

# Curriculum Intent:

At Ada Lovelace we aim to create lifelong habits in physical activity.

At Ada Lovelace we aim to develop the physical skills, the sporting knowledge and understanding along with the intrinsic skills which translate to so many other areas of life. We have introduced a "Head, Heart, Hands" style of curriculum to support pupils to develop core life skills including but not limited to leadership, teamwork, communication and resilience.

Students who opt to move into Academic PE at year 9 will develop their own understanding of the complexities of sport, with heavy emphasis on Physiology and Anatomy within a sporting context, as well as psychological impacts on sport and the social cultural influences on sport.

Content is built using a spiral approach, with fundamentals of game based skills learnt first. Concepts are then revisited as pupils move through school and built on with greater detail. New concepts which require foundational understanding are introduced later, and finally through academic PE concepts requiring linking multiple scientific ideas are introduced.

We have designed our curriculum so that both sport-specific and general physical skills are developed through repeated experience. Communication of ideas is central to becoming a confident athlete, so our curriculum is designed to develop literacy and oracy through systematic use of game communication, explicit teaching of keywords (in particular root words, prefixes and suffixes) and regular use of connective discussion.

By using a three tiered curriculum model with overlapping Bronze, Silver and Gold lesson outcomes it is possible for us to teach all students the same content and skills, providing support and challenge relative to their ability level, but also importantly allows students to move between tiers with ease.

Example:

LESSON OUTCOMES	CORE TIER	HIGHER TIER	ADVANCED TIER
I can kick a ball using my instep	Bronze		
I can kick a ball with some accuracy using my instep	Silver	Bronze	
I can Kick a ball with power and accuracy.	Gold	Silver	Bronze
I can kick a ball with measured power and accuracy to another player.		Gold	Silver
I can pass a ball with measured power and accuracy while in a pressured/ game situation.			Gold

### A value driven focus of PE/Sport:

- Creating life long learners in Physical Education.
- Holistic focus on developing young people.
- Learning in, through, about and for movement.



### Our 10:10 ethic

We need to start with the values driving our school 10:10 ethic as our why. At Ada Lovelace, we base everything we do around the 10:10 ethic. Supporting the 10:10 ethic, is some key values driving the delivery of sport and PE at Ada Lovelace:

- ⇒ Life-long learners: Providing students the tools to be active members in their school, and in their wider community.
- ⇒ Holistic focus. Seeing the development of the whole child. So we can provide students with the opportunity to promote not just their physical, but their Mental/emotional, Social and Spiritual Wellbeing.
- ⇒ Learning in, through, about movement, but also leading with courage and compassion, having the opportunity to be active agents that promote physical activity for all students.
- ⇒ Developing resilience and ability to overcome failure. What is plan B, what can you do to change this outcome next time. Plan for everything going wrong and understand how to overcome obstacles.