



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 students:

- boost self-confidence and competence in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competition
- enhance their perception of PE promoting a healthier and active life style

Students use a range of tactics and strategies to overcome opponents and/ or their own personal bests in competition through a range of 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 are encouraged to reflect on their performances compared to previous ones and demonstrate improvement to achieve their personal best.

In addition to the main curriculum, we offer regular targeted 'Sensory Circuits' intervention to students whose EHCPs have identified a need for it.

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 through Real PE they meet the key aims of the KS2 National Curriculum for PE and develop their fundamental movement skills.

Juniors also engage in extracurricular sporting opportunities, through the School Sports Partnership with Norwich East.

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, adapted gymnastics, badminton, indoor hockey, rounders, hybrid games, adapted cricket, volleyball and OAA (Outdoor Adventurous Activity)

Students also engage in PE lessons/trips at facilities such as Hautbois Activity Centre, UEA Sportspark and Broadland Sports centre to promote cultural capital and encourage students with invisible learning needs to create positive

	experiences about sporting institutions. This also helps foster a positive experience with PE and sport post school.
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.
ASDAN Sport and Fitness	Those students who enjoy PE but may be best suited to a more vocational form of learning engage in the ASDAN Sport and Fitness course. This combines practical and theoretical challenges with a clear focus on developing lifelong transferable skills which in particular support students with invisible learning needs to make the step into post 16 provision.
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, on the rare occasions that this is too much of a challenge, we provide alternative curriculum opportunities.