

PE 5-year Curriculum Plan

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Ambition



Integrity



Inclusivity



Resilience



Endeavour

Our Vision

"Turning I can't into I can"

Our Values



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Curriculum Intent

"At The Beech Academy, we are committed to ensuring that all of our pupils engage in a curriculum that develops **interest, curiosity** and **creativity**, and **removes barriers**. There is a strong emphasis on developing fundamental skills in **literacy** and **numeracy** alongside developing **conceptual understanding** and **rich knowledge** across a broad range of subjects. The curriculum is enhanced by **high quality experiences** that aim to develop pupils' **cultural capital** and give them first hand experiences that otherwise might not be possible.

Every pupil is recognised as a unique individual and the **curriculum is designed to meet their individual needs**. All of our pupils will develop the skills to become contributing citizens to society and live out our **core values** of Ambition, Integrity, Inclusivity, Endeavour and Resilience on a daily basis. Our curriculum will enhance the social mobility chances of all our pupils to ensure they make lasting contributions to society and enable them to turn "I can't" into "I can".



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Curriculum Vision for the **Physical Education** Curriculum Area

Our vision is for all children at The Beech Academy to experience excellent physical education, school sport and physical activity that will lead to life-long participation.

Pupils will be exposed to a wide variety of accessible Physical Activity experiences and be encouraged to develop resilience to face any challenges that arise in relation to their own abilities.

A clear focus will be placed on allowing pupils to develop physical literacy, social skills and understanding the importance of a healthy lifestyle.

Where appropriate, pupils will be encouraged to experience and enjoy competitive situations in line with their psychological, cognitive and physiological abilities. Sport and physical activity will also regularly be used to enhance learners wider literacy and numeracy skills

The curriculum will aim to give pupils a wide and varied experience of physical activities and sport. Where possible, pupils will be 'signposted' to opportunities where they can continue to participate in physical activity, sport and exercise opportunities within their home environment, as well as, within the wider community outside of school.

The PE curriculum will be inclusive so that it ensures pupils across all ability ranges can access the activities that are taught and that they have the opportunity to engage in sustained periods of physical activity and enjoy the cognitive and physical benefits associated with this.

The KS3 curriculum will also prepare learners for the possibility of completing nationally recognised qualifications in KS4 such as Sports Leaders Awards and BTEC Sport



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At Beech Academy, we are committed to ensuring that all of our pupils engage in a curriculum that develops interest, curiosity and creativity, and removes barriers. We make sure that we turn "I can't" into "I can".

At the end of Year 11 students in **Physical Education** will.....

Know...

How to exercise safely and effectively. They will know that there are a wide variety of sports and physical activities that provide opportunities for lifelong participation. They will know that there are nationally recognised qualifications available in PE that can lead to further qualifications and employment opportunities.

Understand...

That there are different aspects to physical fitness and how they can affect overall health. Pupils will understand how their bodies react to exercise in both the short and long term. They will understand different roles involved in different sports and physical activities and how to perform these roles effectively (participant, coach, leader, official etc.)

Be able to...

Take part in sport and/or physical activity as independently as possible in relation to their own abilities. Pupils will be able to identify their own preferences in relation to sport and physical activity and know how to access them within the community. Pupils will be able to take responsibility for their physical health in relation to their own abilities.



