5 Year Curriculum Plan Ellesmere Park High School

Department:

Physical Education

Head of Department:

R Smalley

Department Vision

Empowering a generation, without exception, to realise their potential.

Curriculum Intent

The physical education curriculum at Ellesmere Park High School aims to achieve the following;

- P Promote the ideals of maintaining good physical, mental and emotional health.
- R Realise the **potential** of each student by removing **barriers** to their participation
- I Improve the **physical literacy** required to enjoy lifelong participation (Bodies)
- D Develop hearts to support students in achieving their personal goals. (Heart)
- E Equip students with the **knowledge** required to participate and excel in PE. (Minds)

We encourage our students to take pride in their learning to become physically competent and confident performers, ensuring they have all the resources they need to realise their potential.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Transition	Team Disciplines	Individual Disciplines	Individual Disciplines	Summer Disciplines	Summer Disciplines
	Students will undergo a transition period whereby they rotate around various activities to do the following;	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.
	Learn about routines and expectations in PE at	Football, Rugby, Netball, Hockey, Handball, Basketball.	Gymnastics, Trampolining, X- Country, Table Tennis, Badminton, HRF	Gymnastics, Trampolining, X- Country, Table Tennis, Badminton, HRF	Rounders, Cricket, Softball, Athletics, Volleyball, Tennis	Rounders, Cricket, Softball, Athletics, Volleyball, Tennis
YEAR 7	Ellesmere. Know the different facilities available to them in PE at Ellesmere. Understand different types of activities in PE at Ellesmere Demonstrate a range of basic skills and abilities. Demonstrate an understanding of how to prepare for exercise. Know about assessment and progress in PE at Ellesmere.	Bodies Demonstrate how to prepare for exercise. Demonstrate basic skills in drills. Apply basic skills to competitive games. Hearts Work as part of a team Develop Leadership skills Develop some resilience and motivation Learn how to interact appropriately with their peers Minds Learn key points for performing basic skills. Know basic rules of team games. Develop decision making skills in competitive situations.	Bodies Demonstrate how to prepare for exercise. Demonstrate basic skills in isolation. Apply basic skills to competitive situations Hearts Work as an individual Develop confidence to perform. Develop some resilience and motivation Learn how to respect others performances Minds Learn key points for performing basic skills. Know basic rules of competition and how to score.	Bodies Demonstrate how to prepare for exercise. Demonstrate basic skills in isolation. Apply basic skills to competitive situations Hearts Work as an individual Develop confidence to perform. Develop some resilience and motivation Learn how to respect others performances Minds Learn key points for performing basic skills. Know basic rules of competition and how to score.	Bodies Demonstrate how to prepare for exercise in hot weather. Demonstrate basic skills in isolation. Apply basic skills to competitive situations Hearts Work as an individual and as part of a team. Develop confidence and resilience with leadership skills to participate and lead. Learn how to support peers during participation. Minds Learn key points for performing basic skills. Know basic rules of competition and how to score Develop decision making skills in	Bodies Demonstrate how to prepare for exercise in hot weather. Demonstrate basic skills in isolation. Apply basic skills to competitive situations Hearts Work as an individual and as part of a team. Develop confidence and resilience with leadership skills to participate and lead. Learn how to support peers during participation. Minds Learn key points for performing basic skills. Know basic rules of competition and how to score Develop decision making skills in
			Develop creativity to produce routines and phases of play.	Develop creativity to produce routines and phases of play.	competitive situations.	competitive situations.

