

Physical Education Curriculum Overview

Physical Education Curriculum Overview 2023-24

Overarching Intent

Braunton Academy Physical Education Department aims to encourage and facilitate: 'Healthy, Active Lifestyles for Lifelong Participation' providing all students with the opportunity to: Enjoy, Learn and Perform. We are developing health-conscious young people who have a clear knowledge and understanding of how to develop these areas further when they leave school. We aim to provide our students with a wide range of experiences, opportunities and the tools to make informed choices about their future health and wellbeing and sports participation.

Through Physical Education it is our aim to:

- Develop the physical, social and mental health and wellbeing of all students.
- Develop students' physical competence and help to promote physical development in a first-class learning environment.
- Develop students' appreciation of skilful and creative performances across the wide range of activities offered.
- Teach students, through experience, to value the benefits of participation in physical activity at school and to educate for leisure activities outside of school.
- Promote and provide a wide variety of enrichment opportunities for all students to access, enjoy, learn and participate in.
- Help to establish self-esteem, resilience and leadership skills through the development of physical confidence and help students to cope with success and failure in competitive and co-operative activities.

Year 7 Physical Education

Curriculum Overview

Athletics activities

Dance

Gymnastic activities

Invasion games

Net activities

Outdoor & Adventurous activities

In year 7, students take part in a wide variety of physical activities and sports. These activities are designed to provide a broad and balanced breadth of study that develops the Physical, Cognitive and Social and Emotional wellbeing of students. Students are taught in groups based on ability using baseline assessment made by the Physical Education department in the first half term of the Autumn term.

All students in year 7 have two hours of Physical Activity each week and will experience a wide range of activities throughout the year, such as:

- Athletics
- Dance
- Gymnastic activities
- Invasion games
- Net activities
- Outdoor & Adventurous activities
- Striking & Fielding Games

Students' lessons are sequenced using a method of delivery called the hierarchy of skills where the content and overarching theme of each lesson is delivered in order of the most important and fundamental skills of each physical activity and sport. Lessons progress up the hierarchy of skills based on the success of the class at each skill stage. Students' lessons are also sequenced using a method of delivery called the hierarchy of knowledge where GCSE Physical Education theory themes are delivered. Lessons progress up the hierarchy of knowledge based on the success of the class at each knowledge stage.

In year 7, students are assessed twice each half term using the Head (Cognitive/Thinking), Heart (Affective/Feeling) & Hands (Psychomotor/Doing) Assessment model which is used to report progress three times a year.

Year 8 Physical Education

<p>Curriculum Overview</p> <p><i>Athletics activities</i></p> <p><i>Dance</i></p> <p><i>Gymnastic activities</i></p> <p><i>Invasion games</i></p> <p><i>Net activities</i></p> <p><i>Outdoor & Adventurous activities</i></p>	<p>In year 8, students continue to take part in a wide variety of physical activities and sports. These activities are once again designed to provide a broad and balanced breadth of study that further develops the Physical, Cognitive and Social and Emotional wellbeing of students. Students continue to be taught in groups based on ability using their year 7 Head, Heart & Hands teacher assessments.</p> <p>All students in year 8 have two hours of Physical Activity each week and will once again experience a wide range of activities throughout the year, such as:</p> <ul style="list-style-type: none"> • Athletics • Dance • Gymnastic activities • Invasion games • Net activities • Outdoor & Adventurous activities • Striking & Fielding Games <p>Lessons continue to be sequenced using a method of delivery called the hierarchy of skills where the content and overarching theme of each lesson is delivered in order of the most important and fundamental skills of each physical activity and sport. Lessons progress up the hierarchy of skills based on the success of the class at each skill stage. Students' lessons are also sequenced using a method of delivery called the hierarchy of knowledge where GCSE Physical Education theory themes are delivered. Lessons progress up the hierarchy of knowledge based on the success of the class at each knowledge stage.</p> <p>In year 8, students are assessed twice each half term using the Head (Cognitive/Thinking), Heart (Affective/Feeling) & Hands (Psychomotor/Doing) Assessment model which is used to report progress three times a year.</p>
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Year 9 Physical Education

