

Physical Education Department Curriculum Overview



Curriculum Overview

The Physical Education Curriculum at Bentley Wood will:

- Encompass an abundance of sports and enrichment experiences to encourage lifelong participation and a holistic development of every student
- Be inclusive and encouraging of excellence despite differences in students' needs
- Provide learning that is rich in knowledge, aided by professionals who are experts in Physical Education
- Ensures progression through regular and timely assessments that encourage students to self-reflect and take account of their own learning
- Equip students with the confidence, self-belief and passion to be driven in leading a happy and healthy lifestyle
- Challenge students to develop a sense of leadership, an ability to problem solve and to communicate their ideas effectively through improved oracy and literacy
- Develop student's personal ethics and values aiding their resilience and determination, particularly when facing challenging situations in life
- Incorporate opportunities for students to demonstrate and practice their leadership skills to prepare the for independence in further education and employment
- Establish a high profile of Physical Education across the whole school including opportunities for staff to model active and healthy lifestyles

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Introduction of Core Skills in the following:</p> <ul style="list-style-type: none"> • Trampolineing • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Introduction of Core Skills in the following:</p> <ul style="list-style-type: none"> • Trampolineing • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Introduction of Core Skills in the following:</p> <ul style="list-style-type: none"> • Dance • Gymnastics • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Introduction of Core Skills in the following:</p> <ul style="list-style-type: none"> • Outdoor Adventurous Activities • Dance • Gymnastics • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Introduction of Core Skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Tennis 	<p>Introduction of Core Skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Tennis
Year 8	<p>Development of Core Skills and in the following:</p> <ul style="list-style-type: none"> • Trampolineing • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Development of Core Skills in the following:</p> <ul style="list-style-type: none"> • Trampolineing • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Development of Core Skills in the following:</p> <ul style="list-style-type: none"> • Dance • Gymnastics • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Development of Core Skills in the following:</p> <ul style="list-style-type: none"> • Outdoor Adventurous Activities • Dance • Gymnastics • Netball • Football • Basketball • Health Related Exercise 	<p>Development of Core Skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Tennis 	<p>Development of Core Skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Tennis

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
				<ul style="list-style-type: none"> • Badminton 		
Year 9	<p>Development of Core Skills and introduction of Advanced Skills in the following:</p> <ul style="list-style-type: none"> • Handball • Trampolining • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Development of Core Skills and introduction of Advanced Skills in the following:</p> <ul style="list-style-type: none"> • Handball • Trampolining • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Development of Core Skills and introduction of Advanced Skills in the following:</p> <ul style="list-style-type: none"> • Handball • Dance • Gymnastics • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Development of Core Skills and introduction of Advanced skills in the following:</p> <ul style="list-style-type: none"> • Handball • Outdoor Adventurous Activities • Dance • Gymnastics • Netball • Football • Basketball 	<p>Development of Core Skills and introduction of Advanced skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Tennis 	<p>Development of Core Skills and introduction of Advanced Skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Tennis

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10				<ul style="list-style-type: none"> • Health Related Exercise • Badminton 		
	<p>Development of Leadership skills and behaviours. Further development of skills for the following activities:</p> <ul style="list-style-type: none"> • Handball • Trampolining • Netball • Football • Basketball • Health Related Exercise • Badminton <p>(Introduction of Level 1 Sports Leaders Award)</p>	<p>Reflecting on leadership skills. Further development of skills for the following activities:</p> <ul style="list-style-type: none"> • Handball • Trampolining • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Planning, assisting and leading sport and physical activity sessions in a variety of the following activities:</p> <ul style="list-style-type: none"> • Handball • Dance • Gymnastics • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Planning, assisting and leading sport and physical activity sessions in a variety of the following activities:</p> <ul style="list-style-type: none"> • Handball • Outdoor adventurous Activities • Dance • Gymnastics • Netball • Football • Basketball • Health Related Exercise • Badminton 	<p>Planning and leading of Primary School Sports Day. Further development of skills for the following activities:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Tennis 	<p>Development of Core Skills and introduction of Advanced Skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Tennis <p>(Completion of Level 1 Sports Leaders Award)</p>
	<p>Consolidation of Core Skills and Advanced Skills for competition in the following activities:</p> <ul style="list-style-type: none"> • Handball • Trampolining • Netball • Football • Basketball 	<p>Consolidation of Core Skills and Advanced Skills for competition in the following activities:</p> <ul style="list-style-type: none"> • Handball • Trampolining • Netball • Football • Basketball 	<p>Consolidation of Core Skills and Advanced Skills for competition in the following activities:</p> <ul style="list-style-type: none"> • Handball • Dance • Gymnastics • Netball • Football 	<p>Consolidation of Core Skills and Advanced Skills for competition in the following activities:</p> <ul style="list-style-type: none"> • Handball • Outdoor Adventurous Activities • Dance 	<p>Consolidation of Core Skills and Advanced Skills for competition in the following activities:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Tennis 	<p>Consolidation of Core Skills and Advanced Skills for competition in the following activities:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Tennis

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11	<ul style="list-style-type: none"> • Health Related Exercise • Badminton 	<ul style="list-style-type: none"> • Health Related Exercise • Badminton 	<ul style="list-style-type: none"> • Basketball • Health Related Exercise • Badminton 	<ul style="list-style-type: none"> • Gymnastics • Netball • Football • Basketball • Health Related Exercise • Badminton 		