

## Curriculum Progression Pathway for Physical Education

**Subject Intent:** To offer an ambitious and inclusive curriculum for all students and to promote healthy and active lifestyles, while promoting the PINDAR values.

### Why is the study of Physical Education important?

The study of Physical Education is important to all students in the promotion of healthy and active lifestyles. Gaining an understanding of healthy eating and healthy participation is key to promoting lifelong participation. PE provides understanding of how to prepare for safe participation and the fitness demands of activities.

As part of Physical Education pupils will develop a range of interpersonal skills, including confidence, self esteem, problem solving, teamwork and oracy. The subject also promotes the development of gross and fine motor skills, and enhances fundamental movement skills through the delivery of a broad range of sporting activities

Physical Education supports students to become more resilient and determined while also supporting students' mental health through an understanding of how to develop a healthy relationship with yourself.

### What skills will the study of Physical Education teach you?

- Development of motor competence
- Fundamental movement skills:
  - Locomotor skills
  - Stability skills
  - Manipulation skills
- Application of rules, strategies and tactics
- Development of oracy
- Problem solving

- Teamwork
- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] perform dances using advanced dance techniques within a range of dance styles and forms
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best and take part in competitive sports and activities outside school through community links or sports clubs.

### **What will you know and understand from your study of Physical Education?**

- How to prepare for safe and effective exercise
- How the body responds to exercise
- An understanding of healthy and active lifestyles
- Understand rules, strategies and tactics
- Understand a range of different spotting activities.

### **How does your study of Physical Education support your learning in other subjects?**

Physical education will support learning in other areas through the development of cross curricular links such as;

- Map skills from OAA can support Geography
- Understanding of the human body in biology
- Application of Maths
- Opportunities for extended writing in KS4
- Healthy lifestyles in PSHE
- Development of oracy and literacy skills

### **How can you deepen your understanding of Physical Education?**

Other opportunities outside the curriculum are offered to all students to further their understanding of Physical education. These include a variety of different extra curricular sports clubs, along with competitive sports fixtures against other schools. This provides students opportunities to further develop their skills in all sporting areas along with the application of the skills and tactics within a competitive situation.

The Duke of Edinburgh award is also offered to students in Y9&10 allowing students to further explore outdoor adventurous activities. This program allows students to develop team building and problem solving skills along with working with others and volunteering.

### **How can Physical Education support your future?**

Physical Education can support you in the future by developing an understanding of healthy and active lifestyles, this can help to support making positive lifestyle choices.

Healthy participation in sport can also promote a lifelong long love of sport. Allowing students to participate in a range of different activities both competitive and non competitive. Students will also be signposted to opportunities in the local area.

Physical Education provides a range of transferable skills that can be used in the future, these include teamwork and problem solving. It also develops resilience and determination and being respectful.

Sport and Physical activity contributes 39 billion to the UK economy. There are a wide range of careers within the industry that are linked to Physical Education. Study of Physical education will give a good grounding for these roles.

The curriculum is also planned to support progression into KS5 with our examination courses providing access to those provided by local providers. Examples of possible KS5 opportunities linked below:

<https://s6f.org.uk/courses/sport-applied-general/>

<https://scarboroughfs.co.uk/>

<https://www.yorkshirecoastfa.com/pickering-town-scholarship>

<https://www.ladylumleys.coastandvale.academy/sixth-form/courses/physical-education/>

**Exam board used in Y10 & Y11**

Y10&11 OCR Cambridge National Sports Studies

**CURRICULUM PROGRESSION PATHWAY**

| Year 7   | Year 8   | Year 9   |                 | Year 10  | Year 11   |
|--|--|--|-----------------|--|---|
| <p>Activities will be on a 6 week rotation through the year and can consist of the following</p> <p>OAA, Dance, Gymnastics, Netball, Rugby, Football, Tennis, Fitness, badminton, Basketball, Cricket, Athletics, rounders</p> | <p>Activities will be on a 6 week rotation through the year and can consist of the following</p> <p>OAA, Dance, Gymnastics, Netball, Rugby, Football, Tennis, Fitness, badminton, Basketball, Cricket, Athletics, rounders</p> | <p>Activities will be on a 6 week rotation through the year and can consist of the following</p> <p>OAA, Dance, Gymnastics, Netball, Rugby, Football, Tennis, Fitness, badminton, Basketball, Cricket, Athletics, rounders</p> | <b>Autumn 1</b> | <p>R185</p> <ul style="list-style-type: none"> <li>- Key Components of Performance</li> </ul>                                      | <p>R187</p> <ul style="list-style-type: none"> <li>- Provision for OAA</li> <li>- Equipment, clothing and Safety for OAA</li> <li>- Planning for OAA</li> <li>- Evaluating OAA</li> </ul>   |
|  |  |  | <b>Autumn 2</b> | <p>R185</p> <ul style="list-style-type: none"> <li>- Key Components of Performance</li> <li>- Applying Practice Methods</li> </ul> | <p>R184</p> <ul style="list-style-type: none"> <li>- Issues in Sport</li> <li>- Role of Sport in Promoting Values</li> <li>- Implications of Hosting a Major Sporting Event</li> <li>- Role of NGBs</li> <li>- Technology in Sport</li> </ul> |
|  |  |  | <b>Spring 1</b> | <p>R185</p> <ul style="list-style-type: none"> <li>- Organising and Planning</li> <li>- Delivering a sports activity</li> </ul>    | <p>R184</p> <ul style="list-style-type: none"> <li>- Issues in Sport</li> <li>- Role of Sport in Promoting Values</li> <li>- Implications of Hosting a Major Sporting Event</li> <li>- Role of NGBs</li> <li>- Technology in Sport</li> </ul> |
|  |  |  | <b>Spring 2</b> | R185   | R184  |

|  |  |  |                 |  |  |
|--|--|--|-----------------|--|--|
|  |  |  |                 | <ul style="list-style-type: none"> <li>- Organising and Planning</li> <li>- Delivering a sports activity</li> <li>- Reviewing Performance</li> </ul>                               | <ul style="list-style-type: none"> <li>- Issues</li> <li>- Role of Sport in Promoting Values</li> <li>- Implications of Hosting a Major Sporting Event</li> <li>- Role of NGBs</li> <li>- Technology in Sport</li> </ul>               |
|  |  |  | <b>Summer 1</b> | R187 <ul style="list-style-type: none"> <li>- Provision for different types of OAA</li> </ul>  | R184 <ul style="list-style-type: none"> <li>- Issues in Sport</li> <li>- Role of Sport in Promoting Values</li> <li>- Implications of Hosting a Major Sporting Event</li> <li>- Role of NGBs</li> <li>- Technology in Sport</li> </ul> |
|  |  |  | <b>Summer 2</b> | R187 <ul style="list-style-type: none"> <li>- Provision for OAA</li> <li>- Equipment, clothing and Safety for OAA</li> <li>- Planning for OAA</li> <li>- Evaluating OAA</li> </ul> |  |