**Intent**

Physical Education at Belvue aims to empower the interest of maintaining a healthy lifestyle and understand the importance of being active.  We aim to make students confident enough to use sport as a mechanism to engage in their community. Participating in sport provides a sense of belonging, opportunity for success and learning to cope with challenge and failure both in individual and team/group activities. We aim for all students to experience enjoyment in sport through a wide range of activities.

‘IF YOU HAD FUN, THEN YOU WON.’

‘PE IS POWERFUL EDUCATION.’



Physical Education



Physical Education

**Overview**

The Physical Education department at Belvue School is committed to delivering high quality education. This is achieved through our broad and rich curriculum and delivered in a supportive and safe environment whilst also providing sport and leadership opportunities. We believe that PE is vital in the development in each of our young people and we aim to make a positive and vital impression to each individual’s.

PE is divided into key areas in line with the National Curriculum:

* Health and Fitness Activities
* Invasion Games
* Net and Wall Games
* Striking and Fielding

Weekly PE lessons provide opportunities for students develop their confidence, extend their skills and tactics, as well as develop their evaluative skills in a range of activities to overcome either individual challenges or opponents in team games.

In KS4 there are opportunities to gain unit awards in a variety of activities. Pupils undertake a range of qualifications including: Sports Leadership and the Duke of Edinburgh Bronze Award. These qualifications further develop independent learning, organisational and leadership skills.

**Extra Curricular Sport.**

Outdoor adventure activities are also an important part of the curriculum with the lower school taking part in an activity residential involving team building skill based activities and upper school taking part in a water based adventure activity residential to Salcombe in Devon where students learn to sail a range of craft as well as beach games, raft building, canoeing and coastal walks.

With the support of The Willow Tree School Sport Partnership Trust, our students regularly participate in fun, friendly but still competitive sports fixtures in a range of different sports.

Our students also participate in an SEN football league every Wednesday run by the FA. We currently compete in the MLD U16 boys, MLD U14 boys, SLD open aged and open aged Girls competitions.

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| KS3 | Autumn | Spring | Summer |
| Cycle 1 | *Health and Fitness- Cross Country/Dance* | *Invasion Games- Basketball/Tag Rugby* | *Athletics/Tennis* |
| Overview | Cross Country- Autumn 1-Students will develop their stamina and fitness, running in open air spaces, over natural terrain in the local environment. The courses include surfaces of grass, pass through some woodlands and feature some short hills. The students will learn how to pace themselves and when to appropriately use the 5 paces- walk, power walk, jog, run and sprint. They will be timed and each week try to improve against their own times. During the term, we will have some friendly races against other schools.  Dance- Autumn 2- Brazilian carnival dance – Students will begin to understand the history and background of  Brazilian Carnival dance. They will create and design colourful dance costumes to wear and perform in front of an audience.  Focusing on gross, fine motor skills, co-ordination, Isolation, Composition- Motif/development, using a stimulus, evaluation, choreographic techniques- motif and motif development. | Basketball- Spring 1- Students will focus on their coordination skills with a particular emphasis on bouncing, throwing and catching. Students will develop their team skills, identifying their own team and the opposition, aiming to score points in the baskets.  Tag Rugby- Spring 2- Tag Rugby is a minimal contact team game in which each player wears a tag belt with 2 tags attached. Students will again focus on their throwing and catching skills, identifying their own team and the opposition, aiming to pass the ball backwards to their team mates without getting tagged, making their way to the touchline to place the ball down to score a point. | Athletics- Summer 1- Students will practise a number of events in preparation for sports day. Events include students focusing on jumping for distance and height, throwing for distance and accuracy, running for speed and pacing as well as agility skills.  Tennis- Summer 2- Tennis can be played by students using a racket or their hands, it can be played singly or in groups and they will aim to hit a ball to their opponent, working on their hand eye coordination. Nets will be introduced to challenge students. |
|  | Autumn | Spring | Summer |
| Cycle 2 | *Health and Fitness-Cross Country/Gymnastics* | *Invasion Games- Football/Netball* | *Athletics/Volleyball* |
|  | Cross Country- Autumn 1-Students will develop their stamina and fitness, running in open air spaces, over natural terrain in the local environment. The courses include surfaces of grass, pass through some  woodlands and feature some short hills. The students will learn how to pace themselves and when to appropriately use the 5 paces- walk, power walk, jog, run and sprint. They will be timed and each week try to improve against their own times. During the term, we will have some friendly races against other schools.  Gymnastics- Autumn 2- During our gymnastics topic, students will demonstrate skills and agility individually and in combination with others. They will focus on developing stability when holding their own body position on mats and on apparatus and when supporting a partner. Pupils will incorporate control, precision and aesthetics into sequences showing creativity. Students will evaluate their own movements and others.  Autumn | Football- Spring 1- Students will start to control a ball using their feet, building on their basic principles of attack and defence. Skills and activities include basic techniques building up to small sided  games, incorporating, passing, shooting applying accuracy, coordination and control to gain advance over an opponent.  Netball- Spring 2- Students will further increase their attacking and defending skills, learning to stop when they receive the ball and look for a team mate to pass to.  **Spring** | Athletics- Summer 1- Students will practice a number of events in preparation for sports day. Events include students focusing on jumping for distance and height, throwing for distance and  accuracy, running for speed and pacing as well as agility skills.  Volleyball- Summer 2- Students will start playing seated volleyball trying to hit the ball over the net whilst remaining seated working on their core muscles. Students then progress to standing positions with the same aim of trying to hit the ball over the net. Students will rally and then progress onto competitive games with a point scoring system.  **Summer** |
| Cycle 3 | *Health and Fitness- Cross Country/Parkour* | *Invasion Games- Unihoc/Handball* | *Athletics/Rounders* |
|  | Cross Country- Autumn 1-Students will develop their stamina and fitness, running in open air spaces, over natural terrain in the local environment. The courses include surfaces of grass, pass through some woodlands and feature some short hills. The students will learn how to pace themselves and when to appropriately use the 5 paces- walk, power walk, jog, run and sprint. They will be timed and each week try to improve against their own times. During the term, we will have some friendly races against other schools.  Parkour- Autumn 2- Is a gymnastic alternative which focuses on non-competitive physical discipline to move freely over and through equipment and courses, using only the abilities of the body, principally through running, jumping and climbing movements. Students will attempt different challenges such as moving towards a wall and then jumping and pushing off the wall, standing on top of a horse and moving safely to the other side, vaulting over obstacles and using a rolling motion to help absorb large impacts. | Unihoc- Spring 1- Students will learn to hold their stick in two hands at all times and will attempt to control and dribble the ball. They will also then further increase their attacking and defending skills, in small sided games, learning to shoot, dribble and pass with increased accuracy.  Handball- Spring 2- During our handball topic, pupils will further develop their invasion games skills, by increasing their knowledge about working together as a team, whilst developing their physical and communication skills. The aim of the game is to throw the ball into the opposite goal of the other team. Players may move with the ball but only 3 paces, the ball is move by passing, dribbling or hitting it with any body part above the knee. | Athletics- Summer 1- Students will practice a number of events in preparation for sports day. Events include students focusing on jumping for distance and height, throwing for distance and accuracy, running for speed and pacing as well as agility skills.  Rounders- Summer 2- Students will play a modified version of rounders first using a tennis racket, then progressing onto using a cricket bat and finally a rounders bat. Students will run around 3 bases once they have batted, with an emphasis on fielders trying to retrieve the ball before the batter gets all the way around the bases. |