



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:

Skill combinations and more complex skills. Skills under pressure.
Unit attacking and defending skills and principles
More complex tactics
Small game rules 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:

Skill combinations and more complex skills. Skills under pressure.
Unit attacking and defending skills and principles
More complex tactics
Small game rules and positions

Net Games Key Themes:

Coordination and footwork skills in combination
Wider range of skills to maintain and win rallies, including use of backhand*
Attacking and defending tactics
More advanced rules and officiating

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:

More advanced running, jumping and throwing skills applied to specific events as appropriate.
Concept of personal best (PB) and how to improve own performance

Key Themes in Striking and fielding:

More advanced skills that can be used in defensive and offensive situations
More complex tactics
Small game rules and positions

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.