



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. Outwood Alternative Provision Eston curriculum aims to rebuild students' confidence by offering a wide range of sporting activities and games. Students have the opportunity 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?


Outwood Alternative Provision Eston offers a range of opportunities for you to really engage with this fabulous subject. Throughout all year groups a variety of sporting and fitness interventions and 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 against other local Alternative Provisions.

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. There are 6 assessment points each year that we term Praising Stars©. We assess how students at their current stage of study are on track to reach their end of stage

targets which are formulated (in line with our mainstream academies) 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.

KS3 PE Assessment Model

	Emerging Y9	Developing Y9 Emerging Y10	Achieving Y9 Developing Y10	Exceeding Y9 Achieving Y10	Excelling Y9 Exceeding Y10	Excelling Y10
<p>Head (Thinking)</p> 	<p>I can identify some reasons for needing to complete a warm up.</p> <p>I can identify a benefit to taking part in physical activity.</p> <p>I am beginning to understand why we have rules in sport.</p>	<p>I can join in a teacher-led warm up.</p> <p>I can engage in a discussion and ask questions regarding the major muscles in the body.</p> <p>I can engage in a discussion and ask questions regarding techniques, helping me to analyse my own performance and ensure safety.</p>	<p>I can join in a student-led warm up.</p> <p>I can engage in a discussion and ask questions regarding the major muscles in the body and begin to recall key muscles.</p> <p>I can engage in a discussion and ask questions regarding techniques, helping me to analyse and improve my performance.</p>	<p>I can lead an effective self-led warm up.</p> <p>I can identify most major muscles in the body.</p> <p>I can describe some skills and rules in some sports.</p> <p>I understand and can identify techniques that can help me improve my own performance.</p>	<p>I can take responsibility for leading an effective small group warm up.</p> <p>I can identify all major muscles in the body.</p> <p>I understand and can apply techniques that can help me improve my own performance (with support).</p>	<p>I can take responsibility for leading an effective whole class warm up.</p> <p>I can attempt to describe how the body adapts and benefits from exercise.</p> <p>I can attempt to identify problems with technique and give points to improve.</p>

Heart
(Character)



I can recall the qualities that make a good leader.

I rarely accept challenges or show resilience, commitment and hard work.

I rarely respect equipment and others.

I can demonstrate communication skills within discussions and activities.

I sometimes accept challenges or show resilience, commitment and hard work.

I sometimes respect equipment and others.

I can demonstrate leadership of a small group of peers with support.

I sometimes accept challenges or show resilience, commitment and hard work.

I sometimes respect equipment and others.

I can demonstrate leadership of a small group with confidence (No support).

I regularly accept challenges or show resilience, commitment and hard work.

I regularly respect equipment and others.

My positive behaviour regularly encourages others.

I can demonstrate leadership of a large group with support.

I always accept challenges or show resilience, commitment and hard work.

I always respect equipment and others.

My positive behaviour always encourages others.

I can demonstrate leadership of a large group with confidence (No support).

I always accept challenges or show resilience, commitment and hard work.

I always respect equipment and others.

My positive behaviour consistently encourages others.

I hold high expectations of my peers when in PE.

I respect my peers and my peers respect me. I am able to display empathy and patience.

Hands
(Physical)

I can demonstrate with little success and

I can demonstrate with some success and

I can demonstrate with some success and

I can demonstrate with frequent success and

I can demonstrate with frequent success and

I can demonstrate with clear and



accuracy, skills, techniques and tactics across a variety of sports and activities. I can complete a 2 minute run.	accuracy, skills, techniques and tactics across a variety of sports and activities. I can complete a 3 minute run.	accuracy, skills, techniques and tactics across a variety of sports and activities. I can complete a 5 minute run.	accuracy, skills, techniques and tactics across a variety of sports and activities. I can complete a 8 minute run.	accuracy, skills, techniques and tactics across a variety of sports and activities. I can complete a 12 minute run.	accuracy, skills, techniques and tactics across a variety of sports and activities. I can complete a 15 minute run.
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How are you assessed during Key stage 4 in Physical Education?

All students at Outwood Alternative Provision Eston study a sports qualification at key stage 4. You will be assessed according to the qualification specification and unit content. As in key stage 3, there are 6 assessment points (Praising Stars©) where you will be assessed based on a range of criteria; classwork contribution, coursework/assignments, practical performance and theoretical exams. You will also receive an effort level at each of these points.

Qualifications available at Outwood Alternative Provision Eston from September 2020 onwards are:

OCR Level 1/2 Cambridge National Certificate in Sports Studies

**** In addition to your study of Physical Education as a qualification, you will also 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 4 and we support your continued study in this fantastic subject. 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

Y10 / PE 1	Competitive Sport / Fitness & Health	Football	Table Tennis	Rugby	Dodgeball	Cricket/Rounders	Athletics
Y10 / PE 2		Rugby	Table Tennis	Football	Dodgeball	Athletics	Cricket/Rounders
Y10 / PE 3		Football	Table Tennis	Rugby	Dodgeball	Cricket/Rounders	Athletics

Class	Activity & Teaching Model						
	PS1	PS2	PS3	PS4	PS5	PS6	
Year 11	KS4 Pathway	Cooperative Learning	Sport Education	Sport Education	Cooperative Learning	Sport Education	Sport Education
		1	2	3	4	5	6
Y11 / PE 1	Competitive Sport / Fitness & Health	Net & Wall	Health & Fitness	Invasion Games	Net & Wall	Striking and Fielding	Athletics
Y11 / PE 2		Net & Wall	Invasion Games	Health & Fitness	Net & Wall	Athletics	Striking and Fielding
Y11 / PE 3		Net & Wall	Health & Fitness	Invasion Games	Net & Wall	Striking and Fielding	Athletics