

The aim of the PE curriculum across all sites within the Raedwald Trust is to ensure that all learners develop their self-confidence through participation in complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

As an alternative provision, we believe that all students should have the same opportunities that mainstream students would experience. We provide numerous sports and activities for our students both at site level or with our Third Party Provides around the local area. This enables the students to have a wide range of opportunities to develop further and promote a healthy lifestyle. Within our Key Stage 4 we can access the AQA awards and other qualification to develop both Team and Individual success.

Subject content

Key stage 3

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
- ♣ be encouraged to take part in competitive sports and activities outside school through community links or sports clubs.

The importance of physical education

PE develops pupils' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. A high-quality PE curriculum enables all pupils to enjoy and succeed in many kinds of physical activity. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve them. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles. Discovering what they like to do, what their aptitudes are at school, and how and where to get involved in physical activity helps them make informed choices about lifelong physical activity. PE helps pupils develop personally and socially.

They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.

Key concepts

Pupils need to understand these concepts in order to deepen and broaden their knowledge, skills and understanding.

Competence

- * Developing control of whole-body skills and fine manipulation skills.
- * Selecting and using skills, tactics and compositional ideas effectively in different types of physical activity.
- * Responding with body and mind to the demands of an activity.
- * Adapting to a widening range of familiar and unfamiliar contexts.

Performance

- * Understanding how the components of competence combine, and applying them to produce effective outcomes.
- * Knowing and understanding what needs to be achieved, critically evaluating how well it has been achieved and finding ways to improve.
- * Appreciating how to make adjustments and adaptations when performing in different contexts and when working individually, in groups and teams.
- * Understanding the nature of success in different types of activity.

Creativity

- * Using imaginative ways to express and communicate ideas, solve problems and overcome challenges.
- * Exploring and experimenting with techniques, tactics and compositional ideas to produce efficient and effective outcomes.

Healthy, active lifestyles

- * Understanding that physical activity contributes to the healthy functioning of the body and mind and is an essential component of a healthy lifestyle.
- * Recognising that regular physical activity that is fit for purpose, safe and enjoyable has the greatest impact on physical, mental and social wellbeing.

PE and the wider curriculum

Cultural Capital

Within the Trust we believe that it is important for all students to develop cultural skills, knowledge and behaviours that will allow them to thrive in society and the world of work. The PE curriculum sets out to develop our learners' cultural capital to make them ready for their next stage in their lives. This is achieved in many ways including teaching students real life skills related to reading timetables, budgeting, finance, recipes, speed/distance, etc.

SMSC

PE enables students to make sense of the world around them and we strive to enable each of our students to explore the connections between their body and their health through positive choices and a positive mind-set.

Teamwork is fundamental to PE through reading the game, discussion, explaining and presenting ideas as well as leadership and knowing when to make a decision. Students are always encouraged to explain their understanding to each other and support each other in their learning. Through teamwork, students are able to gain confidence which should lead to them becoming independent learners.

British values

The PE curriculum promotes the British values of tolerance and resilience and sportsmanship through problem solving and understanding of complex skills. Students are encouraged to learn from mistakes and are supported to improve their understanding. Within sport, to become better we need to practice and listen to others within the team and who coach.

Careers

So many excel in physical exercise and there are some many career opportunities within Sport and PE. It is important to create an understanding of the real world in PE and allow our students to look beyond school and develop those much needed skills that are transferable to the next steps of education and beyond.

Reading

Every opportunity is taken within PE to allow students to develop their reading. Signposting students towards specific resources to encourage to read will increase self-confidence and better their knowledge within education.

