



CORE PE

Why is the study of Physical Education important?

Intent

To empower lifelong participation in physical activity. To develop physical literacy, knowledge, understanding and confidence to lead a healthy active lifestyle. To enable students to develop core values, character and life skills to equip them for employment in their personal lives. Physical Education is much more than just playing sport, it is a vehicle for developing the three main domains of PE.

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. 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 on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments using the head, heart and hands PE Assessment Model seen below. Students are given a holistic attainment grade ranging from emerging through to excelling whereby achieving is working at age related expectations.

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 NEWBOLD

*All students will participate in weekly core PE lessons in Years 7, 8 (2 hours) 9 (1 hour + 1 hour of Sports Leadership), 10 and 11 (1 hour) 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 **BTEC Tech Award in Sport (2022)** . 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
Lead healthy, active lifestyles	<p>Students will explore a variety of sports: <i>Rugby, Netball, Football, Badminton, Basketball, Dance, Fitness, Cross country, Gymnastics, Handball, OAA, Athletics, Rounders and Cricket</i></p> <p>As a minimum expectation student's will:</p>	<p>Students will explore a variety of sports: <i>Rugby, Netball, Football, Badminton, Basketball, Dance, Fitness, Cross country, Gymnastics, Handball, OAA, Athletics, Rounders and Cricket</i></p> <p>As a minimum expectation student's will:</p>	<p>Students will develop in a variety of sports: <i>Rugby, Netball, Football, Badminton, Basketball, Fitness, Cross country, Gymnastics, Handball, Volleyball, Rounders, Athletics and Cricket</i></p> <p>As a minimum expectation student's will:</p>	<p>Students will compete in a variety of sports: <i>Dance/Aerobics, Netball, Rugby, Basketball, Football, Fitness, Cross country, Badminton, Volleyball and Rounders</i></p> <p>As a minimum expectation student's will:</p>	<p>Students will compete in a variety of sports: <i>Netball, Fitness, Football, Rugby, Badminton, Basketball, Rounders</i></p> <p>As a minimum expectation student's will:</p>
	<ul style="list-style-type: none"> • Understand how to exercise safely • Describe how their body feels during an activity • Give reasons why warming up is important • Give reasons why physical activity is good for health. 	<ul style="list-style-type: none"> • Explain and apply basic safety principles in preparing for exercise • Describe what effects exercise has on their bodies and why it is important to health. 	<ul style="list-style-type: none"> • Explain and apply basic safety principles in preparing for exercise • Describe what effects exercise has on their bodies and why it is important to health 	<ul style="list-style-type: none"> • Continue to take part regularly in sports and activities outside school through community links or sports clubs. 	<ul style="list-style-type: none"> • Continue to take part regularly in sports and activities outside school through community links or sports clubs.

Develop competence to excel in a broad range of physical activities	<ul style="list-style-type: none"> • Copy, remember and repeat simple skills and actions with control and coordination • Link actions that suit activities • Select and use basic skills, actions and ideas. 	<ul style="list-style-type: none"> • Link and apply basic skills, techniques and ideas accurately and appropriately • Attempt some complex skills and use them successfully on occasion • Show some precision, control and fluency 	<ul style="list-style-type: none"> • Link and apply basic skills, techniques and ideas accurately and appropriately • Attempt some complex skills and use them successfully on occasion • Show some precision, control and fluency 	<ul style="list-style-type: none"> • Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, netball, rounders, and rugby) 	<ul style="list-style-type: none"> • 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 and rugby)
Use a range of tactics and strategies to overcome opponents in direct competition	<ul style="list-style-type: none"> • Identify the difference between attack and defence in different activities • Begin to show some understanding of simple tactics and basic compositional ideas. 	<ul style="list-style-type: none"> • Understand tactics and composition • Vary their response in defence and attack 	<ul style="list-style-type: none"> • Understand tactics and composition • Vary their response in defence and attack 	<ul style="list-style-type: none"> • Develop their technique and improve their performance in conditioned games and regulation games. 	<ul style="list-style-type: none"> • Develop their technique and improve their performance in conditioned games and regulation games. •

Analyse and evaluate own performance and demonstrate improvement across a range of physical activities to achieve personal best	<ul style="list-style-type: none"> • Describe and comment on their own and others actions • Use this understanding to improve theirs and others' performance. 	<ul style="list-style-type: none"> • Compare and comment on skills, techniques and ideas used in their own and others work • Understand how to improve their performance. 	<ul style="list-style-type: none"> • Compare and comment on skills, techniques and ideas used in their own and others work • Understand how to improve their performance 	<ul style="list-style-type: none"> • Evaluate their performances compared to previous performance and demonstrate improvement across a range of physical activities to achieve their personal best • Link transferable skills and tactics across similar sport, for example, passing in football and rugby (speed and trajectory) 	<ul style="list-style-type: none"> • Evaluate their performances compared to previous performance and demonstrate improvement across a range of physical activities to achieve their personal best • Link transferable skills and tactics across similar sport, for example, passing in football and rugby (speed and trajectory)
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@newboldPE

1. Embed skills learnt in Y7
2. Become physically confident
3. Continue to attend enrichment clubs/teams

1. Enhance game appreciation and tactical awareness from Y9
2. Continue to develop skills and decision making
3. Take responsibility for your own/teams performance
4. Experience a range of different roles (leader, coach, participant)

2 hours p/w

Year 7

Creating a love for PE

Year 8

Skill development

2 hours p/w

1 hour p/w

Year 9

Teaching Games for Understanding

Year 10

Teaching Games for Understanding

1 hour p/w

1 hour p/w

Year 11

Options

1. Have positive early PE + Sport experiences
2. Try new sports and activities, both in lessons and enrichment.
3. You could represent an Academy sports team/attend a regular sporting enrichment for your pledges

1. Develop tactical awareness
2. Apply the correct rules and regulations
3. Apply the skills and techniques needed to be successful
4. Enjoy the experience of learning through gameplay

1. Lead healthy, active lifestyles. Take ownership of your personal health and fitness.
2. Enjoy sport and physical activity recreationally
3. Explore opportunities outside of the Academy

