

INTENT:



“Physical fitness is not only one of the most important keys to a healthy body, it is the basics of dynamic creative intellectual activity”

J F Kennedy

Physical education supports the curriculum vision for all young people to become confident, connected, actively involved, lifelong learners. PE helps students to develop the skills, knowledge and competencies to live healthy and physically active lives at school and for the years to come.

The King's aims to develop, support and continue a pathway into sport and exercise through an enthusing, inspiring curriculum as well as enrichment programme that also aims to support school-community club links. At The King's, whether your passion is in invasion games, net and wall games, striking and fielding games, track and field athletics, gymnastic based or swimming, students can learn transferable, cognitive and social skills.

Students will be able to apply these skills into a plethora of conditioned and competitive situations which will lead to improved physical, mental and social health whilst exposing them to a future hobby or career. We encourage our students to approach all physical activity with a positive attitude and an open mind. We guide students to independently develop their skillset and explore different ways to utilize the skills we develop like teamwork, cooperation, communication, creativity and leadership.





Mixed Ability	Half Term points					
	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
7	<p>All: Practical ABCs (Healthy ME & Thinking ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Focus on developing fundamental skills including agility, balance, coordination and speed Developing knowledge of when and how to apply the different skills during isolated, conditioned and competitive practices 	<p>Band 1: Dance (Social ME & Thinking ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Exploration of the capoeira style of dance Defining key terminology in relation to capoeira Demonstration of key capoeira moves and application to routines including travel, turns, jumps, gestures and stillness Analysis of own and others performances to inform areas for improvement 	<p>Band 1: Handball (Physical ME & Healthy ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Understanding and demonstration of basic movements within handball including passing, shooting, defending and positional play Developing understanding of the basic rules of handball Developing ability to officiate handball using the basic rules 	<p>Band 1: Gymnastics (Healthy ME & Thinking ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Providing opportunities to develop gymnastics skills including floor routines and use of apparatus Developing students knowledge and understanding of how to successfully assess their own and others performances to identify strengths and areas for improvement Assisting students in developing their use of gymnastics related terminology when providing constructive feedback 	<p>All: Athletics (Healthy ME & Social ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Providing opportunities to develop practical skills in both field and track athletics activities. Analysis of own and others performances to inform areas for improvement Setting personal goals and targets and tracking progress. 	<p>All: Striking and Fielding (Physical Me & Social Me)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Developing ability to perform the batting and bowling techniques correctly Understanding how to field correctly including both catching and throwing principles over varying distances Increasing knowledge of how to apply skills successfully to competitive game situations
		<p>Band 2: Handball (Physical ME & Healthy ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Understanding and demonstration of basic movements within handball including passing, shooting, defending and positional play Developing understanding of the basic rules of handball Developing ability to officiate handball using the basic rules Increasing understanding of how to lead warm-ups and basic practices linked to handball 	<p>Band 2: Dance (Social ME & Thinking ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Exploration of the capoeira style of dance Defining key terminology in relation to capoeira Demonstration of key capoeira moves and application to routines including travel, turns, jumps, gestures and stillness Analysis of own and others performances to inform areas for improvement 	<p>Band 2: Gymnastics (Healthy ME & Thinking ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Providing opportunities to develop gymnastics skills including floor routines and use of apparatus Developing students knowledge and understanding of how to successfully assess their own and others performances to identify strengths and areas for improvement Assisting students in developing their use of gymnastics related terminology when providing constructive feedback 		



