

# Curriculum Map - PE



KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b>	Hands (Girls- Dance)	Head	Heart	Hands (Boys – Dance)	Head	Heart

KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 8</b>	Hands	Head	Heart	Hands	Head	Heart

KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 9</b>	Hands	Head	Heart	Hands	Head	Heart

KS4	Autumn 1 (alternative)	Autumn 2 (traditional)	Spring 1 (student voice)	Spring 2 (student voice)	Summer 1 (alternative)	Summer 2 (traditional)
<b>Year 10</b>	WELL MODEL		WELL MODEL	WELL MODEL	WELL MODEL	

KS4	Autumn 1 (alternative)	Autumn 2 (traditional)	Spring 1 (student voice)	Spring 2 (student voice)	Summer 1 (student voice)	Summer 2 (student voice)
<b>Year 11</b>	WELL MODEL		WELL MODEL	WELL MODEL	WELL MODEL	

# Curriculum Overview - PE



## KS3

Our curriculum provides our students with a structured, progressive and cohesive learning experience which embeds knowledge and understanding whilst promoting health, wellbeing and personal development. In KS3 Physical Education, PE is taught around the Head, Heart and Hand model. Students get to experience an array of sports throughout their journey in Key stage 3. The 'Hand' lessons are geared to stretch and challenge students playing ability. Fundamental skills are developed through competitive drills, these newly developed skills are then applied using small, sided games. Students also have lessons which are primarily focused on the 'Head' unit. Students are taught about the importance of outwitting opponents using a variety of tactical approaches such as formations and teamwork. The final strand to lessons looks at the 'Heart' unit which focuses on student knowledge of health and fitness. Head topics covered: Leadership, decision making, observation and analysis, knowledge of rules and tactics. Heart topics covered: Components of fitness, resilience, confidence and respect. Hand topics covered: Participation, safety, skills development and competitive situations.

## KS4

In KS4 core PE, pupils are provided with a range of physical activities to promote and manage their physical activity and health into adulthood. The aim of KS4 Core PE, is to create a link and establish an activity framework that ensures pupils are knowledgeable and equipped to participate in lifelong physical activity. Students have the opportunity to participate in a selection of alternative sports, through our 'alternative sport' unit of work, where students will take part in a variety of sports that they have not yet experienced playing in Key Stage 3. This will challenge our students to apply similar skills and tactics learnt from previous sports in Key Stage 3, and apply our 'Head' curriculum (see KS3 Head topics).

### Links from KS2

Students continue to apply and develop a broader range of physical skills, learning how to use them in different ways and to link them to make actions and sequences of movement. Students should develop an understanding of how to improve in different physical activities and sports. Students learn how to evaluate and recognise their own success through analysing performances.

### Experiences

Students are encouraged to take part in a plethora of extracurricular offerings across all sports to develop their authenticity and develop their sporting ability alongside their peers.

Students also have fixture opportunities where students compete in sporting competitions across the local community and beyond.

### Links to CHARACTER

Resilience- Learning to deal with success and failure.  
Resourcefulness – find quick and clever ways to overcome difficulties.  
Health- learn how to prepare and recover from physical activity.  
Relationships- learn to interact with others under stressful and pressured environments.