



Curriculum Intent – (Core PE)

The purpose of our curriculum	<p>The purpose of our curriculum is to give the students a variety of sports and activities to experience. Throughout the journey at Pakefield High students will develop social & personal skills, advanced Skills and Strategical ways to outwit opponents. Once the students enter KS4 the students will develop an understanding as to why a physically active and healthy lifestyle is so important, and the mental benefits too. The curriculum is also an opportunity to gain knowledge and skills and take those things we have been taught and to develop them further at extra-curricular opportunities. Students will also gain an insight into the different roles which are involved in Sport and opportunities to identify and develop leadership abilities. The curriculum also assists students to learn and develop new skills and take those into a competitive environment where we can compete against other local schools.</p> <p>To prepare students for life after school and develop positive experiences to grow a passion to keep healthy and active.</p>
How does the curriculum demonstrate progress?	<p>Students will experience a range of sports roughly 10-12 per year.</p> <p>Our new assessment strategy which we have implemented has a more concept driven purpose, which transfers skills across the school but also outside of school too. Students will still have the opportunities to develop skills within lesson and extra-curricular. This approach will allow a lot more students to succeed within PE and show development.</p> <p>Year 7: Personal Development, developing confidence, evolving organization skills and rewarding those students who display maximum effort regardless of the task.</p> <p>Year 8: Social Development, working within a team, how to communicate efficiently and showing a positive attitude to overcome barriers</p> <p>Year 9: Leadership, how to overcome problems, to enhance decision making skills and develop resilience – GCSE/Sport Studies content would begin to be introduced.</p> <p>Year 10: Well-being & Importance of Healthy Lifestyle, the importance of staying active and leading a healthy lifestyle</p> <p>Year 11: Well-being & Managing Pressure, reducing exam stress, keeping active, benefits of an healthy and active lifestyle</p> <p>With the new assessment strategy each year group has a clear purpose which will be easier to identify and track progress over time.</p> <p>This clearly breaks down the focus for each year group and identifies the clear things we want our students to achieve. Throughout their journey students will develop in each criteria which will put them in an ideal position to choose whether to continue Sport in KS4. In KS4 leadership traits will be developed and opportunities to showcase these skills and assist with sports events, as well as developing an understanding the importance of an active and healthy lifestyle, and continued participation.</p>



	Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What will be taught?	7	Net & Invasion Games	Net & Invasion Games	Invasion Games, Health, Fitness & Wellbeing,	Team building, Health, Fitness & Wellbeing Health	Striking & Fielding, Net & Target Games	Athletics, OAA, Invasion Games
	8	Net & Invasion Games	Net & Invasion Games	Invasion Games, Health, Fitness & Wellbeing,	Team building, Health, Fitness & Wellbeing Health	Striking & Fielding, Net & Target Games	Athletics, OAA, Invasion Games
	9	Net, Target & Invasion Games	Net, Target & Invasion Games	Invasion Games, Health, Fitness & Wellbeing,	Team building, Health, Fitness & Wellbeing Health	Striking & Fielding, Net & Target Games	Athletics, OAA, Invasion Games
	10	Net, Target & Invasion Games	Net, Target & Invasion Games	Invasion Games, Health, Fitness & Wellbeing,	Leadership, Health, Fitness & Wellbeing, Invasion Games	Leadership, Striking & Fielding, Net Games, Health, Fitness & Wellbeing, Invasion Games	Athletics, Invasion & Net Games OAA, Training Methods
	11	Net, Target & Invasion Games	Net, Target & Invasion Games	Invasion Games, Health, Fitness & Wellbeing,	Health, Fitness & Wellbeing	Health, Fitness & Wellbeing	Health, Fitness & Wellbeing
What key concepts /core skills / themes are covered each half term?	7	We want to give the Year 7's an experience within a range of sports, especially those which they may not have had the opportunity to participate in before. The main focus for Year 7's would be to develop those personal skills, as well as learning the fundamental skills within a specific sport and to generate a love of the subject. Year 7 will also have an opportunity to develop the skills learnt within the lesson further at extra-curricular clubs and sporting fixtures. It's important as PE team we make the experience down in PE as enjoyable and engaging as possible from the beginning of their academic journey. Confidence, Organisation and Effort will be the main concepts which will be focusing on in Year 7's. Rules and application will be important and well as basic skills to be successful but the main emphasis would be on the 3 concepts.					
	8	The main focus this academic year is to build on those personal and fundamental skills to be successful, and begin to look at the more advanced skills to be successful within a range of sports. This year students will also experience new sports, and an opportunity to test those skills at extra-curricular clubs and sporting fixtures. The emphasis would be development of social skills such as Teamwork, Communication and Attitude. These concepts will be important not just in PE but across school and beyond. The concepts will build a foundation to develop further as they enter the next academic year.					
	9	Building on from previous learning around social & personal concepts and skill & knowledge development, we now focus on strategical thinking. How to outwit your opponents using a range of strategies and tactics. To develop a greater understanding for specific sports and undertake more leadership opportunities within the lesson. Concepts such as problem solving, decision making and developing resilience will be the main focus this year. These concepts again are transferable across the wider school and beyond. During this year, content from the option choices (GCSE PE & Sport Studies) will be					



evident. The PE team will begin to develop basic examination content into these lessons to ensure the students make the correct choice when deciding their options.

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The students have opportunities within lessons to refine and develop previous skills specific to a sport. The students will develop an understanding to the importance of a healthy and active lifestyle, and the importance of PE & Sport. The students will develop their leadership skills further and begin to understand the various roles involved in sport. It is important to teach our students the importance of a healthy and active lifestyle to pursue a healthy & active lifestyle beyond school. The students will build on the concepts and skills learnt throughout their learning journey.

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The students will have a full understanding to the importance of a healthy and active lifestyle. The students will experience competitive sports as well as leisurely activities such as Yoga and Gym classes, and inclusive events to show that sport is for everyone. At this stage of their learning journey, students will be dealing with exam pressure and managing stress. PE & Sport will be used as a tool to manage these issues through a variety of strategies. The underlying concept will be to understand how being active can increase physical and mental well-being.