Reach Academy
Hanworth Park
A REACH SCHOOL

Physical Education Curriculum Overview

Our department's vision

Our department's vision is to equip every student at Reach Academy Hanworth Park to embrace a healthy and active lifestyle, fostering a lifelong passion for sport and exercise.

What knowledge have we selected in our curriculum and why?

Our Physical Education curriculum is driven by the whole-school vision to give students the skills, attributes and academic qualifications to go on to live lives of choice and opportunity. In selecting and sequencing knowledge for our curriculum, we are guided by the national curriculum and led by our whole-school curriculum design principles.

1. Knowledge-rich:

Our knowledge-rich Physical Education curriculum allows us to prioritise fundamental skills to be able to compete competently and confidently in any sport. Each student will develop physical, tactical and social competence in a range of sports. Each cycle students will focus on two sports in detail with the opportunity to participate in fixtures and competitions. Sport specific knowledge is embedded within our Physical Education lessons to prepare students for GCSE Physical Education in years to come. This equips students with knowledge from the physical effects of exercise to understanding the components of fitness.

2. Backwards planned:

Our PE curriculum is split into what pupils can do physically and their theoretical knowledge. This is planned backwards so that all pupils can achieve both physical competency and theoretical knowledge that will allow them success at KS4 in a sport course.

3. Carefully resourced:

We consistently aim to adapt and improve our resources within the PE department. We have both short-term and long-term plans for each topic taught throughout the year, giving both staff and students a deeper understanding and insight into the topics they will be teaching and learning. We ensure that all students have access to high quality equipment throughout their lessons. We are fortunate to have equipment to regularly adapt our lessons for students on the AEN register with smaller rackets, lighter balls and lower nets, allowing every lesson to accessible for all students.

4. Aspirational, inclusive and diverse:

Aspiration in our curriculum is seen in our high expectations of pupils within PE lessons. These high expectations are set to allow students to be both motivated and challenged throughout their time at Reach. We focus on both becoming competent and confident sportspeople but also teaching sportsmanship and how we can be respectful to our opponents and teammates.

Our curriculum is inclusive of all students and aims to encourage everyone to enjoy PE and sport both inside and outside of school. We highlight achievements from famous female athletes and also athletes from different ethnicities and backgrounds to inspire all students to be the best sportsmen and women possible.

5. Rigorously assessed:

Assessment takes place continuously in PE lessons to allow us to identify who requires extra support and how we can stretch and challenge students who are performing above the expected standard. Each student completes an end of sport assessment at the end of each half term. This tests their ability to perform in each sport. . They also complete an end of cycle assessment that assesses their understanding of the theoretical knowledge they have acquired in lessons.

During a PE lesson, the students will have ‘Do Now’s’ to verbally complete, these are retrieval questions based on the homework set that week or previous lessons. It allows us to see where the gaps in knowledge are before we move into the lesson.

6. Regularly evaluated and reflected upon.

We work collaboratively with the PE department at Reach Academy Feltham and internally to frequently reflect on our curriculum. We use pupil progress and shared department time to consider curriculum design, its resourcing, its implementation and its impact; making changes immediately or logging them for the next academic year. Constant reflection on our implementation takes place through our instructional coaching system, in which every teacher receives a weekly action step to improve their implementation of the curriculum.

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Primary curriculum map:

		Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Rec	**Lesson 1**	Fundamentals Unit 1	Team Building	Gymnastics	Games	Fundamentals Unit 2	Athletics
Y1	**Lesson 1**	Introduction to PE	Gymnastics	Dance	Team Building	Sending & Receiving	Athletics
	Lesson 2	Fundamentals	Ball Skills	Target Games	Invasion Games	Net and Wall Games	Fundamentals Y2
Y2	**Lesson 1**	Fundamentals	Dance	Gymnastics	Yoga	Net and Wall Games	Fundamentals Y3
	Lesson 2	Ball Skills	Sending and Receiving	Team Building	Football	Striking and Fielding	Athletics
Y3	**Lesson 1**	Health and Fitness	Netball	Dance	Basketball	Striking and Fielding	Athletics
	Lesson 2	Fundamentals		Team Building	OAA		Fundamentals Y4
Y4	**Lesson 1**	Health and Fitness	Netball	Gymnastics	*Swimming*	*Swimming*	*Swimming*
	Lesson 2	Fundamentals		Basketball	*Swimming*	*Swimming*	*Swimming*
Y5	**Lesson 1**	*Swimming*	*Swimming*	*Swimming*	Netball	Striking and Fielding	Athletics
	Lesson 2	*Swimming*	*Swimming*	*Swimming*	Gymnastics		Fundamentals
Y6	**Lesson 1**	Health and Fitness	Gymnastics	Basketball	Netball	Striking and Fielding	Athletics
	Lesson 2	Fundamentals	Handball				Cricket

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Secondary curriculum map:

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Y7	Netball	Handball	Dance	Football	Rounders	Cricket
Y8	Touch rugby	Netball	Gymnastics	Football	Athletics	Cricket
Y9	Fitness	Touch rugby	Badminton	Basketball	Athletics	Rounders
Y10	Netball	Badminton	Handball	Basketball	Rounders	Cricket
Y11	Badminton	Netball	Volleyball	Football	Exams	