



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

Date: academic year 2021-22

**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 motor 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 teamwork 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. We like to provide students with as many opportunities to participate in sports and activities that they may not usually have the chance to play.

Qualifications (Entry Level 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 taught and 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

### KS3 Mapping Grid 2020-2023

	Autumn		Spring		Summer	
	1 <sup>st</sup> Half Term	2 <sup>nd</sup> Half Term	1 <sup>st</sup> Half Term	2 <sup>nd</sup> Half Term	1 <sup>st</sup> Half Term	2 <sup>nd</sup> Half Term
	Overcoming Opponents					
Year 1	Basketball	Hockey	Health & Fitness	Badminton / Volleyball / Tennis	Golf	Athletics
Year 2	Football	Handball	Dance	Gymnastics: routines & balances	Tee Ball / Rounders	Cricket
Year 3	Dodgeball	Tag Rugby	Gymnastics: vaulting, jumping, rolling	Boccia / <u>Kurling</u> / Skittles	Outdoor Adventure / Trails / Orienteering	Cycling / Go Karts
Inclusion	Boccia / <u>Kurling</u> / Bowling	Wheelchair Sports (e.g. handball, basketball etc)	Health & Fitness	Tee Ball	Trails	Dance (Maypole, Wheelchair)

### KS4 Mapping Grid 2020-2022

	Autumn		Spring		Summer		
	1 <sup>st</sup> Half Term	2 <sup>nd</sup> Half Term	1 <sup>st</sup> Half Term	2 <sup>nd</sup> Half Term	1 <sup>st</sup> Half Term	2 <sup>nd</sup> Half Term	
Group 1	OCR Basketball	OCR Trampolineing	OCR Football	OCR Tag Rugby	Outdoor Adventure Activities (Hothersall Lodge)	Cycling	
Group 2	Trampolineing	Basketball	Handball	Health Related Exercise	Local Walks	Outdoor Adventure Activities (Hothersall Lodge)	
Year 1	Group 3&4 Higher	Tag Rugby	Handball	Trampolineing	Health Related Exercise	Outdoor Adventure Activities (Hothersall Lodge)	Athletics
	Group 3&4 Lower	Aiming Games	Fizzy Kids	Wheelchair Sports	Health Related Exercise (Circuit Stations)	Orienteering	Sports Day Preparation
Year 2	Group 3&4 Higher	Basketball	Football	Trampolineing	Striking & Fielding	Outdoor Adventure Activities (Hothersall Lodge)	Local Walks & Trails
	Group 3&4 Lower	Dodgeball	Wheelchair Sports Activities	Inclusion & Sensory Activities (Parachute Games etc.)	Health Related Exercise (Fitness Suite)	Trails / Physical Challenges	Go Karts & Trikes