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Multi skills <i>Fundamentals for physical literacy</i>	Hockey <i>Invasion game</i>	Gymnastics <i>Individual creative expression</i>	Short tennis <i>Net/wall</i>	Cricket <i>Striking and fielding</i>	Athletics <i>Individual competitive</i>
Year 8	Multi skills <i>Fundamentals for physical literacy</i>	Hockey <i>Invasion game</i>	Gymnastics <i>Individual creative expression</i>	Short tennis <i>Net/wall</i>	Cricket <i>Striking and fielding</i>	Athletics <i>Individual competitive</i>
Year 9	Multi skills <i>Fundamentals for physical literacy</i>	Hockey <i>Invasion game</i>	Gymnastics <i>Individual creative expression</i>	Short tennis <i>Net/wall</i>	Cricket <i>Striking and fielding</i>	Athletics <i>Individual competitive</i>
Year 10	Football <i>Invasion game</i>	Handball <i>Invasion game</i>	Badminton <i>Net/wall</i>	OAA <i>Problem solving</i>	Rounders <i>Striking and fielding</i>	Athletics <i>Individual competitive</i>
Year 11	Football <i>Invasion game</i>	Handball <i>Invasion game</i>	Badminton <i>Net/wall</i>	OAA <i>Problem solving</i>	Rounders <i>Striking and fielding</i>	Athletics <i>Individual competitive</i>
Nurture 1	Multi skills <i>Fundamentals for physical literacy</i>	Boccia <i>Inclusive target game</i>	Gymnastics <i>Individual creative expression</i>	Short tennis <i>Net/wall</i>	Table cricket <i>Inclusive striking and fielding</i>	Athletics/fitness games <i>Individual competitive</i>
Nurture 2	Multi skills <i>Fundamentals for physical literacy</i>	Boccia <i>Inclusive target game</i>	Gymnastics <i>Individual creative expression</i>	Short tennis <i>Net/wall</i>	Table cricket <i>Inclusive striking and fielding</i>	Athletics/fitness games <i>Individual competitive</i>
Nurture 3	Multi skills <i>Fundamentals for physical literacy</i>	Boccia <i>Inclusive target game</i>	Gymnastics <i>Individual creative expression</i>	Short tennis <i>Net/wall</i>	Cricket <i>Striking and fielding</i>	Athletics/fitness games <i>Individual competitive</i>
Westfield 1	Football <i>Invasion game</i>	Hockey <i>Invasion game</i>	Badminton <i>Net/wall</i>	OAA <i>Problem solving</i>	Cricket <i>Striking and fielding</i>	Athletics <i>Individual competitive</i>



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5 Year Curriculum Plan – the rationale

Year 7 Physical Education at Beech Academy

The Beech Academy Year 7 **Physical Education** curriculum prepares all pupils to develop their physical literacy in relation to their own abilities. It develops the knowledge of a range of accessible sports and physical activities. The skills it focuses on give pupils the opportunity to explore their physical capabilities and access a wider variety of physical activities. Our pupils are studying these topics because they provide an appropriate steppingstone from Primary PE to Secondary PE.

The topics are studied in this order because they fit with weather that is more commonly associated with the seasons and can potentially link to similar sports and activities that are seasonal within the community.

Year 8 Physical Education at Beech Academy

The Beech Academy Year 8 **Physical Education** curriculum prepares all pupils to further develop their experiences of a wide variety of sports and physical activities. It further develops the knowledge of the sports and activities learned during the previous year.

The skills it focuses on develop young people's ability make their own decisions within sports and physical activity. Our pupils are studying these topics because they are accessible activities that will enable the pupils to regularly partake in a wide variety of activities. The topics are studied in this order because they fit with weather that is more commonly associated with the seasons and can potentially link to similar sports and activities that are seasonal within the community.

Year 9 Physical Education at Beech Academy

The Beech Academy Year 9 **Physical Education** curriculum prepares all pupils to become more independent learners. It develops the knowledge of aspects of fitness and how the impact different sports and physical activities. Our pupils are studying these topics because they will complement the skills already learned in Years 7 and 8. Pupil will start to learn about rules of certain sports in more detail and be encouraged to develop their tactical abilities. The topics are studied in this order because they fit with weather that is more commonly associated with the seasons and can potentially link to similar sports and activities that are seasonal within the community.

Year 10 Physical Education at Beech Academy

The Beech Academy Year 10 **Physical Education** curriculum prepares all pupils to become more independent in their approach to taking part in sport and physical activity. Learners will be encouraged to develop their own preferences in relation to sport and physical activity and be able to articulate why they prefer certain activities. Pupils will learn more about fitness and how they can manage / improve their own levels of fitness. Pupils will be encouraged to take on different roles within sport and physical activity. The curriculum will provide pupils with the opportunity to practice a variety of coaching, leadership and officiating roles. The topics are studied in this order because they fit with weather that is more commonly associated with the seasons and can potentially link to similar sports and activities that are seasonal within the community.



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Year 11 *Physical Education* at Beech Academy

The Beech Academy Year 11 *Physical Education* curriculum continues to prepare all pupils to become even more independent in their approach to taking part in sport and physical activity. The aim will be for pupils to be ready to take responsibility for their own participation in sport and physical activity beyond Year 11. Pupils will continue to learn more about fitness and how they can manage / improve their own levels of fitness. Pupils will be challenged to try to take on different roles within lessons and be given the opportunity to reflect on their own success in relation to these roles. Pupils will be 'signposted', where appropriate, to how they can continue to participate in sport and physical activity beyond Year 11. The topics are studied in this order because they fit with weather that is more commonly associated with the seasons and can potentially link to similar sports and activities that are seasonal within the community.



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