



Statement of Curriculum Intent Subject – PE

KS1 & KS2 Intent

Physical Education is an integral part of our curriculum and we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development.

We aspire for children to adopt a positive *Growth Mindset* and believe that anything can be achieved with determination and resilience. We offer a dynamic and varied program of activity to ensure that all children progress physically through a unique and fully inclusive PE curriculum. Our curriculum aims to improve the well-being and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

We aim to deliver high quality teaching and learning opportunities that enable all children to achieve their personal best. All children participate in competitive sport which can be against self and/ or others. We aim for all children to be physically active for sustained periods of

time and to be able to make informed decisions to lead healthy and active lives. Thus, embedding life-long values. Swimming is an important life skill and we aspire for all children to leave primary school having met at least the minimum requirements of the National Curriculum.

KS3 Core PE Curriculum Intent:

Pupils will follow the National Secondary PE Curriculum covering a range of physical opportunities. This will involve developing the pupils lifelong love of sports and physical activities to improve lifelong participation as well as giving pupils knowledge of how to lead a healthy and active lifestyle throughout their life. Pupils will be assessed under three headings which include; Head, Heart and Hands as this will develop the pupil more holistically through Physical Education.

The PE curriculum will also develop their leadership, communication, teamwork and self-confidence through providing opportunities within lesson to demonstrate these areas of development. PE will also look to provide extracurricular opportunities for pupils to develop their competitive nature and also increase the amount of hours of physical activity they do during a week.

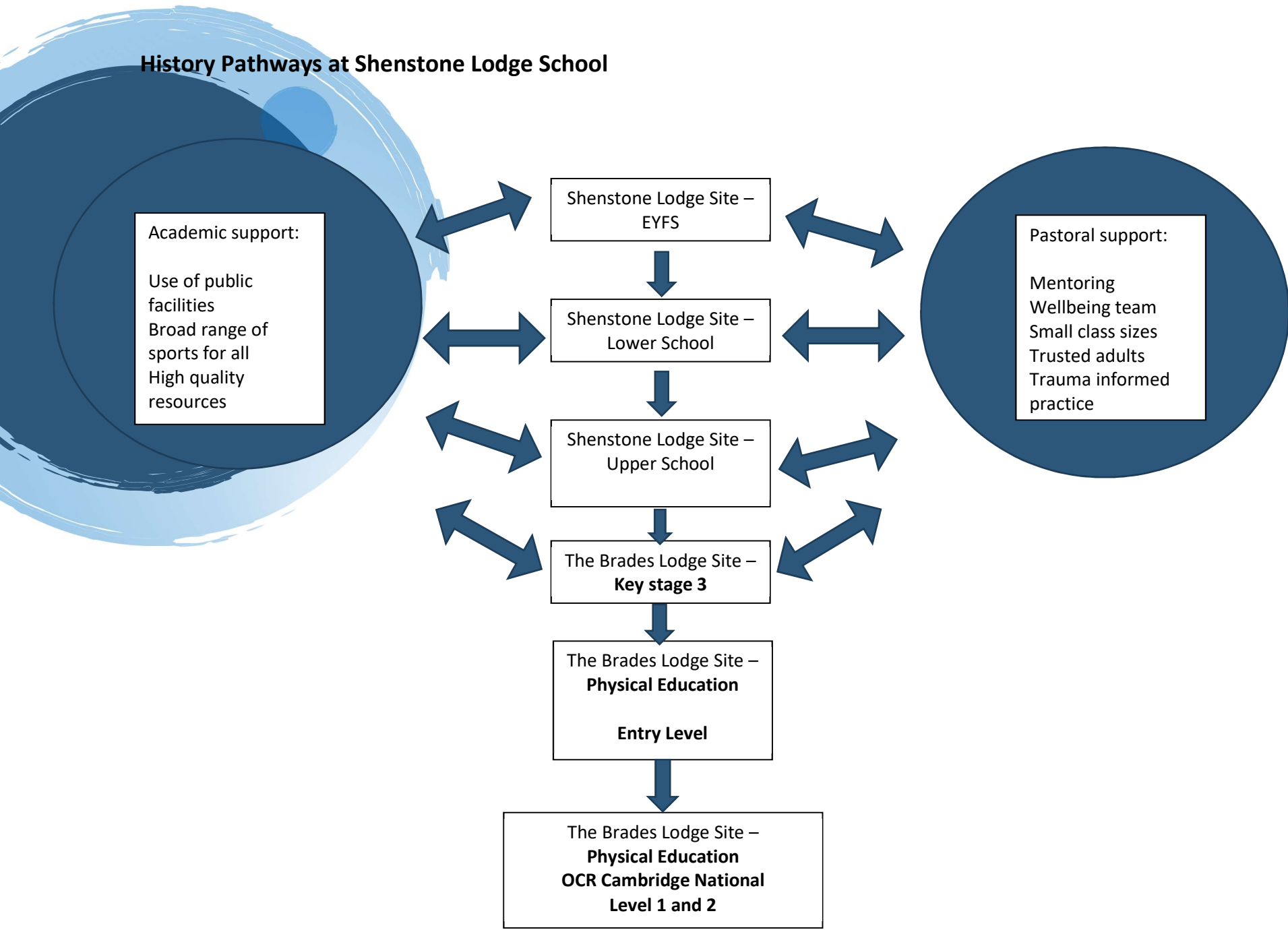
PE will provide a platform within lessons to integrate other core subjects including English, Maths, Science and ICT to name a few, within the lesson. Furthermore, opportunities to participate in additional physical activity during the week through providing extra-curricular clubs eg. Gym Club, Table Tennis, Football, Basketball and Athletics. Pupils will be prepared for the transition into KS4 by having specific lessons with dedicated focus on certain units of the Sports Studies Qualification that may be obtained as an additional qualification.