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	<p>Band 1: Netball (Physical ME & Thinking ME)</p> <ul style="list-style-type: none"> Understanding and demonstration of basic movements within netball including passing, shooting, defending, dodging and positional play Developing understanding of the basic rules of netball Developing ability to officiate netball using the basic rules Increasing understanding of how to lead warm-ups and basic practices linked to netball 	<p>Band 2: OAA / Problem Solving (Physical ME & Thinking ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Exploration of outdoor and adventurous activities which present mental and physical challenges whilst working as part of a team, developing trust and skills to solve problems individually or as part of a group. Developing competence in the use of orienteering maps including thumbing the map, identifying features and control points 	<p>Band 1: Badminton (Social ME & Healthy ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Further development of shots used within badminton and practical application during isolated, conditioned and competitive practices Developing knowledge of tactics within badminton and how these can be used to outwit an opponent during competitive situations 	<p>Band 1: Football (Physical ME & Thinking ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Understanding and demonstration of basic movements within football including passing, shooting, defending, dribbling and positional play Developing understanding of the basic rules of football Developing ability to officiate football using the basic rules Increasing understanding of how to lead warm-ups and basic practices linked to football 	<p>All: Athletics (Healthy ME & Thinking ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Providing opportunities to develop advanced practical skills in both field and track athletics activities. Analysis of own and others performances to inform areas for improvement Setting personal goals and targets and tracking progress. 	<p>All: Striking and Fielding (Physical ME & Social ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Developing the batting technique so that students are able to vary the direction of their shots and implement batting tactics successfully Developing consistency of the bowling action reducing the number of 'no ball' occurrences Further development of fielding strategies and knowledge of tactics linked to fielding successfully Increasing knowledge of tactics which can be employed in varying competitive situations.
	<p>Band 2: Football (Physical ME & Thinking ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Understanding and demonstration of basic movements within football including passing, shooting, defending, dribbling and positional play Developing understanding of the basic rules of football Developing ability to officiate football using the basic rules Increasing understanding of how to lead warm-ups and basic practices linked to football 	<p>Band 2: Badminton (Social ME & Healthy ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Further development of shots used within badminton and practical application during isolated, conditioned and competitive practices Developing knowledge of tactics within badminton and how these can be used to outwit an opponent during competitive situations 	<p>Band 2: OAA / Problem Solving (Physical ME & Thinking ME)</p> <p>Learning to include:</p> <ul style="list-style-type: none"> Exploration of outdoor and adventurous activities which present mental and physical challenges whilst working as part of a team, developing trust and skills to solve problems individually or as part of a group. Developing competence in the use of orienteering maps including thumbing the map, identifying features and control points 	<p>Band 2: Netball (Physical ME & Thinking ME)</p> <ul style="list-style-type: none"> Understanding and demonstration of basic movements within netball including passing, shooting, defending, dodging and positional play Developing understanding of the basic rules of netball Developing ability to officiate netball using the basic rules Increasing understanding of how to lead warm-ups and basic practices linked to netball 		



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Band 1: Volleyball (Healthy ME & Social ME)

Learning to include:

- Developing knowledge and understanding of how to demonstrate basic shots within volleyball
- Developing understanding and ability to lead a full volleyball related warm up and a skill practice
- Increasing knowledge of how to successfully implement the rules of volleyball during a competitive game, whilst undertaking the role of an official.
- Increasing understanding of how to lead warm-ups and conditioned practices linked to netball

Band 2: Tag Rugby (Physical ME & Thinking ME)

Learning to include:

- Introduction and development of ball carrying, tagging and throwing and catching techniques to outwit opponents, keeping possession and invading opponents area to score
- Developing knowledge of the rules of the game and their application
- Developing understanding of spatial awareness to play different positions
- Developing understanding of scoring

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Band 2: Volleyball (Healthy ME & Social ME)

Learning to include:

- Developing knowledge and understanding of how to demonstrate basic shots within volleyball
- Developing understanding and ability to lead a full volleyball related warm up and a skill practice
- Increasing knowledge of how to successfully implement the rules of volleyball during a competitive game, whilst undertaking the role of an official.
- Increasing understanding of how to lead warm-ups and conditioned practices linked to netball

Band 1: Table tennis (Physical ME & Thinking ME)

Learning to include:

- Developing knowledge and understanding of how to demonstrate basic shots within table tennis
- Developing understanding and ability to lead a full table tennis related warm up and a skill practice
- Increasing knowledge of how to successfully implement the rules of table tennis during a competitive game, whilst undertaking the role of an official.

Band 2: Basketball (Social ME & Healthy ME)

Learning to include:

- Developing understanding of types of passes and keeping possession of the ball including dribbling
- The lay up technique and developing ability to shoot effectively around the basket
- Defensive tactics, positioning and rebounds

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Learning to include:

- Developing understanding of types of passes and keeping possession of the ball including dribbling
- The lay up technique and developing ability to shoot effectively around the basket
- Defensive tactics, positioning and rebounds

Band 2: Table tennis (Physical ME & Thinking ME)

Learning to include:

- Developing knowledge and understanding of how to demonstrate basic shots within table tennis
- Developing understanding and ability to lead a full table tennis related warm up and a skill practice
- Increasing knowledge of how to successfully implement the rules of table tennis during a competitive game, whilst undertaking the role of an official.

All: Athletics (Healthy ME & Thinking ME)

Learning to include:

- Providing opportunities to develop advanced practical skills in both field and track athletics activities.
- Analysis of own and others performances to inform areas for improvement
- Setting personal goals and targets and tracking progress.

All: Striking and Fielding (Physical ME & Social ME)

Learning to include:

- Developing the accuracy and precision of the batting technique so that students are able to outwit their opponents whilst implementing batting tactics successfully
- Developing consistency of the bowling action reducing the number of 'no ball' occurrences whilst attempting to use different bowling variations
- Further development of fielding strategies and knowledge of tactics linked to fielding successfully
- Continuing to Increase knowledge of tactics which can be employed in varying competitive situations.