**Physical Education**

Curriculum Statement



**Intent**

At Rosewood we have a high quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physical demanding activities. We provide pupils opportunities to support their health and fitness. We provide a wide range of sports for all pupils in school and offer activities off site in competitive and non-competitive sports. Through these opportunities we aim to build on concentration, fairness, respect and self-esteem. The curriculum has been developed to make pupils physically active for sustained periods of time and help them to engage.

Pupils should gain confidence and will learn a range of new skills in different sports helping them with hand and eye co-ordination.

•To promote and develop attributes integral to any physical education lesson, building on their confidence, tolerance, determination, resilience, self-esteem, personal discipline and satisfaction and appreciation of others.

•To promote, whenever possible, external accreditation within the subject.

•To develop a healthy lifestyle.

•Promoting most able pupils.

•To help with developing and promoting the skills of swimming and personal safety in water.

**Implementation**

•Offering a differentiated curriculum to develop competence in a range of physical activities.

•Promoting and encouraging relevant social and self-help skills.

•Developing a pupil’s mental health and well-being

•Helping to raise pupil’s expectations of themselves.

•To help build on pupil’s existing skills and engaging them in competitive sports.

•Developing understanding, developing and maintaining a reasonable fitness level, with a positive attitude towards hygiene.

•Helping pupil’s to enjoy physical activity in many sports.

•Developing and applying skills, wherever possible to a good level.

•Develop and improving personal psycho-motor skills, fine and gross skills.

•Raising pupil’s expectations of themselves.

**Impact**

Our KS3 and KS4 core PE curriculum aims to improve the wellbeing and fitness of all pupils at Rosewood School, not only through the sporting skills taught, but also through the underpinning values and disciplines PE promotes. Within our lessons, students are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate students (attitude to learning) to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

**Year 7**

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| Autumn |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Fitness - Pupils will build on their health and fitness for baseline assessment using different fitness tests, bleep test, 12 minute cooper run, standing broad jump and agility. To develop more skills of communication, motor skills and confidence through the tactics and strategy.Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship)Outcome: Outcome: To know what components of fitness to use for a healthy lifestyle. | Badminton **-** Pupils will learn and perform basic badminton skills with accuracy and control. Students will identify different areas of the court and be able to move between these areas using a variety of techniques.Cross Curricular Links: Literacy (key words), Numeracy (scoring) Citizenship (sportsmanship & cooperation), Science (types of movement, bodily functions *i.e. heart rate,* trajectory of shuttle).Outcome: Play 1 v 1 – players set their own court space/boundaries to make opponents move on court, to create space to attack to win points. They will use a variety of strokes in order to outwit the opponent. | Swimming lessons. |
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| Spring |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Athletes - Pupil will be introduced to basic athletic skills and develop an accurate replication. Pupils will develop the skills of sprinting, sustained running, jumping and throwing. Pupils Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests) Outcome learn to use different equipment: Shot put and Javelin. | Rounders – pupils will learn to apply and use a range of techniques for batting, bowling and fielding during game play. Pupils will also use the skills developed through small games and conditional situations and then transfer those skills into a game situation. Cross Curricular links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)Outcome: Use skills learnt to play and work together as a team | Working with small groups and individuals that need a little more support to bring on their skills.Introduce new sports. |
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| Winter |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Football - Pupils will learn to use basic principles of play when selecting and applying tactics for defending and attacking. Pupils will develop the skills necessary to outwit opponents. Passing, shooting and control will be developed through small sided games and conditional situations.Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)Outcome: Play 1 v 1 to create space to attack and score goals, take these into a game. | Basketball - Pupils will learn to choose, combine and perform basic basketball skills consistently applying fluency, accuracy and fundamental technical elements of the game.Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Numeracy (counting beats in a bar), Science (muscle names, bodily functions *i.e. heart rate*)Outcome: Individual and team work. | Arrange with other schools to come and play a game of football. |
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**Year 8**

