of athletics events including shot putt, javelin, sprinting, long jump and more. They will try to beat their personal best scores by learning how to improve their technique for each event.</p>	<p>Cricket</p> <p>Students will learn the rules of the game, how to compete as part of a team and as an individual, the importance of fielding and techniques how to improve their batting, bowling and throwing ability.</p>

Key Stage 4 (Y10 & Y11)	Year A (2022/23)	Year B (2023/24)
Autumn 1	<p><b>Basketball</b></p> <p>Students will develop their knowledge of the rules of the game from KS3. They will improve their basic skills to help them outwit their opponent. They will also improve their tactical knowledge further and show a tactical understanding of different positions on the court, through performance analysis.</p> <p><b>Differentiated: AQA UAS 116485 AN INTRODUCTION TO BASKETBALL, WITH SUPPORT</b></p>	<p><b>Football</b></p> <p>Students will develop on their knowledge of the rules of the game from KS3. They will improve their basic skills to help them outwit their opponent. They will also improve their tactical knowledge further and show a tactical understanding of different positions on the pitch, through performance analysis.</p> <p><b>Differentiated: AQA UAS 116483 AN INTRODUCTION TO FOOTBALL WITH SUPPORT</b></p>
Autumn 2	<p><b>Health &amp; Fitness</b></p> <p>Students will learn how to plan and structure their own exercise sessions and deliver them to others.</p> <p><b>Differentiated: AQA UAS 88639 CIRCUIT TRAINING WITH SUPPORT</b></p>	<p><b>Badminton</b></p> <p>Students will develop a better understanding of the rules of the game, how to play singles &amp; doubles matches and improve their ability to play a variety of different shots. They will also improve their tactical knowledge through analysing their own and others performance.</p> <p><b>Differentiated: AQA UAS 105387 INTRODUCTION TO BADMINTON WITH ASSISTANCE</b></p>
Spring 1	<p><b>Athletics</b></p> <p>Students will build upon their athletics knowledge and ability they gained during KS3, with a more fixed approach on improving their technique and performance across throwing, running and jumping activities.</p> <p><b>Differentiated: AQA UAS 84821 ATHLETICS (UNIT 1)</b></p>	<p><b>Handball</b></p> <p>Students will develop their understanding of the rules of the game. They will develop their basic skills from KS3 to help them outwit their opponent. They will also improve their tactical knowledge through analysing their own and others performance.</p> <p><b>Differentiated: AQA UAS: 116494 AN INTRODUCTION TO HANDBALL, WITH SUPPORT</b></p>
Spring 2	<p><b>Tag Rugby / Wheelchair Rugby</b></p> <p>Students will develop on their knowledge of the rules of the game from KS3. They will improve their basic skills to help them outwit their opponent. They will also improve their tactical knowledge further and show a tactical understanding of different positions on the pitch , through performance analysis.</p> <p><b>Differentiated: AQA UAS 116486 AN INTRODUCTION TO TOUCH OR TAG RUGBY</b></p>	<p><b>Health &amp; Fitness</b></p> <p>Students will develop their understanding of physical exercise as part of a balanced diet. They will use a variety of gym equipment as well as learn various exercise techniques (e.g., circuit training). They may visit local gyms within the community to use their facilities. They will also learn how to plan their own exercise sessions.</p> <p><b>Differentiated: AQA UAS 71842 TAKING PART IN FITNESS RELATED ACTIVITIES</b></p>
Summer 1	<p><b>Outdoor Adventure Activities</b></p> <p>Students will attend an outdoor education provider (e.g., Hothersall Lodge) and perform a variety of activities including archery, den building, canoeing, rock climbing etc.</p> <p><b>Differentiated: AQA UAS 73891 ORIENTEERING USING PHOTOGRAPHS</b></p>	<p><b>Cricket</b></p> <p>Students will better understand the rules of the game, improve their fielding, batting and bowling techniques. They will learn to analyse their own and others' performances</p> <p><b>Differentiated: AQA UAS 72045 CRICKET (UNIT 1)</b></p>
Summer 2	<p><b>Golf</b></p> <p>Students will develop their knowledge of different golf clubs, types of shot and how to swing the club more effectively. They will learn to improve their tactics including club selection via performance analysis. They will attend local golf clubs and driving ranges to help develop their skills and use their facilities.</p> <p><b>Differentiated: AQA UAS 87542 BASIC GOLF SKILLS</b></p>	<p><b>Local Walks</b></p> <p>Students will develop their basic map reading skills and begin to use them to get from one point of the local community to another with adult support. They will build on their teamwork and build own independence skills.</p> <p><b>Differentiated: AQA UAS 116104 WALKING AS PART OF A GROUP</b></p>

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