

Mulberry Academy Woodside

Physical Education

Curriculum Overview 2023 - 2024

Curriculum intent statement:

Our curriculum is based on the belief that sport develops character and resilience so that students are well-prepared for success in later life. Students will develop the knowledge and understanding of how to work effectively both individually and in teams developing problem-solving, communication and performance analysis skills.

Students will be given the opportunity to become increasingly skilful and intelligent performers, leaders, and officials. They will acquire and develop a range of skills and will learn how to apply these skills successfully. Students will develop positive attitudes towards a variety of roles in physical activity, so that they are inspired to continue such activities outside of school.

Students will also develop a deep understanding of the benefits of physical activity and how it positively impacts their physical and mental health. Students will understand what barriers they may face when participating in physical activity in later life and will develop solutions to overcome this.

By the end of Key Stage 3 students will be competent performers and thinkers in a range of physical activities, they will show a detailed knowledge and understanding of the skills and tactical knowledge needed in a range of activities. Furthermore they will be able to demonstrate leadership and problem solving skills across a broad range of activities.

By the end of Key Stage 4 students will develop existing performance, officiating and leadership skills. Students will become experts in their chosen sports and will have the opportunity to achieve sport specific qualifications. Key Stage 4 students can choose to study a sport related qualification which develops a greater understanding of the subject

Alongside the curriculum our extensive co-curriculum programme offers students the opportunity to explore a wider range of activities. The department has a range of links with outside agencies who actively promote physical activity at both a competitive and recreational level. We provide students access to a range of sport specific qualifications and awards, all of which will develop softer skills to aid our students in developing a lifelong appreciation of PE and sport.

KS4 BTEC Tech Award in sport		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		TERM 1A	TERM 1B	TERM 2A	TERM 2B	TERM 3A	TERM 3B
YEAR 10	KNOWLEDGE	<u>Component 2 Practical sport</u> Components of fitness and the application to a chosen sport Application of practical skills to a team and individual sport Planning and delivering progressive practical activities and taking into account the different needs and skills of the cohort How to prepare and recover from exercise How to differentiate a lesson effectively			completion of PSA 1 time used to complete set assignment from pearsons	<u>Component 2 Factors affecting participation</u> Different types of sport Barriers faced in sport preparation for sport How to overcome barriers Public / Private / voluntary provisions Differing needs of different participants	
	SKILLS	Essay writing Development of advanced skills how to deliver an effective session planning and evaluation communication / organisation				Essay writing presentation skills communication problem solving	
YEAR 11	KNOWLEDGE	<u>Completion of PSA 2</u> time used to complete set assignment from pearsons	<u>Component 3</u> Components of fitness Procedure / reliability for a range of tests Principles of training exercise intensities Different types of training Practicalities and limitations of each type of training		<u>Component 3</u> long term adaptations to the body as a result of exercise private / public provisions taking into account individual differences when planning a training programme SMART principle / Application of principles of training revision		exam and completion of course

	SKILLS	<p>Essay writing presentation skills communication problem solving</p>	<p>administering test Data collection Exam technique Planning Evaluation Analysis</p>	<p>administering test Data collection Exam technique Planning Evaluation Analysis extended writing</p>
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