KS4 Core PE Curriculum Intent:

Pupils will be given knowledge in a range of physical opportunities to improve their lifelong participation in sport and physical activity. Pupils will again be offered opportunities to participate in extracurricular activities to help manage all aspects of competitiveness including problem solving to win and managing defeat which will develop their character and resilience. Pupils will gain knowledge and understanding of how to lead a healthy and active lifestyle for once they leave full time education.

Whilst in KS4 pupils will be given the opportunity to also gain a Level 1 or 2 Award or Certificate Sports Studies Qualification. This will give pupils the capacity and knowledge to develop their skills and give them opportunities to work within the sports industry as well as continuing their study of PE into further education.

History Pathways at Shenstone Lodge School

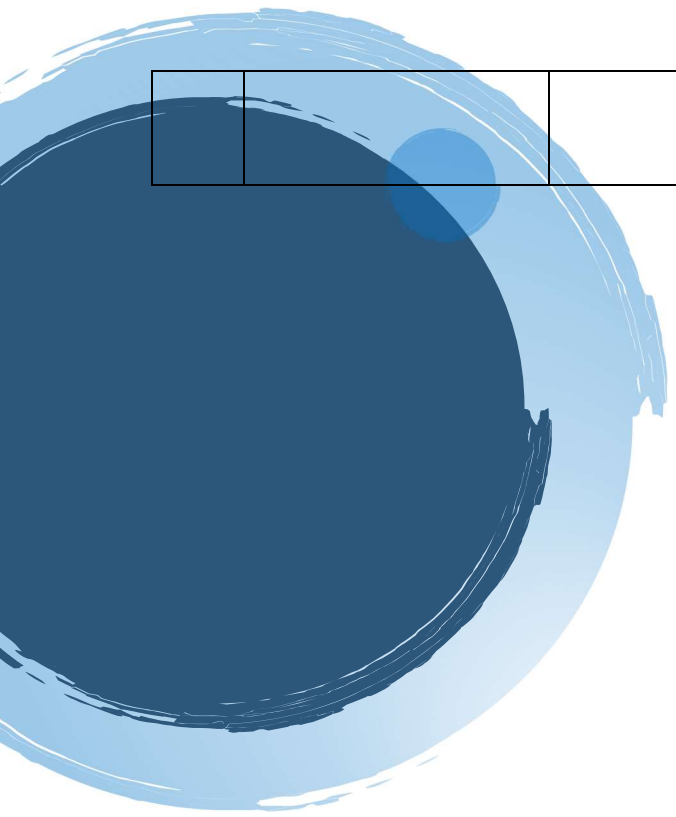


	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mathematics						
All year groups will participate in a Physical P.E session as well as a wellbeing unit highlighted in yellow. Each year group will participate in an outdoor adventure day in Summer term.						
Year 2	Games 1 Mindfulness	Dance Sleep	Gymnastics Nutrition	Games 2 Teamwork and leadership	Games 3 Personal care	Athletics Yoga
Year 3	Tag rugby Mindfulness	Dance Sleep	Gymnastics Nutrition	Hockey Teamwork and leadership	Cricket Personal care	Athletics Yoga
Year 4	Basketball Mindfulness	Dance Sleep	Gymnastics Nutrition	Handball Teamwork and leadership	Rounders Personal care	Athletics Yoga
All year 5 pupils will be taken offsite for 30min swimming session each week throughout the year.						
Year 5	Tag rugby Mindfulness	Dance Sleep	Gymnastics Nutrition	Football Teamwork and leadership	Cricket Personal care	Athletics Yoga
Year 6 and 7	Basketball Mindfulness	Dance Sleep	Gymnastics Nutrition	Tennis Teamwork and leadership	Outdoor adventure Personal care	Athletics Yoga

