

Curriculum Vision – *Physical Education*

What is the purpose of the curriculum?

Physical Education is a process that develops students' physical competence, knowledge, and understanding of movement, and promotes their health and well-being. It goes beyond just playing sports; it's about learning lifelong skills for active living.

I believe it has four main purposes;

- Physical development
- Cognitive development (rules, tactics, techniques, decision making, problem solving)
- Social and emotional development (teamwork, communication, leadership, resilience, confidence)
- Lifelong physical activity (life skills to carry this out in the future)

Curriculum Vision – *Physical Education*

Why is *Physical Education* an important subject?

Physical Education (PE) is an important subject because it helps students develop **physical, mental, and social well-being**.

- **Improves Physical Health** – Regular exercise strengthens muscles and bones, improves fitness, and helps prevent obesity and other health problems.
- **Promotes Healthy Habits** – Students learn the importance of staying active, exercising regularly, and making healthy lifestyle choices.
- **Enhances Mental Health** – Physical activity reduces stress, anxiety, and depression while improving mood, confidence, and self-esteem.
- **Develops Social Skills** – Team sports and group activities teach cooperation, communication, leadership, respect, and teamwork.
- **Builds Discipline and Responsibility** – PE encourages students to follow rules, set goals, and develop perseverance and self-control.

Physical Education is important because it supports overall development by improving health, building character, enhancing social skills, and encouraging lifelong fitness habits.



Types of Knowledge – *Physical Education*

1. Declarative Knowledge (Knowing What)

This is factual information.

Rules of games and sports

Names of muscles and bones

Benefits of exercise

Health and fitness principles

Example: Knowing that regular exercise improves cardiovascular health.

2. Procedural Knowledge (Knowing How)

This refers to skills and techniques used in physical activities.

How to perform a basketball layup

How to swim a freestyle stroke

How to execute a warm-up routine

Example: Demonstrating the correct technique for shooting in basketball.



Types of Knowledge – *Physical Education*

3. Tactical Knowledge (Knowing When and Why)

This involves decision-making and strategy during physical activities.

Choosing the best pass in football

Positioning in basketball defense

Planning strategies during competition

Example: Deciding when to attack or defend during a game.

4. Metacognitive Knowledge (Knowing About Your Own Learning)

This is the ability to reflect on and improve performance.

Evaluating strengths and weaknesses

Setting fitness goals

Monitoring personal progress

Example: Identifying areas for improvement after a sports performance.



Curriculum Themes Overview – *Physical Education*

Key stage 3 Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.

Pupils should be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.



Curriculum Themes Overview – *Physical Education*

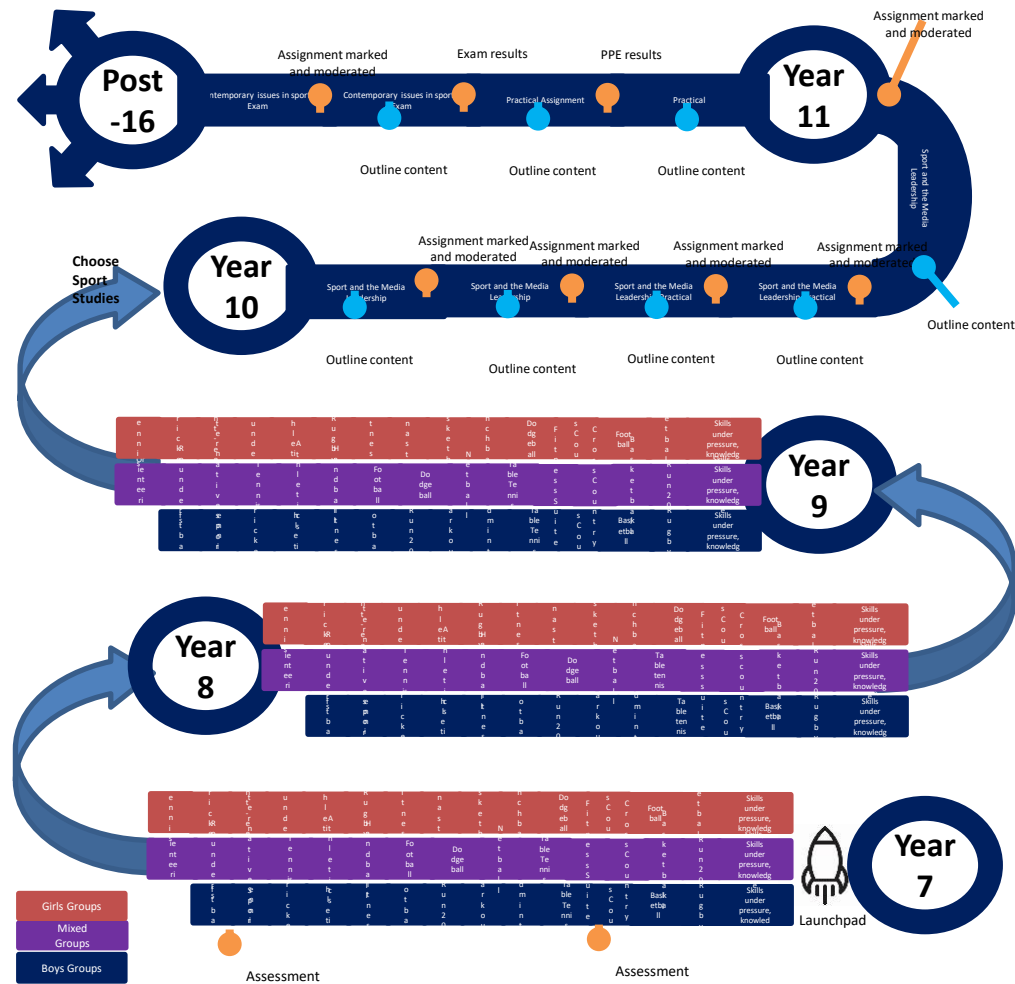
Key stage 4 Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Pupils should be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.



