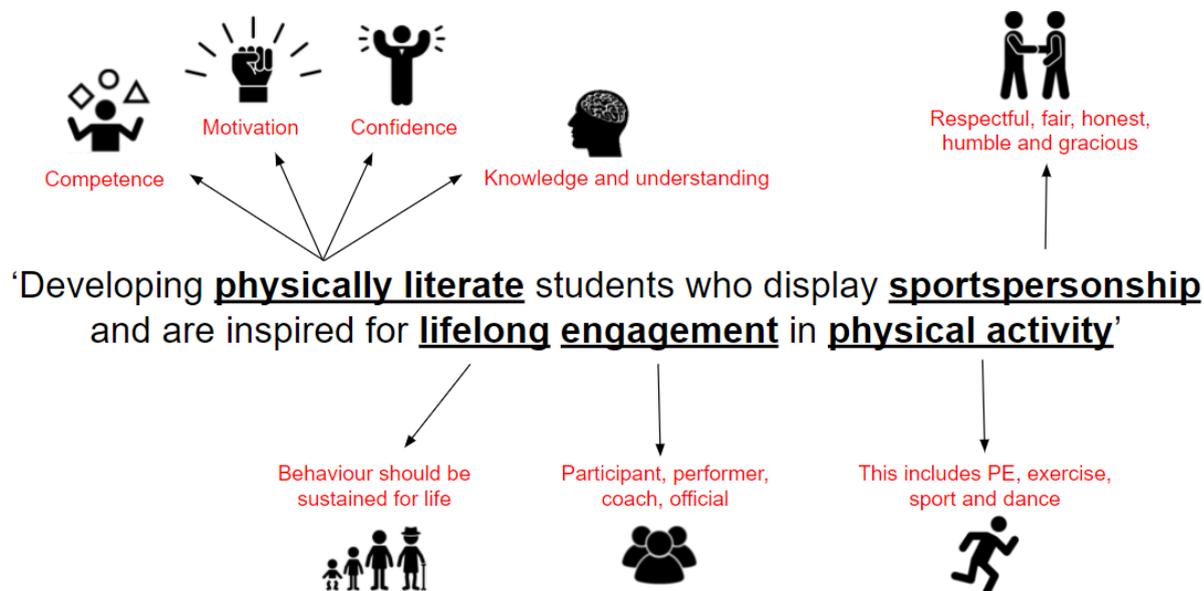


# Physical Education

What is our Curriculum Intent?



How does our Curriculum meet the Academy's 6 Curriculum Core Principles?

## Is anchored in our Christian Values

*Our curriculum develops students' perseverance through personal and team challenges. Servant leadership is developed through leading and coaching opportunities.*

## Is fully inclusive and celebrates diversity

*Our curriculum gives all students the opportunity to experience a large breadth of physical activities from the UK and abroad. A variety of roles allow students to showcase their skills in different ways.*

## Values all subjects, both core and creative, academic and vocational

*Our curriculum offers vocational and academic pathways in KS4. We have both a creative and traditional focus across all key stages.*

## Develops students' ability to be resilient, reflective, resourceful and responsible learners

*Through experience of a broad variety of activities students develop responsibility through leadership, resilience through personal challenge, reflectiveness through feedback and resourcefulness through cognitive challenge.*

## Provides pathways for academic success

*Our curriculum provides an opportunity to achieve academic success through two different pathways: GCSE Physical Education and NCFE Health and Fitness.*

## Prepares students beyond knowledge and skills to be successful in tomorrow's world

*PE provides an environment that fosters empathy, collaboration and effective communication*

*to allow students to excel outside of the school environment.*

### **What are we trying to achieve at KS3**

*Through innovative and exciting lessons we ensure all students have the fundamental skills to participate in and enjoy a wide range of physical activities.*

### **What are we trying to achieve at KS4**

*Through offering a broad choice of activities we allow students to discover their passion for physical activity, exercise and sport. This leads to healthy attitudes towards physical activity and encourages them to stay active for life.*