Year 7	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
	<p>Topic- Invasion Games: Football/Rugby</p> <p>Intent is to expose pupils to competitive situations to enable them to outwit opponents in a team environment.</p> <p>Pupils will be taught the sports specific skills for football/rugby to compete in a team environment.</p> <p>Techniques and skills being built upon during pressure situations in a game.</p>	<p>Topic- Net Games: Badminton</p> <p>Intent is to expose students to competitive situations to enable them to outwit opponents in an individual and team sport.</p> <p>Pupils will be taught sports specific skills for badminton alongside giving the knowledge and understanding of the rules and boundaries for team and individual sports.</p> <p>Allowing them to understand and contribute to their own roles within both team and individual games. Understanding and adapting to different rules for individual and team games.</p>	<p>Topic- Invasion Games Basketball</p> <p>Intent is to expose students to competitive situations to enable them to outwit opponents in a team environment.</p> <p>Pupils will be taught sports specific skills to enable them to perform under pressure in a team environment. Pupils will also be given opportunity to improve performance by giving and receiving feedback and analysing their performance.</p> <p>Transferring skills learnt in previous invasion games and implement them in other sports. Pupils able to build on reflective practices to improve performance.</p>	<p>Topic- Multi Games/ Life Skills</p> <p>Pupils will use a range of tactics and strategies to outwit opponents in competition during team and individual games.</p> <p>Pupils will have the opportunity to explore various tactics and strategies to outwit opponents whilst under pressure. Pupils will have the opportunity to use different sports to help improve various life skills including; resilience, problem solving, communication, teamwork, leadership and reflection.</p> <p>Pupils are able to exercise and build on key life skills whilst exploring new and emerging sports. Pupils will be able to use these skills in the wider schooling community.</p>	<p>Topic- HRF (Health Related fitness)</p> <p>Pupils will have access to knowledge and understanding of how to lead a healthy and active lifestyle whilst knowing the long term benefits of physical activity.</p> <p>Pupils will be given knowledge and understanding of how to use equipment within the gym and creating their own personalized gym programme to help improve an identified weakness.</p> <p>Pupils will be to begin to use various equipment unaided and also begin to help other pupils where help is necessary. Pupils will be aware of safety considerations when using pieces of equipment in the gym.</p>	<p>Topic- Track and Field Athletics</p> <p>Outdoor Education</p> <p>Athletics – Pupils will be encouraged to develop their technique and to improve their performance during competition. Pupils will also analyse their performance compared to previous ones.</p> <p>Pupils will be given the opportunity to work as a team as well as individually to problem solve, show resilience, communicate and demonstrate leadership skills.</p> <p>Pupils will be able to exercise their ability to become more resilient and improve performances. Pupils will be able to utilise skills when faced with various problems.</p>

Year 8	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
	<p>Topic- Invasion Games: Football/Rugby</p>	<p>Topic- Net Games: Badminton</p>	<p>Topic- Invasion Games Basketball</p>	<p>Topic- Multi Games/ Life Skills</p>	<p>Topic- HRF (Health Related fitness)</p>	<p>Topic- Track and Field Athletics</p> <p>Outdoor Education</p>
	<p>Intent is to expose students to competitive situations to enable them to outwit opponents in an individual and team sport.</p> <p>Pupils will be taught the sports specific skills for football/rugby to compete in a team environment. Pupils will be given opportunity to demonstrate leadership skills and communication skills.</p>	<p>Intent is to expose students to competitive situations to enable them to outwit opponents in a team environment.</p> <p>Pupils will be taught sports specific skills for badminton alongside giving the knowledge and understanding of the rules and boundaries for team and individual sports.</p>	<p>Intent is to expose students to competitive situations to enable them to outwit opponents in a team environment.</p> <p>Pupils will be taught sports specific skills to enable them to perform under pressure in a team environment. Pupils will also be given opportunity to improve performance by giving and receiving feedback and analysing their performance.</p>	<p>Pupils will use a range of tactics and strategies to outwit opponents in competition during team and individual games.</p> <p>Pupils will have the opportunity to explore various tactics and strategies to outwit opponents whilst under pressure. Pupils will have the opportunity to use different sports to help improve various life skills including; resilience, problem solving, communication, teamwork, leadership and reflection.</p>	<p>Pupils will have access to knowledge and understanding of how to lead a healthy and active lifestyle whilst knowing the long term benefits of physical activity.</p> <p>Pupils will be given knowledge and understanding of how to use equipment within the gym and creating their own personalized gym programme to help improve an identified weakness.</p>	<p>Athletics – Pupils will be encouraged to develop their technique and to improve their performance during competition. Pupils will also analyse their performance compared to previous ones.</p> <p>Pupils will be given the opportunity to improve performance to create a personal best.</p> <p>Pupils will be given the opportunity to work as a team as well as individually to problem solve, show resilience, communicate and demonstrate leadership skills.</p>

