

**CURRICULUM INTENT**

**We aim to develop competence in physical activity and develop a passion for being physically active and strengthen character formation.**

The purpose of the Physical Education curriculum at Avanti Fields is to inspire all students to participate, succeed and excel in physical activity and competitive sport. It provides extensive and diverse opportunities to recognise the benefits of a healthy and active lifestyle to develop into a lifelong passion to remain active.

The curriculum aims to provide a broad range of physical activities where students develop competence and subject knowledge, allowing them to cultivate a love of sport and understand the benefits of continuing with physical activity throughout life. There are numerous opportunities to partake and compete in sport and other physical activities to build character formation and embody values such as resilience, respect and self-discipline. These opportunities aim to enthuse and create an ambitious approach to PE.

**THE AVANTI WAY**

**EDUCATIONAL EXCELLENCE**



**CHARACTER FORMATION**



**SPIRITUAL INSIGHT**



The independent nature of Physical Education brings out an emerging passion for learning in pupils. There are high expectations of pupils and learning activities are planned that challenge and engage pupils and provide extensive opportunities for development. Pupils show a high level of resilience and become reflective learners and the extensive extra-curricular programme also allows for this.

Physical Education, pupils are always encouraged to take ownership of their successes and failures with a responsible approach. The different learning experiences in PE such as activities and competitive games naturally allow learners to demonstrate the core values linked to the Avanti wheel. Pupils have time in lessons to reflect on which values they displayed.

Physical Education uses its different learning experiences to challenge discrimination in order to create a more tolerant and integrated society. There are opportunities to show gratitude and develop spiritual insight which links to the heart of the curriculum.



**PROGRAMME OF STUDY**

Students will be provided opportunities to develop the following knowledge, skills and understanding in PE:

- Outwitting an opponent
- Making and applying decisions
- Developing physical and mental capacity
- Making informed choices about healthy, active lifestyles
- Developing skills/performance
- Evaluating and improving

TERM	YEAR 10	YEAR 11
<p><b>AUTUMN 1</b></p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. Sports include; football</p> <p><b>SPORTS LEADERSHIP:</b> Students will be taught to plan and deliver their own practical sessions. They will also critically evaluate their own performance and that of others.</p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; innovative games</p> <p><b>NET &amp; WALL:</b> Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; badminton</p>
<p><b>AUTUMN 2</b></p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. Sports include; netball</p> <p><b>SPORTS LEADERSHIP:</b> Students will be taught to plan and deliver their own practical sessions. They will also critically evaluate their own performance and that of others.</p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; football (student led)</p> <p><b>DANCE:</b> You can demonstrate how skills and compositional ideas affect the quality of your own and others performances by analysing routines through various techniques and can adopt a clear plan to improve a performance. (student led)</p>



		<p><b>NET &amp; WALL:</b> Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; volleyball</p>
<p><b>SPRING 1</b></p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. Sports include; Handball, innovative games (student led)</p> <p><b>SPORTS LEADERSHIP:</b> Students will prepare their sessions to take control and lead their peers.</p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; basketball</p> <p><b>NET &amp; WALL:</b> Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; table tennis</p>
<p><b>SPRING 2</b></p>	<p><b>FITNESS:</b> Students will be able to perform an extensive range of CV and ME exercises with considerable control, precision and fluency. Being able to design and perform a creative PEP independently, applying knowledge of muscles, components of fitness and principles of training, justifying the purpose.</p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; hockey</p>
<p><b>SUMMER 1</b></p>	<p><b>STRIKING &amp; FIELDING:</b> Students will be able to use a complete range of advanced skills and techniques.</p>	<p><b>STRIKING &amp; FIELDING:</b> Students will be able to use a complete range of advanced skills and techniques. They will be</p>



	<p>They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; cricket, athletics</p>	<p>able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; golf</p>
<b>SUMMER 2</b>	<p><b>STRIKING &amp; FIELDING:</b> Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; golf, rounders</p>	<p><b>STRIKING &amp; FIELDING:</b> Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. Sports include; softball</p>

**ASSESSMENT AND FEEDBACK**

Physical Education remains a compulsory subject in Years 10 and 11 and all students have 2 lessons dedicated to the subject. The emphasis in Key Stage 4 is on developing Sports Leadership skills; to plan, deliver and critically evaluate their own performance and that of others.

We also place a high importance on participation and enjoyment to inspire and instil a lifelong love and interest in sport and physical activity in our students. In Year 11 there is an element of choice in provision to allow students to partake in physical activity in an enjoyable environment.

**SUPPORT AND GUIDANCE/USEFUL WEBSITES**

1. Students are encouraged to practice skills at home to become more competent in these.
2. Take part in school sport, either competitively or socially through extra-curricular clubs at lunch times and after school.
3. Watch live and recorded matches, to appreciate high-quality performance.
4. Make up games that focus on improving technique and fitness.
5. Read rule books and sports reports in newspapers and magazines, online or on social media platforms.
6. Join clubs in the community and/or use local facilities.



7. Take part in exercise videos outside of school to maintain fitness levels. Videos such as Joe Wicks, Les Mills workouts, exercise videos on YouTube, etc.

8. Some useful websites:

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

<https://www.afpe.org.uk/thisispe-supporting-parents-to-teach-pe-at-home/>

<https://app.senecalearning.com/courses?Price=Free&Age+Group=GCSE&Subject=Physical+Education>

<https://www.teachpe.com/>

<https://classroom.thenational.academy/subjects-by-key-stage/key-stage-3/subjects/physical-education>

**"I've failed over and over and over again in my life and that is why I succeed."**

**Michael Jordan**

### EXTRA-CURRICULAR OPPORTUNITIES

**Clubs:** A timetable of lunchtime and after school clubs available for students to participate in is shared with students and parents / carers at the start of each academic term.

Throughout the year, students will have the opportunity to engage in various PE events, trips and competitions. Students and parents will be informed of all opportunities as and when they are organised.