

Curriculum Overview

Subject: Healthy me - P.E

Rationale – why are we teaching this?

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities, build character and help to embed values such as fairness and respect.

Curriculum intent – What are the big ideas in this subject?

- Develop confidence in an environment fit for physical education
- Are physically active for sustained periods of time
- Develop competence to excel in a broad range of movements with the view to go into physical activities
- Engage in competitive sports and activities
- Lead healthy, active lives

Curriculum implementation – How will this subject be delivered?

Focus on Health and Well being (Anatomy and physiology), individual and team sports and warm up and activities, these focuses will be spread across the school curriculum from lower to upper

Lower:

- Fun skill based games
- Fundamental movements
- Use of exploration from pupils in order for them to develop understanding
- Basic health and well being relating to sport

Spider wheel for participation and effort (Assessment)

Middle

- Participate and play in competition games
- Develop flexibility
- Strong focus on DofE and outdoor/ offsite activities, expeditions, orienteering, bushcraft ect.
Bronze award
- Map reading Skills Orienteering
- Muscular and skeletal/ anatomy of the body introduction

Upper

- Develop technique through use of game/ competitive situations
- Develop use of tactics and strategies to overcome opponents
- Continue DofE involvement
- Evaluation of performance
- Physiology
- Physical fitness
- Sports Phycology

RAG Rating against criteria depending on award?

Curriculum impact – What outcomes must the students get from this subject?

1. Motivation to find a way of being active that they can enjoy and maintain in their everyday life.
2. Develop 2 new sports- physical skills
3. Develop confidence in activity and knowing how to lead a healthy lifestyle
4. External venue tours in the local area (athletics/ racecourses) to ...