	Team Disciplines	Team Disciplines	Individual Disciplines	Individual Disciplines	Summer Disciplines	Summer Disciplines
YEAR 8	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.
	Football, Rugby, Netball, Hockey, Handball, Basketball.	Football, Rugby, Netball, Hockey, Handball, Basketball.	Gymnastics, Trampolining, X- Country, Table Tennis, Badminton, HRF	Gymnastics, Trampolining, X- Country, Table Tennis, Badminton, HRF	Rounders, Cricket, Softball, Athletics, Volleyball, Tennis	Rounders, Cricket, Softball, Athletics, Volleyball, Tennis
	Bodies Further develop basic skills in drills. Apply basic skills to more competitive games. Demonstrate basic levels of fitness to participate	Bodies Further develop basic skills in drills. Apply basic skills to more competitive games. Demonstrate basic levels of fitness to participate Hearts Develop communication skills	Bodies Demonstrate how to prepare for exercise. Further develop basic skills in isolation. Apply basic skills to more competitive situations. Demonstrate basic levels of fitness to participate.	Bodies Demonstrate how to prepare for exercise. Further develop basic skills in isolation. Apply basic skills to more competitive situations. Demonstrate basic levels of fitness to participate.	Bodies Demonstrate how to prepare for exercise in hot weather. Further develop basic skills in isolation. Apply basic skills to more competitive situations. Demonstrate basic levels of fitness to participate.	Bodies Demonstrate how to prepare for exercise in hot weather. Further develop basic skills in isolation. Apply basic skills to more competitive situations. Demonstrate basic levels of fitness to participate.
	Hearts Develop communication skills Develop Leadership skills Build resilience and motivation towards PE Learn how to interact appropriately with their peers	Develop Leadership skills Build resilience and motivation towards PE Learn how to interact appropriately with their peers Minds Further develop knowledge of	Hearts Work as an individual in a team Develop confidence to perform. Develop more resilience and motivation to perform. Learn how to evaluate and feedback to others.	Hearts Work as an individual in a team Develop confidence to perform. Develop more resilience and motivation to perform. Learn how to evaluate and feedback to others.	Hearts Work as an individual and as part of a team. Develop more confidence and resilience with leadership skills to participate and lead. Learn how to provide feedback to peers.	Hearts Work as an individual and as part of a team. Develop more confidence and resilience with leadership skills to participate and lead. Learn how to provide feedback to peers.
	Minds Further develop knowledge of key points for performing basic skills. Develop knowledge of the rules of team games. Develop decision making skills in more competitive situations	key points for performing basic skills. Develop knowledge of the rules of team games. Develop decision making skills in more competitive situations.	Minds Learn more detailed key points for performing basic skills. Develop more knowledge of basic rules of competition and how to score. Improve creativity to produce routines and phases of play.	Minds Learn more detailed key points for performing basic skills. Develop more knowledge of basic rules of competition and how to score. Improve creativity to produce routines and phases of play.	Minds Learn more detailed key points for performing basic skills. Develop more knowledge of basic rules of competition and how to score. Develop decision making skills in more competitive situations.	Minds Learn more detailed key points for performing basic skills. Develop more knowledge of basic rules of competition and how to score. Develop decision making skills in more competitive situations.

	Team Disciplines	Team Disciplines	Individual Disciplines	Individual Disciplines	Summer Disciplines	Summer Disciplines
YEAR 9	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.
	Football, Rugby, Netball, Hockey, Handball, Basketball.	Football, Rugby, Netball, Hockey, Handball, Basketball.	Gymnastics, Trampolining, X- Country, Table Tennis, Badminton, HRF	Gymnastics, Trampolining, X- Country, Table Tennis, Badminton, HRF	Rounders, Cricket, Softball, Athletics, Volleyball, Tennis	Rounders, Cricket, Softball, Athletics, Volleyball, Tennis
	Bodies Demonstrate more advanced skills in drills. Apply more advanced skills to competitive games. Demonstrate moderate	Bodies Demonstrate more advanced skills in drills. Apply more advanced skills to competitive games. Demonstrate moderate levels of fitness to participate	Bodies Develop more advanced skills in isolation. Apply more advanced skills to competitive situations. Demonstrate moderate levels	Bodies Develop more advanced skills in isolation. Apply more advanced skills to competitive situations. Demonstrate moderate levels	Bodies Demonstrate more advanced skills in drills. Apply more advanced skills to competitive games. Demonstrate moderate levels of fitness to participate.	Bodies Demonstrate more advanced skills in drills. Apply more advanced skills to competitive games. Demonstrate moderate levels of fitness to participate.
	Hearts Work as part of a larger team Develop Leadership and communication skills to coach others. Inspire others to be motivated and resilient.	Hearts Work as part of a larger team Develop Leadership and communication skills to coach others. Inspire others to be motivated and resilient.	of fitness to participate. Hearts Work as an individual in a team Demonstrate confidence to perform. Demonstrate resilience and motivation to perform. Learn how to evaluate and feedback to others to make	of fitness to participate. Hearts Work as an individual in a team Demonstrate confidence to perform. Demonstrate resilience and motivation to perform. Learn how to evaluate and feedback to others to make	Hearts Work as part of a larger team Develop Leadership and communication skills to coach others. Inspire others to be motivated and resilient. Develop how to provide feedback to peers to make	Hearts Work as part of a larger team Develop Leadership and communication skills to coach others. Inspire others to be motivated and resilient. Develop how to provide feedback to peers to make
	Minds Learn key points for performing more advanced skills. Know more complex rules of team games. Develop decision making skills to combine use of basic and more advanced skills. Understand game tactics and strategies.	Minds Learn key points for performing more advanced skills. Know more complex rules of team games. Develop decision making skills to combine use of basic and more advanced skills. Understand game tactics and strategies.	improvements. Minds Learn key points for performing more advanced skills. Develop knowledge of more advanced rules of competition and how to score. Demonstrate creativity to produce and adapt routines and phases of play.	improvements. Minds Learn key points for performing more advanced skills. Develop knowledge of more advanced rules of competition and how to score. Demonstrate creativity to produce and adapt routines and phases of play.	improvements. Minds Learn key points for performing more advanced skills. Know more complex rules of team games. Develop decision making skills to combine use of basic and more advanced skills. Understand game tactics and strategies.	improvements. Minds Learn key points for performing more advanced skills. Know more complex rules of team games. Develop decision making skills to combine use of basic and more advanced skills. Understand game tactics and strategies

