



Overview

The Physical Education department has a broad, balanced and inclusive curriculum which provides meaningful opportunities for all students. The variety of activities included in the curriculum ensure the development of motor competence, knowledge of rules, strategies and tactics and promote healthy participation. These three key areas of focus make up the golden threads of the PE curriculum. The key declarative and procedural knowledge has been specifically identified for each activity in the curriculum to ensure that the golden threads are consistently met. We aim to break down sporting stereotypes through our equal and equitable curriculum.

Autumn

Aesthetics (Dance and Gymnastics) and **Traditional Invasion Games and Net Games** (Rugby, Football and badminton)

Aesthetics Key Themes:

- Core rhythm and beat identification skills
- Use of cannon, formation, unison, mirroring and levels
- Aesthetically Pleasing
- Tension
- Basic shapes
- Individual balances
- Counter balance
- Counter tension
- Types of travel including rolls
- Mounting a vault

Traditional Invasion Games Key Themes:

- Core sending and receiving skills in isolation and small group settings
- Individual attacking and defending skills
- Simple tactics
- Basic rules

Assessment:

Assessment in K33 PE is completed holistically over the six lessons of a particular activity. This is based on our Head Heart Hands assessment framework. This framework specifically assesses the key procedural and declarative knowledge which has been organised into our 3 golden threads within PE. These golden threads are:

Spring

Hand Invasion Games (Basketball, Handball, Netball) and **Healthy Participation and Net Games** (Badminton, OAA and Fitness)

Hand Invasion Key Themes:

- Core sending and receiving skills in isolation and small group settings
- Individual attacking and defending skills
- Simple tactics
- Basic rules

Net Games Key Themes:

- Core hand-eye coordination and footwork skills
- Serving and returning skills, predominantly forehand
- Serving and returning tactics
- Basic rules

1. Rules tactics and strategies: Head – Declarative Knowledge
2. Healthy participation: Heart - Linked to SCA REACT Values
3. Motor Competence: Hands – Procedural knowledge

Summer

Athletics (Track and Field – 100m, 200m, 800m, shot put, javelin, long jump and triple jump) and **Striking and Fielding and Net games** (Rounders, cricket, badminton)

Key Themes in Athletics:

- Core fundamental techniques of running (speed and endurance), jumping (for distance and height) and throwing
- Safety of self and others
- Basic event-specific rules

Key Themes In Striking and fielding:

- Core skills of striking, throwing, catching and stopping the ball
- Simple tactics
- Basic rules

Students will be given a score from 1-5 from the Head, Heart, Hands level descriptors for each strand.

Useful resources for supporting your child at home:

- Full PE kit suitable for indoor and outdoor, warm and cold weather lessons.
- Indoor and outdoor footwear including trainers and football boots
- Sport specific equipment e.g., gum shield for rugby
- Navy blue shorts, skorts, leggings or joggers. No flared trousers.