### **What are we trying to achieve at KS5**

*Extend existing knowledge and skills to excel in examination PE and prepare for further study and careers in sport and exercise.*

### **What makes our curriculum offer unique & local?**

- *We have strong links with local sports teams*
- *We utilise excellent local sports facilities for lessons*
- *We have extensive extra-curricular opportunities run by PE staff and external coaches*
- *We challenge and develop the 'whole child' through our 'ME in PE' model of assessment*
- *We encourage students to experience a variety of roles: performer, coach, referee, statistician, journalist, sports scientist*
- *We ensure students are reflective and encourage them to think critically about their own physical literacy journeys (p70 of their student planners) (see below)*
- *We challenge students in all four domains (physical, cognitive, social and affective) through use of a PE bucket list (p69 of student planners) (see below)*



# PE Bucket List



How many experiences can you achieve?

<p>Represent the school at two different sports</p>	<p>Get to the top of the climbing wall</p> 	<p>Complete a whole term with no kit issues</p> 	<p>Help a family member become more active</p>
<p>Attend a professional sports fixture</p> 	<p>Beat a member of PE staff at a sport/activity</p>	<p>Raise money for charity through sport</p>	<p>Complete a whole term with no lates to PE</p> 
<p>Attend 15 Chelsea Academy extra-curricular sessions</p>	<p>Personal Challenge</p>		<p>Represent your house at two interhouse sports events</p>
<p>Write a match report on a school sports fixture or interhouse competition</p> 	<p>Attend at least one community sports club</p>	<p>Participate in two events at sports day</p> 	<p>Complete a full somersault on the trampoline</p> 
<p>Participate in a 'Park Run'</p>	<p>Carry equipment to Eel Brook Common</p> 	<p>Do 20,000 steps in one day</p> 	<p>Set up and lead part of a lesson</p>
<p>Send the PE team a picture of you being active outside school</p>	<p>Officiate/Referee in a PE lesson</p> 	<p>Take a selfie with a sports person</p> 	<p>Attend a PE student voice meeting</p> 
<p>Follow the PE department on twitter/insta @chelseaacadpe</p>  	<p>Coach someone to improve in a physical activity</p>	<p>Get involved in a break/lunchtime physical activity</p>	<p>Cycle or walk to school every day for 2 weeks</p> 

## Physical Literacy Journey

‘Physical literacy’ is having the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. Sometimes students have positive physical activity experiences (e.g. join a club, win a trophy, do an activity you enjoy in PE) and sometimes they are negative (e.g. get injured, bad weather, lose a final, don’t like the PE activity).

Example:

	HT1	HT2	HT3	HT4	HT5	HT6
+	<p style="color: red; font-size: 2em;">✗</p> <p>Enjoyed doing volleyball in PE and I joined dodgeball club</p>	<p>I injured my leg so had to miss PE, but I enjoyed working out with my dad at home</p> <p style="color: red; font-size: 2em;">✗</p>		<p style="color: red; font-size: 2em;">✗</p> <p>I received <b>GOLD</b> in PE on my progress check and I’m really proud of myself</p>	<p style="color: red; font-size: 2em;">✗</p> <p>I joined the rounders team, we won two fixtures this half term</p>	<p style="color: red; font-size: 2em;">✗</p> <p>I learned how to do the high jump and won a <b>SILVER</b> medal at sports day</p>
-			<p style="color: red; font-size: 2em;">✗</p> <p>The dark nights made it hard for me to feel motivated to do physical activity after school</p>			

### KS3 Curriculum Overview

Year 7	Year 8	Year 9
Fundamental Movement Skills	OAA (Teambuilding)	Alternative Games
Netball	Handball	Basketball
Wallball	Tennis	Badminton
Gymnastics	Vaulting	Trampolining
Dance	Table Tennis	Volleyball
Cricket	Rounders	Softball
Rugby	Hockey	Football
Athletics		
Mindfulness		

