



# Curriculum Vision

## Physical Education

PE is an integral part of the development of every young person at school. It helps students increase physical competence, health related fitness, self-responsibility and enjoyment of physical activity to ensure that a legacy of physical activeness for a lifetime is created.

The Physical Education curriculum here at Oak Academy aims to:

- Provides **breadth**, both in the activities offered and the personal development concepts looked at, with **depth**, giving pupils to opportunity to develop and apply skills and tactics across these activities, while critically analysing their personal skills and mindset in life.
- **Support** pupils in making positive choices regarding physical activity, sport and exercise. Students are **challenged** throughout their time to build skills and knowledge of sporting activities. Students are supported throughout to make conscious decisions and analyse their own personal development, whether it be resilience, motivation or interpersonal skills. These are then linked to wider school life outside of PE.
- Support students in **developing their understanding** of the three strands within the curriculum of 'Knowing More', 'Showing More' and 'Growing More'. Throughout skills, techniques and tactics will be developed and applied across all key stages.
- **Deliver an engaging and inspiring curriculum** that means pupils can use knowledge learnt to apply across all activities covered. This is supported by extensive involvement in house competitions and inter school fixtures.
- **Nurture an intrinsic passion for learning** in PE, by allowing students to critically think and evaluate their own personal, social and emotional development. To also develop students' awareness of how the schools core values of respect, excellence, community, courage and kindness can be demonstrated in sport.
- Establish **equality and diversity** through a curriculum that allows all students to participate in all sporting activities. To also seek to ensure students are confident with how they can access a variety of physical activities in the local area, to create lifelong physical activeness.
- Offer a fully **diverse and inclusive** extracurricular programme that has student voice at the heart of it. Offering activities that allows students to extend themselves beyond the classroom, as well as being able to enjoy participation with friends outside of formal lessons.

During their five years with us we will nurture young people to maximise the opportunities they have to be physically literate. They will have motor competence, confidence, motivation and knowledge to make well informed decisions regarding the types of activities they want to do beyond Oak Academy. Alongside this, students will develop their interpersonal skills, that will allow them to be confident, resilient and reflective learners in PE and across the wider school.

## KS3 Core PE Curriculum

	Term 1	Term 2	Term 3	Term 4
Sports/Activities include	Football, Rugby, Netball, Basketball, Handball, Gymnastics, Trampolining, Fitness, Badminton, Athletics, Outdoor Activities, Rounders and Cricket			
Year 7 Grow Focus – Physical Literacy	Competence	Confidence	Knowledge and Understanding	Motivation
Year 8 Grow Focus – Personal Development	Communication	Resilience	Emotional Intelligence	Intra-Personal Skills
Year 9 Grow Focus – Character Development	Sporting Values	Redefining Competition	Problem Solving	Power of Positivity

## KS4 Core PE Curriculum

	Term 1	Term 2	Term 3	Term 4
<b>Sports/Activities</b>	Students' sports and activities will depend on the pathways that they choose to be a part of in Year 10. Students in Key Stage 4 are given a choice of hat activities they would like to do based on their knowledge and experiences from KS3. Pathways are split between competitive engagement and engagement through participation.			
Year 10 Grow Focus – Leadership Skills	Attitudes and Behaviours	Effective Teams	Self-Reflection	Fulfilling Potential
Year 11 Grow Focus – Being Active for Life	Health and Well-being	Engagement Post 16	Remaining Active	