

### 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
<b>10 CORE</b>	<b>Option 1: Fitness (Healthy Me &amp; Social ME)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Exploration of different methods of fitness including yoga, pilates, HITT, aerobics / dance and circuit training.</li> <li>• Developing understanding of how to technically perform movements with control, fluency and safety</li> <li>• Developing knowledge of the parts of a warm up, cool down and how to plan a training session, organising exercises into the correct order</li> </ul>	<b>Option 1: Racket Games (Physical ME &amp; Thinking Me)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Experiencing different racket games including badminton, table tennis and short tennis.</li> <li>• Being able to lead warm ups, set up drills and organise conditioned games and tournaments</li> </ul>	<b>Band 1: OAA / Problem Solving (Social ME &amp; Thinking ME)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Exploration of orienteering including map work and navigation</li> <li>• Problem solving activities linked to development of teamwork, cooperation, listening and communication</li> </ul>	<b>Option 1: Tag Rugby (Physical Me &amp; Thinking Me)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• How to use and apply passing, sprinting, dodging and blocking skills, strategies and tactics to outwit opponents.</li> <li>• Making informed decisions during small sided games and planning attacking principles.</li> </ul>	<b>Option 1: Athletics (Thinking ME &amp; Physical ME)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Developing knowledge and understanding of both track and field events</li> <li>• Demonstrating advanced techniques to enable personal bests to be achieved</li> </ul>	<b>Option 1: Softball (Social ME &amp; Physical ME)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Development of skills relating to fielding, bowling and batting.</li> <li>• Exploration of advanced tactics and strategies that can be used to outwit opponents</li> </ul>
	<b>Option 2: Games (Physical ME and Thinking ME)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Exploration of a range of different invasion games including football, handball, netball and korfball.</li> <li>• Developing knowledge of how to lead a warm up and cool down</li> <li>• Increasing knowledge of rules, tactics and key terminology</li> <li>• Organising own games and tournaments</li> </ul>	<b>Option 2: Alternative Games (Social ME and Healthy ME)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Experiencing different types of alternative games including dodgeball, end zone, tchouk-ball, speedball, capture the flag, bodgeball, ultimate frisbee, quadageball, Danish long ball etc.</li> </ul>	<b>Option 2: Basketball (Social Me &amp; Thinking Me)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Development of attacking and defending strategies and techniques</li> <li>• Selection and application of core basketball skills including how to use them tactically to outwit opponents.</li> <li>• Increasing knowledge of small sided competitive games and the rules that underpin them.</li> </ul>	<b>Option 2: Korfball (Social ME &amp; Healthy ME)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Application of movements within korfball including passing, shooting, defending, dodging and positional play to outwit opponents</li> <li>• Developing understanding of the advanced rules of korfball</li> <li>• Developing ability to officiate korfball</li> <li>• Increasing understanding of how to lead warm-ups and practices linked to korfball</li> </ul>	<b>Option 2: Rounders (Healthy ME &amp; Social ME)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Development of skills relating to fielding, bowling and batting.</li> <li>• Exploration of advanced tactics and strategies that can be used to outwit opponents</li> </ul>	<b>Option 2: Cricket (Healthy ME &amp; Thinking ME)</b>  <b>Learning to include:</b> <ul style="list-style-type: none"> <li>• Development of skills relating to fielding, bowling and batting.</li> <li>• Exploration of advanced tactics and strategies that can be used to outwit opponents</li> </ul>



<p><b>11 CORE</b></p>	<p><b>Option 1: Korfball / Netball (Physical ME &amp; Thinking ME)</b></p> <ul style="list-style-type: none"> <li>Understanding and demonstration of movements within netball and korfball including passing, shooting, defending, dodging and positional play</li> <li>Developing understanding of the advanced rules of netball and korfball</li> <li>Developing ability to officiate netball and korfball using the appropriate rules</li> <li>Increasing understanding of how to lead warm-ups and practices linked to netball and korfball</li> </ul> <p><b>Option 2: Football (Physical ME &amp; Thinking ME)</b></p> <p>Learning to include:</p> <ul style="list-style-type: none"> <li>Understanding and demonstration of advanced movements within football including passing, shooting, defending, dribbling and positional play</li> <li>Developing understanding of the advanced rules of football</li> <li>Developing ability to officiate football using the appropriate rules</li> <li>Increasing understanding of how to lead warm-ups and practices linked to football</li> </ul>	<p><b>Option 1: Tag Rugby (Physical ME &amp; Thinking ME)</b></p> <p>Learning to include:</p> <ul style="list-style-type: none"> <li>How to use and apply passing, sprinting, dodging and blocking skills, strategies and tactics to outwit opponents.</li> <li>Making informed decisions during small sided games and planning attacking principles.</li> </ul> <p><b>Option 2: Volleyball (Healthy ME &amp; Social ME)</b></p> <p>Learning to include:</p> <ul style="list-style-type: none"> <li>Using a range of shots with accuracy, timing, control and consistency to outwit opponents</li> <li>Application of shots to conditioned and competitive practices</li> <li>Understanding of tactical and strategic decisions within competitive games</li> </ul>	<p><b>Option 1: Fitness (Healthy ME &amp; Social ME)</b></p> <p>Learning to include:</p> <ul style="list-style-type: none"> <li>Exploration of different methods of fitness including yoga, pilates, HITT, aerobics / dance and circuit training.</li> <li>Developing understanding of how to technically perform movements with control, fluency and safety</li> <li>Developing knowledge of the parts of a warm up, cool down and how to plan a training session, organising exercises into the correct order</li> </ul> <p><b>Option 2: Basketball (Social ME &amp; Thinking ME)</b></p> <p>Learning to include:</p> <ul style="list-style-type: none"> <li>Development of attacking and defending strategies and techniques</li> <li>Selection and application of core basketball skills including how to use them tactically to outwit opponents, Increasing knowledge of small sided competitive games and the rules that underpin them.</li> </ul>	<p><b>Option 1: Racket Games (Physical ME &amp; Thinking ME)</b></p> <p>Learning to include:</p> <ul style="list-style-type: none"> <li>Experiencing different racket games including badminton, table tennis and short tennis.</li> <li>Being able to lead warm ups, set up drills and organise conditioned games and tournaments</li> </ul> <p><b>Option 2: Alternative Games (Social ME and Healthy ME)</b></p> <p>Learning to include:</p> <p>Experiencing different types of alternative games including dodgeball, end zone, tchouk-ball, speedball, capture the flag, bodgeball, ultimate frisbee, quadageball, Danish long ball etc.</p>	<p><b>Option 1: Softball / Rounders (Social ME &amp; Physical ME)</b></p> <p>Learning to include:</p> <ul style="list-style-type: none"> <li>Development of skills relating to fielding, bowling and batting.</li> <li>Exploration of advanced tactics and strategies that can be used to outwit opponents</li> </ul> <p><b>Option 2: Cricket (Healthy ME &amp; Thinking ME)</b></p> <p>Learning to include:</p> <ul style="list-style-type: none"> <li>Development of skills relating to fielding, bowling and batting.</li> <li>Exploration of advanced tactics and strategies that can be used to outwit opponents</li> </ul>	
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