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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Fitness - Pupils will build on their health and fitness that they learnt in year 7. To develop more skills in the use of different equipment to enhance their fitness, and have more confidence in their ability.Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship)Outcome: To know how and what is the best equipment to use on different parts of the body. | Badminton **–** Year 8 will be building upon the knowledge gained in Year 7 to tailor the activity to the needs of the students and build on the badminton skills with more accuracy and control. Cross Curricular Links: Literacy (key words), Numeracy (scoring) Citizenship (sportsmanship & cooperation), Science (types of movement, bodily functions *i.e. heart rate,* trajectory of shuttle).Outcome: Play 1 v 1 – players set their own court space/boundaries to make opponents move on court, to create space to attack to win points.  | Swimming lessons. |
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| Spring |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Athletes - Pupil will be introduced to different disciplines within athletics. Pupils will be learnt how to do a sprint start, learn different throwing skills. Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests) Outcome learn to use different equipment: Shot put and Javelin. | Rounders – Pupils will apply the skills that they gained from year 7 to enhance their batting, bowling and fielding during a game play. Pupils will also develop tactical skills in order to outwit their opponents.Cross Curricular links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)Outcome: Use skills learnt to play and work together as a team. | Take pupils for a visit to an athlete’s stadium. Extra work with individual’s skills.Introduce new sports. |
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| Winter |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Football – Pupils will develop the skills necessary to outwit opponents. Passing, shooting and control will be developed through small sided games and conditional situations. They will apply tactics for defending and attacking. Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)Outcome: Play 2 v 2 and 3 v 3 games to enhance defending skills. | Basketball - Pupils will apply the skills learnt from year 7 using accuracy and fundamental technical elements of the game. Learning how to apply the skills in a game.Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Numeracy (counting beats in a bar), Science (muscle names, bodily functions *i.e. heart rate*)Outcome: Individual and team work. | Arrange with other schools to come and play a game of football.Develop more skills in baskeball. |
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**Year 9**

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| Autumn |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Fitness - Pupils will build on their health and fitness that they learnt in previous years. To develop knowledge of the muscles and the best exercise to enhance fitness, and have more confidence in their ability.Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship)Outcome: To know how and what is the best equipment to use on different parts of the body. | Badminton **–** Pupils will replicate strokes and shots with control and accuracy. Serves, overhead clears (forehand & backhand), drop shots & smashes will be developed through game play and conditional situations.Cross Curricular Links: Literacy (key words), Numeracy (scoring) Citizenship (sportsmanship & cooperation), Science (types of movement, bodily functions *i.e. heart rate,* trajectory of shuttle).Outcome: Play 1 v 1 – players set their own court space/boundaries to make opponents move on court, to create space to attack to win points.  | For fitness look at taking pupils to a park gym.Take pupils to a sports hall to play badminton. |
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| Spring |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Athletes - Pupils will develop the skills necessary to compete and achieve in a number of athletic events. To gain experience at Throwing events, aiming for distance and Running disciplines, the time taken to cover a set distance.Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests) Outcome learn to use different equipment: Shot put, Javelin and using a baton for relay racing. | Rounders – Pupils use skills learnt to demonstrate the range of shots/strokes they can use in batting. Pupils use knowledge on how to produce power and direction by better timing of a shot.Cross Curricular links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)Outcome: In small to practice catching and throwing skills. | Take pupils for a visit to a running track.Extra work with individual’s skills.Introduce new sports. |
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| Winter |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Football – Pupils will develop adaptation and refinement of skills that will contribute to producing an improved performance and outwit opposition more frequently.Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)Outcome: Play small sided games to enhance defending skills. | Basketball - Pupils will apply the skills to understand which pass is best to use in different situations. To know when to use a fast break and be able to perform a right and left handed lay up under increasing pressure.Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Numeracy (counting beats in a bar), Science (muscle names, bodily functions *i.e. heart rate*)Outcome: Passing drills to improve skills. | Arrange with other schools to come and play a game of football.Develop more skills in basketball. |
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**Year 10**

