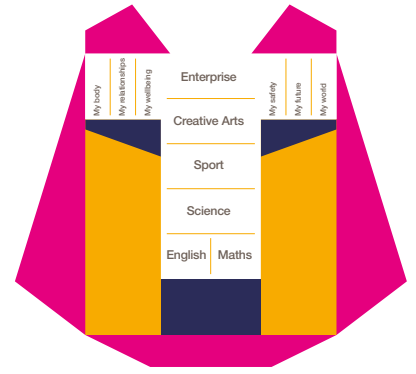


# PE and Sport



The 'PE and Sport' curriculum consists of three steps.

## Build

In the 'Build' stage students will develop understanding of 'health' and 'fitness', and the requirements of how to develop these. They will do this by taking part in physical and health related activities, with reference to changes made to the body systems. Students will develop fundamental movement skills and, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance, and coordination, individually and with others.

## Grow

At the 'Grow' stage, students will explore the training methods that are used by coaches and athletes to improve different types of fitness and overall performance. They'll increase their knowledge, understanding and application by playing a range of competitive sports. Students will also take part in activities that involve teamwork, trust and problem-solving, and develop an enjoyment in communicating, collaborating, and competing. They'll analyse their performances and strive to reach their personal best, progressing to taking part in physical activities or competitive sports outside of school.

## Launch

In 'Launch', students will continue to develop their confidence, motivation, physical competence, knowledge and understanding. They will value and take responsibility for engagement in physical activities for life. This is done by ensuring lessons are both engaging and purposeful and achieved through experiencing a range of sporting activities within specific areas (invasion, net/wall games, performing at maximum, accurate replication, non-traditional and striking and fielding).

# Build

Understand physical health and inactivity, ways to improve physical health, and undertake simple tests to measure physical health:

- › Understand fitness and the skill to improve fitness, such as flexibility, strength, technique, control and balance
- › Understand basic human anatomy
- › Understand basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- › Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles for attacking and defending
- › Improve in different physical activities, sports and learn how to evaluate and recognise their own success
- › Take part in outdoor and adventurous activity challenges both individually and within a team
- › Compare their performances with previous ones and demonstrate improvement to achieve their personal best

# Grow

Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]

- › Develop technique and improve performance in competitive sports
- › Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- › Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- › Take part in competitive sports and activities outside school through community links or sports clubs

# Launch

Use and develop a variety of tactics and strategies to overcome opponents in team and individual games:

- › Develop their technique and improve their performance in other competitive sports, or other physical activities
- › Take part in further outdoor and adventurous activities, in a range of environments, which present intellectual and physical challenges. Encouraging pupils to work in a team, building trust and developing skills to solve problems, individually or as a group
- › Evaluate performances compared to previous ones, and demonstrate improvement across a range of physical activities to achieve their personal best
- › Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs