

Curriculum Intent-Physical Education

Physical literacy - building physical competency alongside confidence, enjoyment, knowledge and understanding through high quality physical education. This should enable students to build confidence and develop a positive relationship with Physical Education (and then sport and physical activity).

Building Character – resilience, determination and self-belief, whilst promoting values of fair play and friendship.

Active - Students are physical active for the majority of the time! Physical activity and healthy are indistinctly linked, the link between self-esteem, emotional wellbeing and future aspirations, and physical activity is associated with lower levels on anxiety and depression.

Programme of Study Specialist Centre-Foundations for Learning and Scaffolding for Personal Independence

| Year 1 | | Terms 1-4 | Terms 5-6 |
|--------|--|---|--|
| | <p>Students will have the opportunity to participate in a range of physical activities. These will change throughout the academic year.</p> <p>Students will learn and develop new skills, techniques, strategies and tactics in these activities.</p> | <p>The activities delivered in Term 1-4 could include the following:</p> <ul style="list-style-type: none"> • Gymnastics • Football • Rugby • Basketball • Table Tennis • Netball | <p>The activities delivered in Summer Terms could include any of the following:</p> <ul style="list-style-type: none"> • Cricket • Rounders • Tennis • Athletics • Softball |

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|--------|---|---|--|
| Year 2 | Students will be able to learn, develop and apply skills, techniques, strategies and tactics in a variety of contexts, these could include isolated drills, games or performance. | Terms 1-4 | Term 5-6 |
| | | <p>The activities delivered in Term 1-4 could include the following:</p> <ul style="list-style-type: none"> • Football, • Table tennis • Fitness • Basketball • Netball • Rugby | <p>The activities delivered in Term 1-4 could include the following:</p> <ul style="list-style-type: none"> • Tennis • Cricket • Rounders • Athletics. |

Physical Education Solutions

Welcome to English Solutions. Please follow the link in the solution section below to access the resources.

| The areas for development are: | Solution |
|---|---|
| <p>To improve a child's physical ability it is recommended that they take part in as many physical activities as possible. If appropriate, please encourage your child to attend an extra-curricular PE club.</p> | <p>A full list of extra-curricular clubs are available in the PE Department or via your child's tutor.</p> <p>Alternatively, if your child would like to take part in a physical activity outside of the Academy please see the link below for a list of local sports clubs: https://www.bbc.co.uk/sport/get-inspired/45353880</p> |