

Curriculum Intent - KS3 Physical Education

Intent

'A high quality PE curriculum inspires all pupils to succeed....'

At the Rose school all pupils take part in Physical Education in the hope that in future years, continued participation will have a positive impact on their physical and mental health. We hope to encourage teamwork and resilience through diverse activities which will allow pupils to make progress at their own level.

We aim to ensure that pupils:

- develop competency in a broad range of physical activities.
- are physically active for sustained periods of time in a way which supports health and fitness.
- develop an understanding of how physical activity can have a positive effect on their physical and mental wellbeing.
- have the confidence and resilience to make mistakes and learn from them in order to progress in each area of physical education.

Pupils will follow a range of activities, with the main aim being on basic skill development but with the expectation that some will achieve a much higher level of attainment.

Implementation

PE is delivered by Mrs Hallam to all KS3 groups with Mrs Hardy (TA).

Both staff have nationally recognised qualifications in a variety of sporting activities, such as archery, swimming and trampoline and deliver sessions to all levels of ability.

Students take part in 2/3 different sports each term, in one double lesson per week (1.5 hrs). This is a lesson sequence of a minimum of 6 lessons per sport to develop competency and to deliver a balanced and broad curriculum

An extra 45 min per week is given to a Wellbeing session where pupils take part in planned physical and classroom based activities.

Impact

Pupils enjoy a range of sporting activities both as an individual and as part of a team.

Pupils of all abilities will be able to succeed in a range of activities as lessons are differentiated to develop less able students.

Pupils will use and understand terminology specific to the activity.

Pupils recognise when they are doing something wrong and understand how make corrections in order to succeed.

Pupils understand that exercise can have a positive impact on pupil's physical and mental health.