

## Physical Education Thematic Curriculum Map Year A

Our Physical Education (PE) themed spiral curriculum gives students the chance to participate in a wide range of sports. These put the emphasis on teaching the students important sporting abilities including adopting a variety of tactics and techniques to outwit opponents in both team sports and individual sports. The programme challenges students to refine their technique and heighten their performance in solitary sporting events. Another aspect of physical literacy can be cultivated and improved by being exposed to a variety of dance and advanced movement forms. The curriculum's spiral design enables students to constructively evaluate both their own and others' performance, resulting in more reflective practitioners. Through outdoor and adventurous activities, the PE national curriculum aims to challenge a wide range of different skill sets. This seeks to test and build both the intellectual and physical aspects of being a well-rounded person. The overarching goal is to develop young people who are physically literate and who maintain their involvement in physical activity into adulthood while ingraining in them the values that sports foster. Mixed-age classes are ones where the curriculum is set up with a Year A and a Year B to allow pupils to advance over several years in the same class. The curriculum documentation has been created in conjunction with the PE maps to indicate the knowledge that has been taught and attained by the students, which has been evaluated using the exposed, emerging, developing and achieved framework.

|                  | Autumn 1<br>Healthy Lives   | Autumn 2<br>Angels & Demons | Spring 1<br>Individuals & their<br>Societies | Spring 2<br>Power of Nature | Summer 1<br>Myths & Legends | Summer 2<br>Mysteries &<br>Adventures |
|------------------|-----------------------------|-----------------------------|--|-----------------------------|-----------------------------|---------------------------------------|
| <b>KS2</b>       | Football                    | Basketball                  | Volleyball                                   | Hockey                      | Cricket                     | Rounders /<br>Athletics               |
| <b>Lower KS3</b> | Basketball                  | Football                    | Badminton                                    | Table Tennis                | Tennis                      | American Football                     |
| <b>Upper KS3</b> | Badminton                   | Basketball                  | Table Tennis                                 | Volleyball                  | Rounders                    | Cricket                               |
| <b>KS4</b>       | Health Related<br>Education | Circuit Training            | Functional<br>Movement                       | Health Related<br>Fitness   | Types of training           | Health Related<br>Fitness             |

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|----------------------|---------------------------|-----------------------------|--|-----------------------------|-----------------------------|---------------------------------------|
| <b>KS2</b>           | Badminton                 | Hockey                      | Table Tennis                                 | Volleyball                  | American Football           | Cricket                               |
| <b>Lower KS3</b>     | Badminton                 | Hockey                      | Football                                     | Basketball                  | Cricket                     | Rounders/<br>Athletics                |
| <b>Upper KS3/KS4</b> | Football                  | Badminton                   | Hockey                                       | Volleyball                  | Athletics                   | Rounders/<br>Athletics                |
| <b>KS4</b>           | Baseline Testing          | Health related<br>education | Functional<br>Movement                       | Health Related<br>Fitness   | Types of training           | Circuit Training                      |