<p>Curriculum Overview</p> <p><i>Athletics activities</i></p> <p><i>Dance</i></p> <p><i>Gymnastic activities</i></p> <p><i>Invasion games</i></p> <p><i>Net activities</i></p> <p><i>Outdoor & Adventurous activities</i></p>	<p>In year 9, students continue to take part in a wide variety of physical activities and sports. These activities are once again designed to provide a broad and balanced breadth of study that further develops the Physical, Cognitive and Social and Emotional wellbeing of students. Students continue to be taught in groups based on ability using their year 8 Head, Heart & Hands teacher assessments.</p> <p>All students in year 9 have two hours of Physical Activity each week and will continue to experience a wide range of activities throughout the year, such as:</p> <ul style="list-style-type: none"> • Athletics • Dance • Gymnastic activities • Invasion games • Net activities • Outdoor & Adventurous activities • Striking & Fielding Games <p>Lessons continue to be sequenced using a method of delivery called the hierarchy of skills where the content and overarching theme of each lesson is delivered in order of the most important and fundamental skills of each physical activity and sport. Lessons progress up the hierarchy of skills based on the success of the class at each skill stage. Students' lessons are also sequenced using a method of delivery called the hierarchy of knowledge where GCSE Physical Education theory themes are delivered. Lessons progress up the hierarchy of knowledge based on the success of the class at each knowledge stage.</p> <p>In year 8, students are assessed twice each half term using the Head (Cognitive/Thinking), Heart (Affective/Feeling) & Hands (Psychomotor/Doing) Assessment model which is used to report progress three times a year.</p>
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Year 10 Physical Education

<p>Curriculum Overview</p> <p><i>Athletics activities</i></p> <p><i>Dance</i></p> <p><i>Gymnastic activities</i></p> <p><i>Invasion games</i></p> <p><i>Net activities</i></p> <p><i>Outdoor & Adventurous activities</i></p>	<p>In year 10, students continue to take part in a wide variety of physical activities and sports with the focus in all lessons being centred around maximum activity, enjoyment and lifelong participation in sport, activity and exercise giving students the knowledge and understanding of why this is important for their fitness and health as well as the competence and confidence to continue with sport, activity and fitness for when they leave secondary school.</p> <p>Year 10 students have two hours of Physical Education per week and can choose their preferred activities for the year through our core P.E. options program. Students engage in complex physical activities that develop fitness and promote active, healthy lifestyles while experiencing a diverse range of sports.</p> <p>Students will be taught to:</p> <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, football, netball, rounders, rugby, tennis, and volleyball. • Develop their technique and improve their performance in other competitive sports. For example, athletics, gymnastics, and dance. • Take part in further outdoor and adventurous activities in a range of environments. For example, Cycling and Walking. • 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. <p>In year 10, students are no longer assessed but their presentation & organisation as well as their engagement in learning is reported three times a year.</p>
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Year 11 Physical Education	
<p>Curriculum Overview</p> <p><i>Athletics activities</i></p> <p><i>Dance</i></p> <p><i>Gymnastic activities</i></p> <p><i>Invasion games</i></p> <p><i>Net activities</i></p> <p><i>Outdoor & Adventurous activities</i></p>	<p>In year 11, students continue to take part in a wide variety of physical activities and sports with the focus in all lessons being centred around maximum activity, enjoyment and lifelong participation in sport, activity and exercise giving students the knowledge and understanding of why this is important for their fitness and health as well as the competence and confidence to continue with sport, activity and fitness for when they leave secondary school.</p> <p>Year 11 students have two hours of Physical Education per week and can choose their preferred activities for the year through our core P.E. options program. Students engage in complex physical activities that develop fitness and promote active, healthy lifestyles while experiencing a diverse range of sports.</p> <p>Students will be taught to:</p> <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, football, netball, rounders, rugby, tennis, and volleyball. • Develop their technique and improve their performance in other competitive sports. For example, athletics, gymnastics, and dance. • Take part in further outdoor and adventurous activities in a range of environments. For example, Cycling and Walking. • 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. <p>In year 11, students are no longer assessed but their presentation & organisation as well as their engagement in learning is reported three times a year.</p>

Physical Education Extra-Curricular & School Sport

Extra-Curricular Overview

Extra-curricular activities and school sport is a fundamental and key part of the Character Education offered to all students at Braunton Academy. All students have access throughout the year to several physical activity and sporting opportunities both at recreational and competitive levels.

Extra-curricular activities and inter-school competitions throughout the year include:

Autumn

- Football
- Rugby
- Netball
- Basketball
- Rock Climbing

Spring

- Basketball
- Football
- Gymnastics (Inter-School Competition Only)
- Indoor Athletics (Inter-School Competition Only)
- Netball
- Rock Climbing
- Rugby
- Volleyball

Summer

- Athletics
- Beach Volleyball (Inter-School Competition Only)
- Cricket
- Equestrian (Inter-School Competition Only)
- Rounders
- Swimming (Inter-School Competition Only)
- Tennis

The Physical Education department also provide several intra-school opportunities for all students to participate in through termly house competitions.

Inter-school competitions throughout the year include:

Autumn

- Football
- Netball

Spring

- Football
- Rugby

Summer

- Athletics
- Rounders
- Tennis