



CORE PE

Physical Education Core Curriculum

Why is the study of Physical Education important?

Physical Education should inspire all students to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for our students to become more physically competent in ways which support their health, fitness and wellbeing. Our curriculum offers all students the chance to compete in sport and other activities which build character and help to embed values such as fairness and respect.

Students should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Across the study students will be taught to:

- Explore and develop a variety of tactics and strategies to overcome opponents in team and individual games
- Develop technique and improve performance in competitive sports and physical activities
- 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 and evaluate their own and others' performances and demonstrate improvements.
- Take part in competitive sports and activities outside school through community links or sports clubs.

How does your study of Physical Education support your study in other subjects?

The study of any subject in our curriculum takes full advantage of links with other subject areas - we term these as interdisciplinary links and we make the most of them because we know that deep learning requires the transference of knowledge and skills from one topic of learning to another. Once you can transfer your learning across topics and subject areas then you are really mastering what you know and how to apply your understanding and skills.

Physical Education touches on so many other subjects such as mathematics, literacy, biology, music, geography and life. You will learn methods of analysis and evaluation that are widely applicable to other subject areas helping your thinking in all subjects. You will develop an array of skills consisting of how to outwit an opponent, how to work as a team and problem solve whilst instilling a resilience and self-confidence to persevere. Through developing these skills and qualities you will be equipped with the knowledge and understanding to overcome adversity and succeed.

Research suggests that being physically active generates a whole host of benefits including;

- Increased physical health will reduce the risk of diabetes, asthma, sleep disorders and other illnesses
- Increases academic performance through increased concentration levels and more directed, composed behaviour
- Enhances social assimilation. Activities in PE help students develop social interactions and explore the benefits of working with a variety of different students in an array of different situations.
- Improves mental health and wellbeing
- Developing self-discipline as well as stretching students beyond their perceived physical capabilities.

How can you deepen your understanding of Physical Education?

The Physical Education department offers lots of great opportunities for you to really engage with this fabulous subject. Throughout all year groups a variety of enrichment activities are offered to further enhance sporting opportunities at all levels. You have the opportunity to take part in sport and physical activity after school either for recreation, health and fitness or represent the school competitively.

You can compete in intra-school and inter-school fixtures, area and county events, sports days and Outwood Family of Schools' competitions.

How are you assessed during Key stage 3 in Physical Education?

During key stage 3 you are assessed using the following assessment objectives which ensure that you can cumulatively build your subject understanding in preparation for future qualifications. We assess how students at their current stage of study are on track to reach their end of stage targets which are formulated

on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Physical education curriculum.

Key Assessment Objectives

- **Head (thinking)** - Develop the 5 themes of Knowledge, Decision Making, Analyse & Evaluate, Leadership & problem solving and creativity
- **Heart (character)** - Develop the 5 themes of communication, team work, commitment, resilience & self regulation,
- **Hands (physical)** - Develop the 5 themes of skill development, fitness levels, skill application, performance & tactics and strategy.

How are you assessed during Key stage 4 in Physical Education?

For those of you who opt to study a sports qualification at key stage 4, you will be assessed according to the qualification specification and unit content. Students will be assessed based on a range of criteria; classwork contribution, coursework/assignments, practical performance and theoretical exams. Students will also receive an effort level at each of these points.

Qualifications available at Outwood Academy Acklam are:

OCR Level 1/2 Cambridge National Certificate in Sports Studies at KS4

**** Whether you have continued your study of Physical Education as a qualification or not, you will still have access to core PE lessons weekly, up to the end of key stage 4.***

How can Physical Education support your future?

Of course we offer the study of Sports/Physical Education qualifications at Key stage 3 and 4 and we encourage your continued study in this fantastic subject. Yet we know that choice and personal interest are important aspects of worthy study.

There are a variety of courses at a range of universities where you can continue your study in this area. For example, some popular courses include; Sports Science, Physical Education and Sports Development and Coaching, as a single honours or a joint honours subject studied alongside other disciplines.

Some careers that the study of Physical Education or Sport supports include:

- Teaching
- Sports scientist
- Physiotherapist
- Sports coach
- Sports development officer
- Fitness instructor and personal trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Sports masseuse

CORE PHYSICAL EDUCATION CURRICULUM PATHWAY AT OUTWOOD ACADEMY ACKLAM

*All students will participate in weekly core PE lessons in years 7, 8, 9, 10 and 11 and be provided with an effort grade during the 6 assessment windows. Those students opting for an exam subject within Physical Education will follow the specification of their qualification, at our academy we **offer the OCR Level 1/2 Cambridge National Certificate in Sports Studies at Yr 10**, the course is studied for 2 years. Details of this course overview can be found on our website, below is the overview for our core PE provision.*

Assessment Framework	Year 7	Year 8	Year 9	Year 10	Year 11
	As a minimum expectation student's will:	As a minimum expectation student's will:	As a minimum expectation student's will:	As a minimum expectation student's will:	As a minimum expectation student's will:

<p>Head (Thinking)</p>	<p>Acquire new knowledge well during the session.</p> <p>Make some decisions regarding tactics and strategies.</p> <p>Begin to analyse and evaluate my own performance.</p> <p>Developing communication skills to help with leadership tasks.</p> <p>Beginning to develop basic solutions to overcome challenges.</p>	<p>Acquire some new knowledge well and retain some of it.</p> <p>Make some decisions in different situations regarding tactics and strategies.</p> <p>Can analyse and evaluate my own performance.</p> <p>Develop confidence in communication skills to help with leadership tasks.</p> <p>Offer basic solutions to overcome some challenges.</p>	<p>Acquire new knowledge well and retain some of it.</p> <p>Make decisions regarding tactics and strategies.</p> <p>Make well thought out judgements on my own and others' performances.</p> <p>Demonstrate confidence in most situations and can lead small groups within set activities.</p> <p>Offer basic solutions to overcome different basic challenges.</p>	<p>Acquire new knowledge well and retain the majority of it.</p> <p>Make well thought out decisions regarding tactics and strategies.</p> <p>Suggest methods to improve my own and others' performances.</p> <p>Become a motivated leader.</p> <p>Suggest good solutions to overcome challenges.</p>	<p>Acquire new knowledge exceptionally well and retain all of it.</p> <p>Make complex decisions regarding tactics and strategies.</p> <p>Critically analyse my own and others performance.</p> <p>Become an inspirational leader.</p> <p>Develop innovative solutions to overcome challenges.</p>
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<p>Heart (character)</p>	<p>Develop effective communication with others</p> <p>Know skills and qualities needed to work in a team.</p> <p>Know the qualities needed to be committed to sport and physical activity.</p> <p>Know how to show effort and resilience during activities.</p> <p>Awareness of self regulation and can sometimes demonstrate this.</p>	<p>Demonstrate effective communication in cooperative and competitive activities.</p> <p>Developing qualities to work effectively as part of a team.</p> <p>Developing interest and commitment to some sports and activities.</p> <p>Can show resilience to overcome some challenges.</p> <p>Develop self regulation skills through respect of equipment and others.</p>	<p>Communicate with others and with support can lead and organise others.</p> <p>Demonstrate the qualities required for effective team work.</p> <p>Have an interest and commitment to a range of competitive and cooperative physical activities.</p> <p>Can show resilience to regularly overcome challenges in physical activities in order to improve.</p> <p>Demonstrate self-regulation through empathy and respect.</p>	<p>Communicate well with others motivating and promoting a good sporting attitude.</p> <p>Apply qualities required to influence successful team work skills in others.</p> <p>Have enthusiasm for and commitment to a range of activities</p> <p>Demonstrate strong resilience to overcome challenges.</p> <p>Apply advanced self regulation within leadership scenarios through respect.</p>	<p>Confidently lead others and communicate effectively.</p> <p>Can motivate and instil excellent sporting values.</p> <p>Have a passion for and commitment to a range of activities</p> <p>Demonstrate high resilience when challenged and can inspire others to succeed.</p> <p>Evaluate when self regulation is required and influence others.</p>
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<p>Hands (physical)</p>	<p>Develop fundamental movement skills but lack confidence.</p> <p>Demonstrate basic skills in passive practices.</p> <p>Demonstrate with some accuracy basic tactics and strategies in passive practices.</p> <p>Perform basic skills and techniques in conditioned practices.</p> <p>Actively involved in physical activities</p>	<p>Develop a range of fundamental movement skills and confidence is developing.</p> <p>Demonstrate basic skills in passive practices with accuracy and control.</p> <p>Demonstrate with some accuracy basic tactics and strategies in conditioned practices.</p> <p>Perform basic skills and techniques in varied practices.</p> <p>Actively involved in physical activities and my fitness is improving.</p>	<p>Acquire skills quite well.</p> <p>Demonstrate basic skills in a range of activities accurately under pressure.</p> <p>Demonstrate accurate tactics and strategies in varied practices.</p> <p>Perform accurately a range of skills and techniques in varied practices.</p> <p>Actively involved in physical activities and my fitness is not a barrier.</p>	<p>Acquire skills very well.</p> <p>Demonstrate some complex skills in a range of activities accurately under pressure.</p> <p>Demonstrate accurate tactics and strategies in conditioned and varied practices.</p> <p>Perform accurately a range of skills and techniques in conditioned and varied practices.</p> <p>Actively involved in physical activities and my fitness is a strength.</p>	<p>Acquire skills exceptionally well.</p> <p>Demonstrate complex and advanced skills in a range of activities accurately under pressure.</p> <p>Demonstrate accurate tactics and strategies in competitive situations.</p> <p>Perform accurately a range of advanced skills and techniques in competitive situations.</p> <p>Actively involved in physical activities and my fitness is excellent.</p>
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Rotation	Year 7	Year 8	Year 9	Year 10	Year 11
<p>In years 7 & 8 students have 3 hours of Physical Education per week. They will cover 11 concepts on a rotation basis across the academic year.</p> <p>In Year 9 students have 2 hours of Physical Education per week. They will follow a rotation and cover the 7 concepts across the academic year.</p> <p>In KS3 each concept is covered for approximately 10 lessons.</p> <p>In Years 10 & 11 students have 1 hour of Physical Education per week.</p> <p>Year 10 will follow a rotation and cover the 7 concepts across the academic year.</p>	<p>Focus: DEFENDING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Football ● Handball 	<p>Focus: DEFENDING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Football ● Handball 	<p>Focus: DEFENDING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Football ● Handball ● Basketball 	<p>Focus: REGULAR PARTICIPANT</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Football ● Handball ● Netball ● Rugby 	<p>Focus: SPORTING VALUES</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Football ● Handball ● Netball ● Badminton ● Rugby
	<p>Focus: ATTACKING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Netball ● Handball 	<p>Focus: ATTACKING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Netball ● Handball 	<p>Focus: ATTACKING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Netball ● Handball ● Basketball 	<p>Focus: APPLYING TACTICS IN DEMANDING MATCH CONTEXTS</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Football ● Handball ● Rugby 	<p>Focus: LEADERSHIP & MOTIVATION</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Football ● Rugby ● Benchball ● Basketball ● Handball
	<p>Focus: SKILL DEVELOPMENT</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Rugby/Tag Rugby ● Netball 	<p>Focus: SKILL DEVELOPMENT</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Rugby/Tag Rugby ● Netball 	<p>Focus: SKILL DEVELOPMENT</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Rugby/Tag Rugby ● Netball ● Handball 	<p>Focus: APPLYING CONSISTENT SKILLS IN FULL SIDED GAMES</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Netball ● Handball ● Basketball ● Football 	<p>Focus: MAKING ACTIVITIES FUN</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Football ● Table Tennis ● Volleyball ● Rugby ● Just dance

