



**Why study Physical Education -** Emphasis will be placed upon three principal ambitions of wellbeing, physical competence and building character. We plan a high-quality physical education curriculum which aims to inspire and engage all pupils. Motivating students to do their best and not be afraid of making mistakes supports the development of their characters. Promoting an ethos where students enjoy lessons, experience success and cultivate positive self-esteem is a key part of promoting health and wellbeing. This is developed through a broad range of physical activity settings including competitive sport. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as teamwork, fairness, respect and resilience.

**Aims -** The Shenley Academy curriculum for physical education aims to ensure that all pupils:

- develop competence to perform confidently in a broad range of physical activities
- build character and sportsmanship
- are physically active for sustained periods of time
- engage in competitive sports and activities
- are encouraged to lead healthy, active lives.

**Rationale for how the curriculum has been sequenced in Physical Education -**

Sequencing of the PE curriculum with four hours per fortnight allows for children to experience a broad and balanced curriculum which develops their physical literacy within individual and team sports. It is our intention that children experience a combination of key activity areas including invasion games, net wall games, striking and fielding games and athletic activities. The curriculum activities are strategically planned and consider the availability of sports facilities and staff expertise. For this reason, activities are delivered on a rotational basis. The curriculum also takes into account seasonal changes in weather conditions and attempts to best match each sport with the timings of inter-school competitions. It is sequenced to allow sufficient amount of time/lessons on specific activity areas to enable progression, whilst offering a variety of activities in order to maintain engagement throughout the course of the programme of study. Children will be grouped with individuals of a similar ability level to support their self-confidence, and allow staff to differentiate lessons more effectively. Where possible, activities will be revisited during the year by specified groups/classes with the intention to further develop their competency and performance in these chosen areas.

Character focus	September - November	November - February	February - May	May - July
<p><b>Year 7</b></p> <p><b>Social Belonging</b></p> <p>Teamwork Self-management Respect</p>	<p><b>Developing skill &amp; using a range of tactics</b></p> <p><b>Boys</b></p> <ul style="list-style-type: none"> <li>Football (first 10 lessons of unit)</li> <li>Basketball</li> </ul> <p><b>Girls</b></p> <ul style="list-style-type: none"> <li>Netball (first 10 lessons of unit)</li> <li>Basketball</li> </ul>	<p><b>Developing skill &amp; using a range of tactics</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best</b></p> <p>Rotations – groups will be timetabled for a football and fitness unit between November and May.</p> <ul style="list-style-type: none"> <li>Indoor athletics</li> <li>Fitness using cardio &amp; resistance rooms</li> <li>Football</li> </ul>	<p><b>Developing skill &amp; using a range of tactics</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best</b></p> <p>Rotations - groups will be timetabled for a football and a fitness unit between November and May.</p> <p><b>Boys</b></p> <ul style="list-style-type: none"> <li>Football</li> <li>Table-tennis</li> <li>Fitness using cardio &amp; resistance rooms</li> </ul> <p><b>Girls</b></p> <ul style="list-style-type: none"> <li>Netball</li> <li>Table-tennis</li> <li>Fitness using cardio &amp; resistance rooms</li> </ul>	<p><b>Developing skill &amp; using a range of tactics</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best</b></p> <ul style="list-style-type: none"> <li>Athletic activities</li> <li>Rounders</li> </ul>
<p><b>Year 8</b></p> <p><b>Playing your part</b></p> <p>Responsibility Compassion Perseverance</p>	<p><b>Developing skill &amp; using a range of tactics</b></p> <p><b>Boys</b></p> <ul style="list-style-type: none"> <li>Football (first 10 lessons of unit)</li> <li>Basketball</li> </ul> <p><b>Girls</b></p> <ul style="list-style-type: none"> <li>Netball (first 10 lessons of unit)</li> <li>Basketball</li> </ul>	<p><b>Developing skill &amp; using a range of tactics</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best</b></p> <p>Rotations - groups will be timetabled for a football and fitness unit between November and May.</p> <ul style="list-style-type: none"> <li>Indoor athletics</li> <li>Fitness using cardio &amp; resistance rooms</li> </ul>	<p><b>Developing skill &amp; using a range of tactics</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best</b></p> <p>Rotations – groups will be timetabled for a football and fitness unit between November and May.</p> <p><b>Boys</b></p> <ul style="list-style-type: none"> <li>Football</li> <li>Table-tennis</li> <li>Fitness using cardio &amp; resistance rooms</li> </ul>	<p><b>Developing skill &amp; using a range of tactics</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best</b></p> <ul style="list-style-type: none"> <li>Athletic activities</li> <li>Rounders</li> </ul>

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<b>Year 9</b> <b>Becoming your best self</b> Aspiration Etiquette Resilience	<b>Developing skill &amp; using a range of tactics</b> <b>Boys</b> <ul style="list-style-type: none"> <li>• Football</li> <li>• Basketball</li> </ul> <b>Girls</b> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Basketball</li> </ul>	<b>Developing skill &amp; using a range of tactics</b> <b>Analyse their performances and demonstrate improvement to achieve their personal best</b> Rotations – groups will be timetabled for a football and fitness unit between November and May. <ul style="list-style-type: none"> <li>• Table-tennis</li> <li>• Indoor athletics</li> <li>• Fitness using cardio &amp; resistance rooms</li> <li>• Basketball/Handball /Tchoukball</li> </ul>	<b>Developing skill &amp; using a range of tactics</b> <b>Analyse their performances and demonstrate improvement to achieve their personal best</b> Rotations – groups will be timetabled for a football and fitness unit between November and May. <b>Boys</b> <ul style="list-style-type: none"> <li>• Football</li> <li>• Table-tennis</li> <li>• Fitness using cardio &amp; resistance rooms</li> </ul> <b>Girls</b> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Table-tennis</li> <li>• Fitness using cardio &amp; resistance rooms</li> </ul>	<b>Developing skill &amp; using a range of tactics</b> <b>Analyse their performances and demonstrate improvement to achieve their personal best</b> <ul style="list-style-type: none"> <li>• Athletic activities</li> <li>• Rounders &amp; Softball</li> </ul>
<b>Year 7-9 after school sport</b> Extending the talented Wellness Leadership and volunteering	<b>Take part regularly in competitive sports and activities outside school through community links or sports clubs.</b>  <b>Birmingham School Games</b> <b>Inter-school leagues/fixtures</b> <b>Hosting secondary school events</b>  <b>School sports clubs</b> <b>Intra-school tournaments</b> <b>Satellite sports clubs</b>  <b>Sports leadership events</b> <b>Primary school events</b>			