The Physical Education Curriculum



Curriculum Themes Map – Physical Education

Theme/Big Idea/...	Description	Year 7	Year 8	Year 9	Year 10	Year 11
<i>Theme 1</i>	Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.	Throughout all team games	Throughout all team games	Throughout all team games	Throughout all team games	Throughout all team games
<i>Theme 1</i>	Develop their technique and improve their performance in other competitive sports or other physical activities.	Through athletics, gymnastics and parkour	Through athletics, gymnastics and parkour	Through athletics, gymnastics and parkour	Through athletics	
<i>Theme 1</i>	Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.	OAA lessons – Orienteering Throughout all parts of the curriculum	OAA lessons – Orienteering Throughout all parts of the curriculum	OAA lessons - Orienteering Throughout all parts of the curriculum	Throughout all parts of the curriculum	Throughout all parts of the curriculum
<i>Theme 1</i>	Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.	Throughout all parts of the curriculum.	Throughout all parts of the curriculum.	Throughout all parts of the curriculum.	Throughout all parts of the curriculum.	Throughout all parts of the curriculum.
<i>Theme 1</i>	Continue to take part regularly in competitive sports and activities outside school through community links or other opportunities.	Extra curricular timetable available. Please see next slide for timetable for the academic year.	Extra curricular timetable available. Please see next slide for timetable for the academic year.	Extra curricular timetable available. Please see next slide for timetable for the academic year.	Extra curricular timetable available. Please see next slide for timetable for the academic year.	Opportunities to compete at 5 points during the year at House Sport if they opt to do so. Extra curricular timetable available. Year 11

Extra Curricular Timetable – Physical Education

	MONDAY TUTOR	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY TUTOR
TERM 1 NETBALL FIXTURES	SEND CLUB (SWO)	- BASKETBALL KS3 (LPA) - FITNESS (TCO)	- NETBALL (JMA) - BADMINTON (SWO)	- FOOTBALL (SWO) - BASKETBALL KS4 (TCO)	SEND CLUB (SWO)
TERM 2 YR 11 BIE 2nd – 16th BASKETBALL FIXTURES	SEND CLUB (SWO)	- FITNESS (JMA) - DODGEBALL (LPA)	- BASKETBALL (LPA) - TABLE TENNIS (SWO)	- GYMNASTICS (JMA) - FOOTBALL (TCO)	SEND CLUB (SWO)
TERM 3 YR 10 BIE's 11th – 22nd FOOTBALL FIXTURES	SEND CLUB (SWO)	- HANDBALL (LPA) - GYMASTICS (JMA)	- RUNNING CLUB (SWO) - NETBALL (JMA)	- FOOTBALL (TCO) - BASKETBALL (LPA)	SEND CLUB (SWO)
TERM 4 No SP.HALL 22nd Feb – 09th March FOOTBALL FIXTURES	SEND CLUB (SWO)	- DODGEBALL (LPA) - FITNESS (JMA)	- TRAMPOLINING (SWO) - FOOTBALL (LPA)	- VOLLEYBALL (JMA) - FOOTBALL (TCO)	SEND CLUB (SWO)
TERM 5 ROUNDERS FIXTURES	SEND CLUB (SWO)	- ROUNDERS (JMA/LPA) - ULTIMATE FRISBEE (SWO)	- FITNESS (TCO)	- FOOTBALL (SWO) - SOFTBALL (TCO)	SEND CLUB (SWO)
TERM 6 ROUNDERS FIXTURES	SEND CLUB (SWO)	ROUNDERS (LPA/JMA)	TENNIS (TCO) CRICKET (SWO)	TRAMPOLINING (SWO) FOOTBALL (TCO)	SEND CLUB (SWO)



Careers opportunities – *Physical Education*

Year	Specific opportunities for teaching about careers linked to Physical Education
7	Sports Coach, Fitness Instructor, Lifeguard, Recreation Assistant, Physical Education Teacher
8	Personal Trainer, Community Sports Officer, Nutrition Assistant, Outdoor Recreation Guide, Sports Development Officer
9	Athletic Trainer, Strength and Conditioning Coach, Sports Official/Referee, Exercise Instructor, Sports Event Coordinator
10	Exercise Physiologist, Sports Scientist, Sports Analyst, Health Promotion Officer, Physiotherapy Assistant
11	Physiotherapist, Sports Psychologist, Exercise Physiologist, Sports Dietitian, Physical Education Teacher, Sports Manager, Occupational Therapist, Sports Journalist