Year 9	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
	<p>Topic- Invasion Games: Football/Rugby</p>	<p>Topic- Net Games: Badminton</p>	<p>Topic- Invasion Games Basketball</p>	<p>Topic- Multi Games/ Life Skills</p>	<p>Topic- HRF (Health Related fitness)</p>	<p>Topic- Track and Field Athletics</p> <p>Outdoor Education</p>
	<p>Intent is to expose students to competitive situations to enable them to outwit opponents in an individual and team sport.</p> <p>Pupils will be taught the sports specific skills for football/rugby to compete in a team environment. Pupils will be given opportunity to demonstrate leadership skills and communication skills.</p> <p>Students will be able to use different tactics and strategies to overcome their opponents. Pupils will have knowledge of skills they are able to use to help outwit their opponents whilst being exposed to regular competition.</p>	<p>Intent is to expose students to competitive situations to enable them to outwit opponents in a team environment.</p> <p>Pupils will be taught sports specific skills for badminton alongside giving the knowledge and understanding of the rules and boundaries for team and individual sports.</p> <p>Pupils will have be given foundation knowledge of their involvement in individual sports and the differences in roles between individual and team sports.</p>	<p>Intent is to expose students to competitive situations to enable them to outwit opponents in a team environment.</p> <p>Pupils will be taught sports specific skills to enable them to perform under pressure in a team environment. Pupils will also be given opportunity to improve performance by giving and receiving feedback and analysing their performance.</p> <p>Pupils will have basic skills to be able to analyse their performances and can list improvements to improve their performances.</p>	<p>Pupils will use a range of tactics and strategies to outwit opponents in competition during team and individual games.</p> <p>Pupils will have the opportunity to explore various tactics and strategies to outwit opponents whilst under pressure. Pupils will have the opportunity to use different sports to help improve various life skills including; resilience, problem solving, communication, teamwork, leadership and reflection.</p> <p>Pupils will have the skills and knowledge to be able to use in various life situations. They will also have skills on them to be able to overcome barriers in life.</p>	<p>Pupils will have access to knowledge and understanding of how to lead a healthy and active lifestyle whilst knowing the long term benefits of physical activity.</p> <p>Pupils will be given knowledge and understanding of how to use equipment within the gym and creating their own personalized gym programme to help improve an identified weakness.</p> <p>Pupils will have the confidence and knowledge to use equipment safely and independently. Pupils will also have knowledge and understanding of how to live and healthy and active lifestyle.</p>	<p>Athletics – Pupils will be encouraged to develop their technique and to improve their performance during competition. Pupils will also analyse their performance compared to previous ones.</p> <p>Pupils will be given the opportunity to work as a team as well as individually to problem solve, show resilience, communicate and demonstrate leadership skills.</p> <p>Pupils will have the knowledge and understanding of how to improve their own individual performance alongside working outdoors and in the surrounding</p>



						environment both on their own and as a team.
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Key Stage 4 – OCR Cambridge National Sports Studies
Level 1 and 2 Award and Certificate

Term	Autumn		Spring		Summer	
Year 10	<u>RO52:</u> Developing Sports Skills <u>LO1/2</u> Practical/Written Coursework	<u>RO52:</u> Developing Sports Skills LO3/4 Practical/Written Coursework	<u>RO51:</u> Contemporary Issues in Sport <u>LO1/2</u> Exam Based Assessment	<u>RO51:</u> Contemporary Issues in Sport <u>LO3/4</u> Exam Based Assessment	<u>RO51:</u> Contemporary Issues in Sport <i>Exam Prep</i> Exam Based Assessment	<u>RO54:</u> Media In Sport <u>LO1/2/3</u> Practical/Written Coursework
Year 11	<u>RO54:</u> Media In Sport <u>LO1/2/3</u> Practical/Written Coursework	<u>RO54:</u> Media In Sport <u>LO4/5</u> Practical/ Written Coursework	<u>RO54:</u> Media In Sport <i>Draft & Summative</i> Practical/Written Coursework	<u>RO53:</u> Sport Leadership <u>LO1/2</u> Practical/Written Coursework	<u>RO53:</u> Sport Leadership <u>LO2/3</u> Practical/Written Coursework	<u>RO53:</u> Sport Leadership <u>LO4</u> <i>Draft & Summative</i> Practical/Written Coursework