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	Team Disciplines	Team Disciplines	Individual Disciplines	Stress Management	Summer Disciplines	Summer Disciplines
	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in a rotation of the following disciplines to explore best methods for stress management.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.
			Gymnastics, Trampolining, X-			
	Football, Rugby, Netball,	Football, Rugby, Netball,	Country, Table Tennis,	Dodgeball, Yoga, Meditation,	Rounders, Cricket, Softball,	Rounders, Cricket, Softball,
	Hockey, Handball,	Hockey, Handball, Basketball.	Badminton, HRF	Boxing, Pilates, Taekwondo, Body	Athletics, Volleyball,	Athletics, Volleyball, Tennis
	Basketball.			Pump	Tennis	
		<u>Bodies</u>	<u>Bodies</u>			<u>Bodies</u>
	<u>Bodies</u>	Demonstrate more advanced	Develop more advanced skills in	<u>Bodies</u>	<u>Bodies</u>	Demonstrate more advanced
	Demonstrate more advanced	skills in more complex drills.	sequences.	Develop skills to participate in	Demonstrate more	skills in more advanced drills.
	skills in more complex drills.	Apply more advanced skills to	Apply sequenced advanced skills	various activities	advanced skills in more	Apply more advanced skills to
	Apply more advanced skills to	competitive games.	to competitive situations.	Apply skills to competitive and non-	advanced drills.	more competitive games.
	competitive games.	Demonstrate moderate levels	Demonstrate moderate levels of	competitive situations.	Apply more advanced skills	Demonstrate moderate levels
0	Demonstrate moderate levels	of fitness to participate	fitness to participate.	Improve levels of fitness.	to more competitive	of fitness to participate.
10	of fitness to participate				games.	
YEAR			<u>Hearts</u>		Demonstrate moderate	<u>Hearts</u>
A	Haraka	Hearts	Work as an individual in part of a	Hearts	levels of fitness to	Work as an individual in part
⋝	<u>Hearts</u>	Work as part of a larger team	larger team	Demonstrate confidence and	participate.	of a larger team
	Work as part of a larger team	or full squad.	Demonstrate high levels of	resilience to perform.	No suite	Demonstrate high levels of
	or full squad.	Develop Leadership and	confidence to perform.	Show compassion and	<u>Hearts</u> Work as an individual in	confidence to perform.
	Develop Leadership and communication skills to	communication skills to coach	Demonstrate high levels of	understanding to others.		Demonstrate high levels of
	communication skills to	teams.	resilience and motivation to perform.	Demonstrate ability to control and	part of a larger team	resilience and motivation to perform.
	Inspire others to be highly	Inspire others to be highly motivated and resilient.	Evaluate routines and feedback	express emotions.	Demonstrate high levels of confidence to perform.	Evaluate performances and
	motivated and resilient.	motivated and resilient.	to others to make improvements.	Minds	Demonstrate high levels of	feedback to others to make
	motivated and resilient.	Minds	to others to make improvements.	Learn key points for how to	resilience and motivation	improvements.
	Minds	Learn detailed key points for	Minds	manage stress and emotions	to perform.	improvements.
	Learn detailed key points for	performing more advanced	Learn detailed key points for	Develop knowledge of different	Evaluate performances and	Minds
	performing more advanced	skills.	performing more advanced skills.	types of activities that help manage	feedback to others to make	Learn detailed key points for
	skills.	Know more complex rules of	Develop knowledge of complex	stress	improvements.	performing more advanced
	Know more complex rules of	team games and how to play	rules of competition and how to	Demonstrate creativity to select		skills.
	team games and how to play	tactically.	score.	activities that work for managing	Minds	Know more complex rules of
	tactically.	Develop decision making skills	Demonstrate creativity to	stress and emotions.	Learn detailed key points	team games and how to play
	Develop decision making	to combine use of skills with	produce and adapt routines and		for performing more	tactically.
	skills to combine use of skills	strategic knowledge.	phases of play.		advanced skills.	,
