



Physical Education Curriculum

Intent

At North Star 240 we recognise the importance and influence that Physical Education can have on the development of the whole student. As a PE department we are committed to developing both the sports person, and the socially & emotionally intellectual person.

To do so, we aim to embed the following into the curriculum as often as possible;

- Develop competence across a broad range of skills and sports.
- Ensure students are physically active for sustained periods of time.
- Engagement in competitive sports & activities.
- Lead healthy active lifestyles.
- Build self-esteem, confidence and resilience.
- Provide all pupils with access to the curriculum.
- Offer opportunities for further studies & PE related qualifications.

Implementation

- All lessons are taught by a qualified PE teacher and/or a specialist PE teaching assistant.
- KS3 have 3 core PE lessons each week & KS4 have 2 core PE lessons each week.
- In depth curriculum mapping and sequencing covering the 4 strands of the assessment model.
- Long term PE planning of the curriculum covering the 4 stands in depth (PhysicalME, HealthyME, SocialME, TheoryME)
- Have tailored /taxonomized lesson objectives. To ensure all students can access the learning intent on daily basis.
- Personalised differentiation techniques used within planning and lessons.
- Bi-termly assessments to monitor progress.
- Extensive use of IT within lessons (iPads & GoPro's) to offer instance visual feedback and guidance.
- Extensive intra & inter school sport including but not exclusive to Sports Day, Football Fixtures, Summer Sports Festival.
- Consistency in routines including an introduction and warm up, skill development and plenary.
- Opportunity for children to perform and feedback/ offer guidance to each other.

Impact

The impact of this curriculum design will lead to outstanding progress in their performance, competition and social and mental development. Children will therefore be expected to leave North Star 240 a well-rounded individual physically, socially and mentally and will have succeeded in the following;

- █ - Replicating core skills and techniques across a range of sports.
- █ - Working with and effectively communicating with peers during team/ group activities.
- █ - To recall information from previous learning, and link to new learning.
- █ - To be punctual and assist with the correct assembly and disassembly of equipment in lessons.
- █ - To offer effective guidance to peers, relating directly to the teaching points of the activity/lesson.
- █ █ - To attend extra-curricular activities and represent the school in intra & interschool sports.
- █ - To have a healthy relationship with food and exercise, and know the benefits of this.
- █ - Where applicable, complete a KS4 qualification related to PE (Entry Level PE, iGCSE PE, DofE)