**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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| KS4 | Autumn | Spring | Summer |
| Cycle 1 | *Health and Fitness- Cross Country/Circuit Training.* | *Invasion Games- Basketball/Tag Rugby* | *Athletics/Badminton* |
| Overview | Cross Country- Autumn 1- Students will further develop and increase 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 and longer incline hills. The students will increase their knowledge and ability to pace themselves - 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.  Circuit Training- Autumn 2- Students will learn how to set up their own simple circuit focusing on core, upper body and lower body with limited equipment. They will use and take this knowledge and learn the importance of health and fitness and learn how to set up simple circuits. | Basketball- Spring 1- Students will focus on their coordination skills with a further emphasis on bouncing, throwing and catching. Students will further develop their team skills, identifying their own team and the opposition, aiming to score points and defend their own targets/ baskets. During the term, pupils will play some friendly games against other schools.  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 practice a number of events in preparation for sports day. Events include students focusing on jumping for distance and height-long jump, triple jump and vertical jump, throwing for distance and accuracy- cricket ball throw, javelin, chest push, shot putt, aero rocket throw. They will also focus on their running, improving their speed over short sprints and pacing over slightly longer distances as well as agility skills.  Badminton- Summer 2- Students will focus on their hand eye coordination attempting to hit, rally and score points against an opponent/s using a racquet to hit a shuttlecock over a high net. They will explore different types of shots and learn how to outwit an opponent. |
|  | Autumn | Spring | Summer |
| Cycle 2 | *Health and Fitness-Cross Country/Circuit Training* | *Invasion Games- Football/Handball* | *Athletics/Tennis* |
|  | Cross Country- Autumn 1- Students will further develop and increase 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 and longer incline hills. The students will increase their knowledge and ability to pace themselves - 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.  Circuit Training- Autumn 2- Students will learn how to set up their own simple circuit focusing on core, upper body and lower body with limited equipment. They will use and take this knowledge and learn the importance of health and fitness and learn how to set up simple circuits. | Football- Spring 1- Students build on their confidence to control a ball using their feet, maintaining the basic principles of attack and defence. Skills and activities include shooting, passing and dribbling drills, small sided games, incorporating, applying accuracy, coordination and control to gain advance over an opponent.  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. Students 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-long jump, triple jump and vertical jump, throwing for distance and accuracy- cricket ball throw, javelin, chest push, shot putt, aero rocket throw. They will also focus on their running, improving their speed over short sprints and pacing over slightly longer distances 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. Small rallies and games will be played. |