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| Autumn |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Fitness - Exercising safely and effectively **t**hrough a personal health related fitness programme.GCSE PE –Following Edexcel Programme of study with some offsite activities.Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship)Outcome: To know how and what is the best equipment to use on different parts of the body. | Core PE- Outwitting opponents through games – Badminton and Table Tennis GCSE PE –Following Edexcel Programme of study with some offsite activities. Cross Curricular Links: Literacy (key words), Numeracy (scoring) Citizenship (sportsmanship & cooperation), Science (types of movement, bodily functions *i.e. heart rate,* trajectory of shuttle).Outcome: Play singles and doubles– players set their own court space/boundaries to make opponents move on court, to create space to attack to win points.  | For fitness look at taking pupils to a park gym.Take pupils to a sports hall to play badminton. |
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| Spring |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Athletes - Pupils performing at maximum levels through Athletics. GCSE PE –Following Edexcel Programme of study with some offsite activities.Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests) Outcome learn to use different equipment: Shot put, Javelin and using a baton for relay racing. | Rounders – Outwitting opponents through games – Tennis; Cricket; and Rounders.GCSE PE –Following Edexcel Programme of study with some offsite activities. Cross Curricular links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)Outcome: To be able to play in a game situation.  | Take pupils for a visit to a running track.Extra work with individual’s skills.Introduce new sports. |
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| Winter |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Football – Pupils will use skills adaptation and refinement skills that will contribute to producing an improved performance.GCSE PE –Following Edexcel Programme of study with some offsite activities.Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)Outcome: Play small sided games to enhance defending skills. | Basketball – Pupils apply the skills to understand which pass is best to use in a game and perform a right and left handed layup.GCSE PE –Following Edexcel Programme of study with some offsite activities. Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Numeracy (counting beats in a bar), Science (muscle names, bodily functions *i.e. heart rate*)Outcome: Passing drills to improve skills. | Arrange with other schools to come and play a game of football.Develop skills in game. |
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**Year 11**

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| Autumn |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Fitness – Transfer skills used to plan a fitness programme. GCSE PE –Following Edexcel Programme of study with some offsite activities.Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship)Outcome core PE: To use knowledge used to set up own fitness programme.Outcome GCSE: To gain a GCSE qualification. | Core PE- Outwitting opponents through games – Badminton and Table Tennis GCSE PE –Following Edexcel Programme of study with some offsite activities. Cross Curricular Links: Literacy (key words), Numeracy (scoring) Citizenship (sportsmanship & cooperation), Science (types of movement, bodily functions *i.e. heart rate,* trajectory of shuttle).Outcome Core PE: Play singles and doubles– players set their own court.Outcome GCSE: To gain a GCSE qualification. | For fitness look at taking pupils to a park gym.Take pupils to a sports hall to play badminton. |
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| Spring |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Athletes - Pupils perform at maximum levels of throwing and running skills.GCSE PE –Following Edexcel Programme of study with some offsite activities.Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests) Outcome core PE: Use different equipment: Shot put and Javelin.Outcome GCSE: To gain a GCSE qualification | Games Tennis; Cricket; and Rounders.GCSE PE –Preparation for GCSE. Cross Curricular links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)Outcome: To be able to play in a game situation. To gain a GCSE qualification. | Take pupils for a visit to a running track.Extra work with individual’s skills.Introduce new sports. |
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| Summer |  |  |  |  |  |  |  |  |  |  |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Remainder of term |
| Football – Pupils will use skills in a games.GCSE PE –Following Edexcel Programme of study with some offsite activities.Cross Curricular Links: Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)Outcome: Play small sided games to enhance defending skills.Outcome GCSE: To gain a GCSE qualification | Basketball – Pupils to show skills in a game.GCSE PE –Following Edexcel Programme of study with some offsite activities. Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation ), Numeracy (counting beats in a bar), Science (muscle names, bodily functions *i.e. heart rate*)Outcome: Passing drills to improve skills.To gain a GCSE qualification. | Arrange with other schools to come and play a game of football.Develop skills in game. |
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