

**CURRICULUM INTENT**

**We aim to develop competence and curiosity in physical activity, 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 students. There are high expectations of students and learning activities are planned that challenge and engage students and provide extensive opportunities for development. Students show a high level of resilience and become reflective learners and the extensive extra-curricular programme also allows for this.

In Physical Education, students 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. Students 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 7	YEAR 8	YEAR 9
<b>AUTUMN 1</b>	<p><b>BASELINE TESTING:</b> Students will be assessed through a series of fitness tests. <b>Theory:</b> warmups, fitness components and fitness tests</p> <p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: basketball and rugby <b>Theory:</b> warmups, muscles and fitness components</p> <p><b>THEORY TERM 1:</b> Knowledge Organiser</p>	<p><b>BASELINE TESTING:</b> Students will be assessed through a series of fitness tests. <b>Theory:</b> warmups, fitness components and fitness tests</p> <p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: basketball and rugby <b>Theory:</b> warmups, muscles and fitness components</p> <p><b>THEORY TERM 1:</b> Knowledge Organiser</p>	<p><b>BASELINE TESTING:</b> Students will be assessed through a series of fitness tests. <b>Theory:</b> warmups, fitness components and fitness tests</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 and basketball <b>Theory:</b> joints and joint movement</p> <p><b>THEORY TERM 1:</b> Knowledge Organiser</p>
<b>AUTUMN 2</b>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: basketball and rugby <b>Theory:</b> Joints and joint movement</p> <p><b>THEORY TERM 1:</b> Homework 1 PE theory assessment 1</p> <p><b>GYMNASTICS:</b> To apply movements, agilities and balances individually and as part of a fluent sequence. Pupils will learn to select,</p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: basketball and rugby <b>Theory:</b> Joints and joint movement</p> <p><b>THEORY TERM 1:</b> Homework 1 PE theory assessment 1</p> <p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision,</p>	<p><b>FITNESS:</b> Students will be able to perform a range of CV and ME exercises with good control, precision and fluency. Being able to design and perform a PEP independently, applying knowledge of muscles, components of fitness and principles of training (where applicable). <b>Theory:</b> Methods of training</p> <p><b>THEORY TERM 1:</b> Homework 1 PE theory assessment 1 (Introduce KS4 Cambridge National content to those who are choosing it as an option).</p>



	<p>combine and perform skills; actions and balances including some that are inverted. Continual development, adaptation and refinement of learnt skills will contribute to producing an improved performance and accurate replication. <b>Theory:</b> Recap warm-ups</p>	<p>control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Innovative games (quidditch, gauntlet, dodge-bench-hoop, benchball, fireball) <b>Theory:</b> Recap warm-ups</p>	<p><b>NET &amp; WALL:</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; volleyball <b>Theory:</b> Recap all topics</p>
<p><b>SPRING 1</b></p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Football <b>Theory:</b> Recap fitness components</p> <p><b>NET &amp; WALL:</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; Badminton <b>Theory:</b> Recap joints and joint movement</p> <p><b>THEORY TERM 2:</b> Knowledge Organiser</p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Football <b>Theory:</b> Recap fitness components</p> <p><b>NET &amp; WALL:</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; Badminton <b>Theory:</b> Recap joints and joint movement</p> <p><b>THEORY TERM 2:</b> Knowledge Organiser</p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Netball <b>Theory:</b> Recap fitness components</p> <p><b>NET &amp; WALL:</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; Badminton <b>Theory:</b> Recap methods of training</p> <p><b>THEORY TERM 2:</b> Knowledge Organiser</p>
<p><b>SPRING 2</b></p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision,</p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision,</p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision,</p>



	<p>control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Football <b>Theory:</b> Recap warmups, muscles and fitness components, joints and joint movement</p> <p><b>NET &amp; WALL:</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; Badminton <b>Theory:</b> Recap warmups, muscles and fitness components, joints and joint movement</p> <p><b>THEORY TERM 2:</b> Homework 2 PE theory assessment 2</p>	<p>control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Football <b>Theory:</b> Recap warmups, muscles and fitness components</p> <p><b>NET &amp; WALL:</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; Badminton <b>Theory:</b> Recap joints and joint movement</p> <p><b>THEORY TERM 2:</b> Homework 2 PE theory assessment 2</p>	<p>control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Netball <b>Theory:</b> Recap fitness components</p> <p><b>NET &amp; WALL:</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; Badminton <b>Theory:</b> Recap methods of training</p> <p><b>THEORY TERM 2:</b> Homework 2 PE theory assessment 2</p> <p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Handball <b>Theory:</b> Recap all topics</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</p>
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			<p>understanding when officiating. Sports include; Cricket <b>Theory:</b> Recap all topics</p>
<b>SUMMER 1</b>	<p><b>STRIKING &amp; FIELDING:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include; Rounders, Cricket <b>Theory:</b> Recap all topics</p> <p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Netball <b>Theory:</b> Recap all topics</p> <p><b>THEORY TERM 3:</b> Revise both Knowledge Organisers</p>	<p><b>STRIKING &amp; FIELDING:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include; Rounders, Cricket <b>Theory:</b> Recap all topics</p> <p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Netball <b>Theory:</b> Recap all topics</p> <p><b>THEORY TERM 3:</b> Revise both Knowledge Organisers</p>	<p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Handball <b>Theory:</b> Recap all topics</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; Cricket <b>Theory:</b> Recap all topics</p> <p><b>THEORY TERM 3:</b> Revise both Knowledge Organisers</p>
<b>SUMMER 2</b>	<p><b>STRIKING &amp; FIELDING:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include; Rounders, Cricket <b>Theory:</b> Recap all topics</p> <p><b>THEORY TERM 3:</b></p>	<p><b>STRIKING &amp; FIELDING:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include; Rounders, Cricket <b>Theory:</b> Recap all topics</p> <p><b>THEORY TERM 3:</b></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.</p>



	<p>Revise both Knowledge Organisers PE theory assessment 3</p> <p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Netball</p>	<p>Revise both Knowledge Organisers PE theory assessment 3</p> <p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Netball</p>	<p>Sports include; rounders <b>Theory:</b> Recap all topics</p> <p><b>THEORY TERM 3:</b> Revise both Knowledge Organisers PE theory assessment 3</p> <p><b>OUTWITTING OPPONENTS:</b> Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Innovative games (quidditch, gauntlet, dodge-bench-hoop, benchball, fireball)</p>
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**ASSESSMENT AND FEEDBACK**

Students are assessed regularly through a combination of formative and summative assessments. Students are assessed in all practical activities at the beginning and end of every unit over the course of the year. They will also receive an Avanti values grade which focuses on the softer skills such as team-work, communication, leadership etc and this will be given once at the end of the year. Students are also assessed through 3 written assessments to inform us of their learning in Physical Education theories and concepts.

**SUPPORT AND GUIDANCE**

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.

**“I’ve failed over and over and over again in my life and that is why I succeed.”**

**Michael Jordan**



EXTRA-CURRICULAR OPPORTUNITIES
<p><b>Lunch time clubs: TBC variety of clubs offered by the department and house competitions</b></p> <p><b>After school clubs: TBC variety of clubs offered through the SSPAN network</b></p> <p>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.</p>