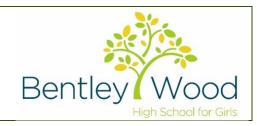
Physical Education Department Curriculum Overview



Curriculum Overview

The Physical Education Curriculum at Bentley Wood will:

- Encompass an abundance of sports and enrichment experiences to encourage lifelong participation and a holistic development of every student.
- Be inclusive and encouraging of excellence despite differences in students' needs.
- Provide learning that is rich in knowledge, aided by professionals who are experts in Physical Education.
- Ensures progression through regular and timely assessments that encourage students to self-reflect and take account of their own learning.
- Equip students with the confidence, self-belief and passion to be driven in leading a happy and healthy lifestyle.
- Challenge students to develop a sense of leadership, an ability to problem solve and to communicate their ideas effectively through improved oracy and literacy.
- Develop student's personal ethics and values aiding their resilience and determination, particularly when facing challenging situations in life.
- Incorporate opportunities for students to demonstrate and practice their leadership skills to prepare for independence in further education and employment.
- Establish a high profile of Physical Education across the whole school including opportunities for staff to model active and healthy lifestyles.
- Builds on student knowledge each year through our spiral curriculum.
- Extra-curricular clubs provide students with additional sports that are not taught during curriculum time to broaden their sporting opportunities.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Introduction of core skills in the following:	Introduction of core skills in the following:	Introduction of core skills in the following:	Introduction of core skills in the following:	Introduction of core skills in the following:	Introduction of core skills in the following:
Year 7	 Netball Gymnastics Badminton Outdoor Adventurous Activities (OAA) 	NetballGymnasticsBadmintonOAA	VolleyballFootballDanceTrampolining	VolleyballFootballDanceTrampolining	AthleticsRoundersCricketTennis	AthleticsRoundersCricketTennis
	Development of core skills and in the following:	Development of core skills in the following: • Netball	Development of core skills in the following: • Volleyball	Development of core skills in the following: • Volleyball	Development of core skills in the following: • Athletics	Development of core skills in the following: • Athletics
Year 8	NetballGymnasticsBadmintonOAA	GymnasticsBadmintonOAA	FootballDanceTrampolining	FootballDanceTrampolining	RoundersCricketTennis	RoundersCricketTennis
Year	Continued development of core skills and knowledge in the following:	Continued development of core skills and knowledge in the following:	Continued development of core skills and knowledge in the following:	Continued development of core skills and knowledge in the following:	Continued development of core skills and knowledge in the following:	Continued development of core skills and knowledge in the following:
9	NetballTrampoliningVolleyballDance	NetballTrampoliningVolleyballDance	FootballBadmintonHealth related fitness (HRE)Tag rugby	FootballBadmintonHRETag rugby	AthleticsRoundersCricketTennis	AthleticsRoundersCricketTennis
	Development of leadership skills and development of skills	Reflecting on leadership skills and development of skills for the following activities:	Planning, assisting and leading sport and physical activity	Planning, assisting and leading sport and physical activity	Planning and leading of Primary School Sports Day. Further development of skills	Development of core skills and introduction of advanced skills in the following:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	for the following activities: Netball Basketball Tag rugby Health related fitness (HRE)	 Netball Basketball Tag rugby Health related fitness (HRE) 	sessions in a variety of the following activities: • Football • Volleyball • Table tennis • Leadership	sessions in a variety of the following activities: • Football • Volleyball • Table tennis • Leadership	for the following activities: Athletics Rounders Cricket Tennis	AthleticsRoundersCricketTennis
Year 11	Consolidation of core skills and advanced skills in application of strategy and tactics. Netball Football Volleyball Health related fitness (HRE)	Consolidation of core skills and advanced skills in the following activities: Netball Football Volleyball Health related fitness (HRE)	Consolidation of core skills and advanced skills in the following activities: Outdoor Adventurous Activities (OAA) Tag rugby Basketball Badminton	Consolidation of core skills and advanced skills in the following activities: Outdoor Adventurous Activities (OAA) Tag rugby Badminton Basketball	Consolidation of core skills and advanced skills in the following activities: Athletics Rounders Cricket Trampolining	Study leave