	with strategic knowledge.					
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					Know more complex rules of team games and how to play tactically. Develop decision making skills to combine use of skills with strategic knowledge.	Develop decision making skills to combine use of skills with strategic knowledge.
	Activities for Life	Activities for Life	Personal Fitness Programme	Stress Management	Optional Pathways	Exam Period
	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in TWO of the following disciplines to develop the below abilities.	Students will participate in HRF and one other of the following disciplines to develop the below abilities.	Students will participate in a rotation of the following disciplines to explore best methods for stress management.	Students will be able to opt for an activity that they enjoy and that suits their needs to cope with the stresses of the exams.	
	Football, Rugby, Netball, Hockey, Handball, Basketball.	Football, Rugby, Netball, Hockey, Handball, Basketball. Bodies	Gymnastics, Trampolining, X- Country, Table Tennis, Badminton, HRF	Dodgeball, Yoga, Meditation, Boxing, Pilates, Taekwondo, Body Pump	Team Football, Basketball, Netball, Dodgeball	
YEAR 11	Bodies Demonstrate more advanced and expert skills in more complex drills. Apply more advanced and expert skills to competitive	Demonstrate more advanced and expert skills in more complex drills. Apply more advanced and expert skills to competitive games.	Bodies Develop more expert skills in sequences. Apply sequenced expert and advanced skills to competitive situations.	Bodies Develop skills to participate in various activities Apply skills to competitive and noncompetitive situations. Improve levels of fitness.	Individual Badminton, Table Tennis, Athletics, Boxing, Yoga, Pilates	
	games. Demonstrate high levels of fitness to participate	Demonstrate high levels of fitness to participate Hearts	Demonstrate high levels of fitness to participate. Hearts Work as an individual in part of a	Hearts Demonstrate confidence and resilience to perform.	Summer Rounders, Tennis, Volleyball, Fitness. Bodies	
	Hearts Work as part of a full squad Develop Leadership and communication skills to coach teams and individuals within them.	Work as part of a full squad Develop Leadership and communication skills to coach teams and individuals within them. Inspire others to be highly motivated and resilient.	full squad. Demonstrate high levels of confidence to perform. Demonstrate high levels of resilience and motivation to perform.	Show compassion and understanding to others. Demonstrate ability to control and express emotions.	Apply skills to competitive and non-competitive situations. Improve levels of fitness.	

Inspire others to be highly motivated and resilient.

Minds

Learn detailed key points for performing more advanced and expert skills.

Know more complex rules of team games and how to play tactically.

Develop efficient decisionmaking skills to combine use of advanced skills with indepth strategic knowledge.

Minds

Learn detailed key points for performing more advanced and expert skills.

Know more complex rules of team games and how to play tactically.

Develop efficient decisionmaking skills to combine use of advanced skills with in-depth strategic knowledge. Inspire others to be motivated and resilient performers.
Evaluate routines to be able to score and officiate.

Minds

Learn detailed key points for performing expert skills.
Develop knowledge of complex rules of competition and how to score.

Demonstrate creativity to produce and adapt routines and phases of play.

Minds

Learn key points for how to manage stress and emotions Develop knowledge of different types of activities that help manage stress

Demonstrate creativity to select activities that work for managing stress and emotions.

Hearts

Demonstrate confidence and resilience to perform. Show compassion and understanding to others. Demonstrate ability to control and express emotions.

Minds

Learn key points for how to manage stress and emotions
Develop knowledge of different types of activities that help manage stress
Demonstrate creativity to select activities that work for managing stress and emotions.