



Formal Groups curriculum summary and overview

Date: academic year 2019-20

Subject Title: Physical Education

Intent:

In Physical Education, we offer a broad and balanced curriculum which is fully inclusive to all our students. We promote a healthy lifestyle through physical activity and aim to develop our students' level of fitness. We aim to improve their skills, coordination, team work and an understanding of the importance of health- related exercise.

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. Each subject follows a curriculum map that highlights the content and progression. Assessment is both formative and summative to inform next steps in learning and summarising attainment and progress. Some students will also access enhanced personalised timetables to meet specific additional needs 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.

Curriculum mapping

Key Stage 3 PE Mapping Grid 2018-19

	Autumn		Spring		Summer	
	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term
	Outwitting Opponents		Accurate Replication	Exercising Safely & Effectively	Identifying & Solving Problems / Striking & Fielding	Performing at Maximum Levels
Group 1 & 2	Movement to Music: Fizzy Kids / exploration of equipment (balls etc) / physical skills and coordination		Inclusive Gymnastics Exploration activities on apparatus	Wheelchair Dance	Maypole Dancing: Sports Day Preparation	
Groups 3 & 4	GAMES: GOLF, W/C BASKETBALL, SITTING VOLLEYBALL, W/C RUGBY, W/C TENNIS, HANDBALL	GAMES: Football, Netball, Handball, Volleyball, Tag Rugby, Dodgeball, Tri Golf, Cricket, handball	Health Related Exercise Circuit training Fitness Suite	Gymnastics Balance Jumps	O&AA/Games Trails T-Ball	Athletics Throwing Jumping Sprinting
Groups 5 & 6	Any games e.g.: Football Netball Handball Badminton Tennis Volleyball Tag Rugby Tri Golf Cricket Table Tennis Dodgeball		Health Related Exercise Strength, Speed Suppleness, Stamina and Skill	Health Related Exercise Strength, Speed, Suppleness, Stamina and Skill	O&AA/Games Physical challenges Cricket Rounders	Athletics Mini Olympics

Topics selected for this year in red

Key Stage 4 Mapping Grid (Groups 1 –3) 2018–19 Physical Education & Sporting Links

	Autumn		Spring		Summer	
Group 1 Tuesday	Preston Trampoline Club • Trampolining OCR	STFCH • Invasion games • Tag rugby OCR	STFCH • Basketball OCR	STFCH • Football OCR • Circuit training OCR	Hothersall Lodge • Canoeing • Archery • Physical challenges	Lancashire • Walks
Group 2 Tuesday	STFCH • Invasion games • Basketball • Tag Rugby	Preston Trampoline Club • Trampolining	STFCH • Basketball	STFCH Wheelchair Handball	LOCAL • Trails/Walks	Hothersall Lodge • Archery • Canoeing • Climbing
Group 3 Yr 10/11 Thursday	STFCH • Tag rugby •	STFCH • Handball • Tri-golf	STFCH • Wheelchair handball and football	STFCH • HRE • Fitness	Preston District • Walks (Parks) • Trails__(nature)	Hothersall Lodge • Canoeing • Archery • Climbing •
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• PE Mapping Grid Topics selected for this year in red