



# Curriculum Intent: PE

*I can accept failure, everyone fails at something. But I can't accept not trying. I've failed over and over and over again in my life and that is why I succeed. Talent wins games, but teamwork and intelligence wins championships. – Michael Jordan*

## Curriculum Rationale

*To ensure pupils experience a wide variety of sports allowing them to initially develop the core skills needed to make progress in all sports covered. The core skills will be developed and advanced skills along with tactics and strategies will be introduced allowing pupils to have the confidence and ability to play a variety of sports.*

*Therefore, giving them the opportunity to continue playing sport in later life.*

*To make pupils aware of the importance of a healthy active lifestyle and the benefits of maintaining a good level of physical fitness allowing them to live a healthy, active and fulfilled life.*

*British values will be at the core of the curriculum and upheld through the delivery of sport and the ethos of sportsmanship, ensuring pupils leave school not only with the characteristics of a good sportsman or sportswomen but as a well-rounded citizen who can make a positive contribution to society.*

## Curriculum Progression & Strategies

In year 7 - Pupils will cover the core skills needed in a variety of sports. Basic tactics will be covered and game situation practices will allow pupils to use the core skills and make decisions on how to select and apply those skills. Some basic theory knowledge based on Risk assessment, Nutrition and effects of exercise on the body will be introduced through a practical basis and pupils will develop their Cardiovascular system through a variety of Fitness based lessons.

In year 8 – pupils will recap the core skills and will have the opportunity to develop them in more pressurised situations. Specific rules and regulations for the delivered sports will be introduced and a greater range of skills will be introduced, which build on the foundation of the core skills delivered in year 7. The theory topics will be recapped and also delivered to a deeper understanding. Pupils will continue to develop different components of fitness including speed and agility.

In year 9 – pupils will be given the opportunity to use skills and techniques previously covered in more game situations. More advanced skills will be introduced along with game tactics and strategies.

Game conditions will be slightly more pressurised developing pupil's decision making and giving them the opportunity to use some of the advanced skills covered.

Theory topics will continue to be delivered in lessons where possible in a practical sense.

The intensity of fitness lesson will also increase

Sports /activities are deliberately chosen to ensure retrieval of transferable skills, techniques and tactics.

Revisiting skills taught with in sports

Theory topics from the OCR sports science spec taught at KS4 are embedded on a termly rotation basis.

## Curriculum Enrichment

Extra-curricular clubs for a variety of sports.

School sports team fixtures. Leagues, Cups and Tournaments for each year group.

Several rewards trips to sporting events.