<p>Year 11 will follow a rotation and cover the 6 concepts across the academic year.</p> <p>Each concept is covered for 5 weeks in a sport indicated in the list.</p>	<p>Focus: NET GAMES</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Badminton ● Table Tennis 	<p>Focus: NET GAMES</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Badminton ● Table Tennis 	<p>Focus: NET GAMES</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Badminton ● Table Tennis 	<p>Focus: COMPETITION</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Badminton ● Table Tennis 	<p>Focus: ADAPTING ACTIVITIES</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Football ● Handball ● Boxercise/Fitness ● Table Tennis ● Dodgeball
	<p>Focus: FUNDAMENTALS</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Indoor Athletics ● Multi sports 	<p>Focus: DECISION MAKING</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Indoor Athletics ● Introduction to Orienteering 	<p>Focus: PROBLEM SOLVING</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Circuit training ● HIIT ● Outdoor Fitness ● Boxercise ● YOGA ● Orienteering 	<p>Focus: CHALLENGING PHYSICAL BOUNDARIES</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Circuit training ● HIIT ● Boxercise ● YOGA ● Orienteering 	<p>Focus: COMPETITION</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Football ● Handball ● Netball ● Badminton
	<p>Focus: SAFETY</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Beach & water safety ● Road safety ● Hill & mountain safety ● Dangers of the sun 	<p>Focus: FIRST AID</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Bleeding ● Allergies ● Asthma ● Recovery Position ● CPR ● Scenarios - how to treat a casualty 	<p>Focus: PERSONAL BEST</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Athletics 	<p>Focus: DECISION MAKING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Athletics 	<p>Focus: LIFELONG PARTICIPATION</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Rounders ● Cricket ● Softball ● Walking Fitness ● Foot Golf

	<p>Focus: FITNESS</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Boxercise ● Circuits ● Sprints ● Fitness Testing ● Short term effects of exercise 	<p>Focus: FITNESS</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Fartlek training ● Continuous training ● Hollow Sprints ● Circuit ● HITT ● Long term effects of exercise 	<p>Focus: STRIKING & FIELDING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Rounders ● Cricket ● Softball 	<p>Focus: PROBLEM SOLVING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Rounders ● Cricket ● Softball 	
	<p>Focus: TEAMWORK</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Communication skills ● Problem solving activities ● Map reading skills 	<p>Focus: ACCESSIBLE SPORTS</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Boccia ● Sitting Volleyball ● Sitting Badminton ● Goalball ● Adapted games 			
	<p>Focus: MOVEMENT THROUGH DANCE</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Formations ● Levels ● Dance actions 	<p>Focus: LEADERSHIP</p> <p>Activities Covered:</p> <ul style="list-style-type: none"> ● Warm up & Cool Down ● Structure of a lesson 			

	<ul style="list-style-type: none"> ● Pair Work ● Group work 	<ul style="list-style-type: none"> ● Progression of skills ● Teaching Points ● Officiating 			
	<p>Focus: PERSONAL BEST</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Athletics 	<p>Focus: PERSONAL BEST</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Athletics 			
	<p>Focus: STRIKING & FIELDING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Rounders ● Cricket 	<p>Focus: STRIKING & FIELDING</p> <p>Sports Covered:</p> <ul style="list-style-type: none"> ● Rounders ● Cricket 			