

CURRICULUM INTENT

We aim to develop competence and curiosity 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:

- Leadership skills
- Teamwork and communication
- 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>AUTUMN 1</p>	<p>In year 10, students develop their competence in competitive game situations. They transfer the skills learnt at KS3 to the activities in KS4. The focus is about applying those skills into games to have maximum impact and consistency. Students will consolidate the rules and scoring systems of the activities and learn more about tactics and strategies that could be applied. Students will also be introduced to a variety of new and upcoming sports that they have maybe not done before. This is to inspire and hopefully give them an activity they are passionate about which they can then continue in later life. Students will follow a sport education style structure where lessons are games based and students are assigned small leadership roles such as Manager, Coach, Equipment person, Scorer, Timekeeper etc and this will allow students to take more control of their lessons and develop their leadership skills.</p> <p>BASELINE TESTING: Students will be assessed through a series of fitness tests.</p> <p>OUTWITTING OPPONENTS: 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: Uni hoc, Football, Basketball</p> <p>NET & WALL: Students will be able to use a wide range of advanced skills and techniques. They will be</p>	<p>Students will be taught the characteristics of being a good leader and also how to plan and deliver their own practical sessions. They will also critically evaluate their own performance and that of others. Sessions will be teacher led and will be taught through a combination of practical, theory and discussion. Students will complete a leadership booklet which will have useful strategies and content.</p> <p>Session 1: Qualities of a leader Session 2: Communication Session 3: Understanding your participants Session 4: Risk Assessments Session 5: Scoring and Officiating Session 6: Fair play in sport Session 7: Planning your session</p>



	<p>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; Short tennis</p>	
<p>AUTUMN 2</p>	<p>NET & WALL: 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</p> <p>OUTWITTING OPPONENTS: 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, Dodgeball</p> <p>FITNESS: 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). Sports include: fitness sessions, cross country</p> <p>DANCE: Perform dances using dance techniques within a range of dance styles and forms.</p>	<p>SPORTS LEADERSHIP: Students will continue with the units above.</p>
<p>SPRING 1</p>	<p>OUTWITTING OPPONENTS: 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: Lacrosse</p>	<p>SPORTS LEADERSHIP: Students will deliver their own practical sessions. They will also critically evaluate their own performance and that of others in a leadership capacity.</p>



	<p>NET & WALL: 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</p>	
<p>SPRING 2</p>	<p>OUTWITTING OPPONENTS: 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: Rugby (Leicester Tigers coaches), innovative games</p>	<p>SPORTS LEADERSHIP: Students will deliver their own practical sessions. They will also critically evaluate their own performance and that of others in a leadership capacity.</p>
<p>SUMMER 1</p>	<p>NET & WALL: 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; Tabletennis</p> <p>STRIKING & FIELDING: 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</p> <p>OUTWITTING OPPONENTS: 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 LEADERSHIP: Students will plan a second session based on the feedback and experience of the first. They will then deliver the second sessions.</p>



SUMMER 2	<p>ORIENTEERING: Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p>	<p>SPORTS LEADERSHIP: Students will plan a second session based on the feedback and experience of the first. They will then deliver the second sessions.</p>
-----------------	---	---

ASSESSMENT AND FEEDBACK

Physical Education remains a compulsory subject in Years 10 and 11 and all students have 2 lessons per week 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 10 there is an element of choice in provision and a variety of new and exciting activities to allow students to partake in physical activity in an enjoyable environment. In Year 11 the students can really focus on their leadership skills and take control of their lessons which will help them with other aspects of their educational journey.

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.