

PE and Wellbeing Programme of Study Albany Academy

PE and Wellbeing	
KS3	Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life and understand and apply the long-term health benefits of physical activity. Pupils should be taught to: - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] - develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] - perform dances using advanced dance techniques within a range of dance styles and forms - 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 - analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best - take part in competitive sports and activities outside school through community links or sports clubs.
KS4	Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Pupils should be taught to: - use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]

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	- develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance] - take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges, and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group - evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best - continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.
Area of Study: Movement	Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics], or other physical activities. This area of study will be covered through Health and fitness. Pupils should tackle complex and demanding physical activities.
Area of Study: Using skills, techniques	Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, and tennis] This area of study will be covered through individual and team games. Westbridge will choose games appropriate to their cohort. This may be delivered by outside agencies if appropriate. Pupils will continue to become more competent, confident and expert in their techniques and apply them across different sports and physical activities. In addition, develop their technique and improve their performance in other competitive sports.

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Area of Study: Cooperation	Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. This area of study will be covered through individual and team games. Westbridge will encourage pupils to work in a team, building on trust and developing skill. Either individual or as a group.
Area of Study: Competition	Continue to take part regularly in competitive sports and activities. This area of study will be covered through games units. Westbridge will give opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect. Pupils should engage cooperatively and enjoy competing against each other.
Area of Study: Challenge	Take part in further outdoor and adventurous activities in a range of Environments which present intellectual and physical challenges, and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group. This area of study is omitted due to the time bound and fractional nature of placements at Westbridge Academy. This area is to be an area of focus for pupils' home school where/if appropriate.
Area of Study: Analysis and evaluation	Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best. This area of study can be done through all aspects of the curriculum. Pupils are encouraged to evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.

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Area of Study: Preparation for life and participation	Outside school through community links or sports clubs. Pupils should be encouraged to get involved in a range of activities that develops personal fitness and promotes and fitness, promoting an active, healthy lifestyle. Take part in competitive sports and activities outside school through community links or sports clubs.
Area of Study: Health and fitness	Are physically active for sustained periods time and lead healthy, active lives. This area of study should be covered in all aspects of the curriculum. Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.
Subsequent learning	<i>Post 16+</i> This programme of study is designed to allow progression within the National Curriculum for KS4 PE. This could potentially lead to Level 2 and Level 3 qualifications in Sports Studies or other vocational qualifications.