

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 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.
- Builds on student knowledge each year through our spiral curriculum through a knowledge rich curriculum.
- Extra-curricular clubs provide students with additional sports that are not taught during curriculum time to broaden their sporting opportunities.

	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"> • Netball • Gymnastics/Dance • Badminton • Football 	<p>Introduction of core skills in the following:</p> <ul style="list-style-type: none"> • Netball • Gymnastics/Dance • Badminton • Football 	<p>Introduction of core skills in the following:</p> <ul style="list-style-type: none"> • Volleyball • Tag rugby • Outdoor Adventurous Activities (OAA) • Health related fitness (HRE) 	<p>Introduction of core skills in the following:</p> <ul style="list-style-type: none"> • Volleyball • Tag rugby • Outdoor Adventurous Activities (OAA) • Health related fitness (HRE) 	<p>Introduction of core skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket 	<p>Introduction of core skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Trampolining
Year 8	<p>Development of core skills and in the following:</p> <ul style="list-style-type: none"> • Netball • Gymnastics/Dance • Badminton • Football 	<p>Development of core skills in the following:</p> <ul style="list-style-type: none"> • Netball • Gymnastics/Dance • Badminton • Football 	<p>Development of core skills in the following:</p> <ul style="list-style-type: none"> • Volleyball • Tag rugby • Outdoor Adventurous Activities (OAA) • Health related fitness (HRE) 	<p>Development of core skills in the following:</p> <ul style="list-style-type: none"> • Volleyball • Tag rugby • Outdoor Adventurous Activities (OAA) • Health related fitness (HRE) 	<p>Development of core skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket 	<p>Development of core skills in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Trampolining
Year 9	<p>Continued development of core skills and knowledge in the following:</p> <ul style="list-style-type: none"> • Netball • Gymnastics • Badminton • Football 	<p>Continued development of core skills and knowledge in the following:</p> <ul style="list-style-type: none"> • Netball • Gymnastics • Badminton • Football 	<p>Continued development of core skills and knowledge in the following:</p> <ul style="list-style-type: none"> • Volleyball • Tag rugby • Outdoor Adventurous Activities (OAA) • Health related fitness (HRE) 	<p>Continued development of core skills and knowledge in the following:</p> <ul style="list-style-type: none"> • Volleyball • Tag rugby • Outdoor Adventurous Activities (OAA) • Health related fitness (HRE) 	<p>Continued development of core skills and knowledge in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket 	<p>Continued development of core skills and knowledge in the following:</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Trampolining
	<p>Development of leadership skills and development of skills</p>	<p>Reflecting on leadership skills and development of skills for the following activities:</p>	<p>Planning, assisting and leading sport and physical activity</p>	<p>Planning, assisting and leading sport and physical activity</p>	<p>Planning and leading of Primary School Sports Day. Further development of skills</p>	<p>Development of core skills and introduction of advanced skills in the following:</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	for the following activities: <ul style="list-style-type: none"> • Netball • Football • Volleyball • Health related fitness (HRE) 	<ul style="list-style-type: none"> • Netball • Football • Volleyball • Health related fitness (HRE) 	sessions in a variety of the following activities: <ul style="list-style-type: none"> • Outdoor Adventurous Activities (OAA) • Tag rugby • Leadership 	sessions in a variety of the following activities: <ul style="list-style-type: none"> • Outdoor Adventurous Activities (OAA) • Tag rugby • Leadership 	for the following activities: <ul style="list-style-type: none"> • Athletics • Rounders • Cricket 	<ul style="list-style-type: none"> • Athletics • Rounders • Cricket • Trampolining
Year 11	Consolidation of core skills and advanced skills in the following activities: <ul style="list-style-type: none"> • Netball • Football • Volleyball • Health related fitness (HRE) 	Consolidation of core skills and advanced skills in the following activities: <ul style="list-style-type: none"> • Netball • Football • Volleyball • Health related fitness (HRE) 	Consolidation of core skills and advanced skills in the following activities: <ul style="list-style-type: none"> • Outdoor Adventurous Activities (OAA) • Tag rugby • Basketball • Badminton 	Consolidation of core skills and advanced skills in the following activities: <ul style="list-style-type: none"> • Outdoor Adventurous Activities (OAA) • Tag rugby • Badminton • Basketball 	Consolidation of core skills and advanced skills in the following activities: <ul style="list-style-type: none"> • Athletics • Rounders • Cricket 	Study leave