

OVERVIEW	<p>Our inclusive curriculum is driven by three themes: performance, leadership, and health. These skills form a framework which is designed to progressively improve students' knowledge, skills and understanding, whilst building character and leadership skills and ensuring students are physically active for sustained periods of time.</p>		
AUTUMN	<p>Football, Netball, Rugby, Badminton, X-Co, Leadership</p> <p>By the end of these activities, students will learn about the fundamental key skills, such as passing, dribbling, and shooting. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a match. Students will learn about key rules of each activity, such as starting and restarting a game, the scoring system, fouls and sanctions. They will also begin to develop their analytical skills by commenting on their own performance and the performances of others.</p> <p>Students will begin development leadership skills learning how to lead a safe and simple warm up.</p>	<p>Assessment</p> <ul style="list-style-type: none"> Performing the skills for each activity. Knowledge of the rules of the activity. Understanding of a healthy lifestyle. Ability to plan and lead for a small group. 	<p>Personal Development</p> <p>Concepts explored:</p> <ul style="list-style-type: none"> Competence Practice Skills Techniques Providing Feedback Acting on Feedback Confidence
SPRING	<p>Football, Badminton, fitness, Orienteering</p> <p>By the end of these activities, students will learn about the fundamental key skills, such as throwing and catching space and specific shots such as how to serve. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a match. Students will learn about key rules of each activity, such as starting and restarting a game, the scoring system, fouls and sanctions. They will also begin to develop orienteering skills by understanding various symbols, control points and navigating a map.</p> <p>Through fitness, students will acquire knowledge as to how to perform various methods of fitness training.</p>	<p>Assessment</p> <ul style="list-style-type: none"> Performing the skills for each activity. Knowledge of the rules of the activity. Understanding of a healthy lifestyle. Demonstrating appropriate levels of fitness. 	<p>Personal Development</p> <p>Concepts explored:</p> <ul style="list-style-type: none"> Comfort zones Dealing with failure Growth mindset PE, sports and physical activity Fitness Mental benefits Social benefits
SUMMER	<p>Rounders, Cricket, Tennis and Athletics</p> <p>Students will learn about the fundamental key skills within Athletic events and will acquire knowledge as to how to perform correct techniques as well as understanding where and why they are used within athletics. Students will begin to develop their analytical skills by commenting on their own performance and the performances of others.</p> <p>Students will learn about the fundamental key skills within striking and fielding activities, such as throwing/catching, batting and bowling. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a game.</p>	<p>Assessment</p> <ul style="list-style-type: none"> Performing the skills for each activity. Knowledge of the rules of the activity. Understanding of a healthy lifestyle Ability to plan and lead for a small group 	<p>Personal Development</p> <p>Concepts explored:</p> <ul style="list-style-type: none"> Emotions Intrinsic motivation Extrinsic motivation Setting goals Celebrate success. Determination Positive mindset
<p>Useful resources for supporting your child at home</p> <ul style="list-style-type: none"> Full PE kit suitable for indoor and outdoor, warm and cold weather lessons. https://www.nhs.uk/healthier-families 		<p>Co-Curricular</p> <p>Students are regularly encouraged to join the co-curricular sports clubs on offer. We offer a range of activities for both recreation and competition. These include Football, Netball, Badminton, Rugby, Trampolining, Basketball, Fitness, Rounders, Cricket, Athletics and Tennis.</p>	