



### 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:**

More advanced skills applied into game contexts  
Team attacking and defending skills and principles  
Advanced decision-making skills  
Full game rules, formations and positions

### 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:**

More advanced skills applied into game contexts  
Team attacking and defending skills and principles  
Advanced decision-making skills  
Full game rules, formations and positions

**Net Games Key Themes:**

Speed and agility to cover the 'court' and create time for more advanced skills  
More advanced skills to maintain and win rallies  
Different formations, positions and tactics in full game settings

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, javelin, long jump and triple jump) and **Striking and Fielding and Net games** (Rounders, cricket, badminton)

**Key Themes in Athletics:**

Further specific event and multi-event skill development, potentially including comparative data to gauge performance against national norms/local age specific records.

**Key Themes In Striking and fielding:**

Wider range of skills including variations in flight, spin and timing of strike  
Advanced decision-making skills  
Full game rules, positions and formations

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.