



# CURRICULUM PLAN

## SUBJECT

## PHYSICAL EDUCATION

### OVERVIEW

We aim at All Saints to meet the national curriculum requirements in that Physical Education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Students use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. They take part in outdoor activities which present intellectual and physical challenges and are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. They analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.

### JUNIORS

Junior students at All Saints school swim every Friday afternoon. Students are taught by qualified instructors at Victory Swimming Pool in North Walsham. The instructors are able to adapt the lessons to meet all the needs of the students.

Juniors also enjoy weekly PE sessions where they begin to develop their skills and understanding in a range of sports.

Kuk Sool Won is also on offer to juniors and Year 7 and Year 8 students as a way of gaining confidence, improving fitness and flexibility levels and learning a set of skills.

### KEY STAGE 3

Key Stage 3 students will develop their skills and understanding from a wide variety of sports, which may include: athletics, dodgeball, fitness training, football, gymnastics, handball, netball, OAA, rounders, swimming, table tennis and volleyball.

All Year 7 students and some students from Years 8 and 9 join the juniors in the regular Friday afternoon swimming sessions. Other Key Stage 3 students will go as a reward or as part of their individual timetabled provision.

### KEY STAGE 4

Key Stage 4 students will be able to further enhance their skills which have been acquired during Key Stage 3. There will also be a real focus on delivering content which will foster a lifelong participation in sport and physical activity.

### GCSE PE

GCSE PE is an option subject. At All Saints we follow the Pearsons Edexcel course. Students will receive a well-rounded introduction to the world of PE,

	sport and sport science through the combination of physical performance and academic challenges.
CHALLENGES	Many of our students really enjoy PE but for some of our students this is a challenging aspect of the curriculum. We work hard to support students and encourage them to be active members in these lessons, but where this is too much of a challenge we provide alternative curriculum opportunities.