

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

Team Disciplines	Team Disciplines	Individual Disciplines	Individual Disciplines	Summer Disciplines	Summer Disciplines
<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Football, Rugby, Netball, Hockey, Handball, Basketball.</p> <p>Bodies Further develop basic skills in drills. Apply basic skills to more competitive games. Demonstrate basic levels of fitness to participate</p> <p>Hearts Develop communication skills Develop Leadership skills Build resilience and motivation towards PE</p> <p>Learn how to interact appropriately with their peers</p> <p>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</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Football, Rugby, Netball, Hockey, Handball, Basketball.</p> <p>Bodies Further develop basic skills in drills. Apply basic skills to more competitive games. Demonstrate basic levels of fitness to participate</p> <p>Hearts Develop communication skills Develop Leadership skills Build resilience and motivation towards PE Learn how to interact appropriately with their peers</p> <p>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.</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Gymnastics, Trampolining, X-Country, Table Tennis, Badminton, HRF</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Gymnastics, Trampolining, X-Country, Table Tennis, Badminton, HRF</p> <p>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.</p> <p>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 evaluate and feedback to others.</p> <p>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.</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Rounders, Cricket, Softball, Athletics, Volleyball, Tennis</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Rounders, Cricket, Softball, Athletics, Volleyball, Tennis</p> <p>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.</p> <p>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.</p> <p>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.</p>

	Team Disciplines	Team Disciplines	Individual Disciplines	Individual Disciplines	Summer Disciplines	Summer Disciplines
	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Football, Rugby, Netball, Hockey, Handball, Basketball.</p> <p><u>Bodies</u> Demonstrate more advanced skills in drills. Apply more advanced skills to competitive games. Demonstrate moderate levels of fitness to participate</p> <p><u>Hearts</u> Work as part of a larger team Develop Leadership and communication skills to coach others. Inspire others to be motivated and resilient.</p> <p><u>Minds</u> 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.</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Football, Rugby, Netball, Hockey, Handball, Basketball.</p> <p><u>Bodies</u> Demonstrate more advanced skills in drills. Apply more advanced skills to competitive games. Demonstrate moderate levels of fitness to participate</p> <p><u>Hearts</u> Work as part of a larger team Develop Leadership and communication skills to coach others. Inspire others to be motivated and resilient.</p> <p><u>Minds</u> 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.</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Gymnastics, Trampoline, X-Country, Table Tennis, Badminton, HRF</p> <p><u>Bodies</u> Develop more advanced skills in isolation. Apply more advanced skills to competitive situations. Demonstrate moderate levels of fitness to participate.</p> <p><u>Hearts</u> 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 improvements.</p> <p><u>Minds</u> 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.</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Gymnastics, Trampoline, X-Country, Table Tennis, Badminton, HRF</p> <p><u>Bodies</u> Develop more advanced skills in isolation. Apply more advanced skills to competitive situations. Demonstrate moderate levels of fitness to participate.</p> <p><u>Hearts</u> 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 improvements.</p> <p><u>Minds</u> 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.</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Rounders, Cricket, Softball, Athletics, Volleyball, Tennis</p> <p><u>Bodies</u> Demonstrate more advanced skills in drills. Apply more advanced skills to competitive games. Demonstrate moderate levels of fitness to participate.</p> <p><u>Hearts</u> 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 improvements.</p> <p><u>Minds</u> 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.</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Rounders, Cricket, Softball, Athletics, Volleyball, Tennis</p> <p><u>Bodies</u> Demonstrate more advanced skills in drills. Apply more advanced skills to competitive games. Demonstrate moderate levels of fitness to participate.</p> <p><u>Hearts</u> 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 improvements.</p> <p><u>Minds</u> 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.</p>

YEAR 10	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.
	Football, Rugby, Netball, Hockey, Handball, Basketball.	Football, Rugby, Netball, Hockey, Handball, Basketball.	Gymnastics, Trampolineing, X-Country, Table Tennis, Badminton, HRF	Dodgeball, Yoga, Meditation, Boxing, Pilates, Taekwondo, Body Pump	Rounders, Cricket, Softball, Athletics, Volleyball, Tennis	Rounders, Cricket, Softball, Athletics, Volleyball, Tennis
	Bodies Demonstrate more advanced skills in more complex drills. Apply more advanced skills to competitive games. Demonstrate moderate levels of fitness to participate	Bodies Demonstrate more advanced skills in more complex drills. Apply more advanced skills to competitive games. Demonstrate moderate levels of fitness to participate	Bodies Develop more advanced skills in sequences. Apply sequenced advanced skills to competitive situations. Demonstrate moderate levels of fitness to participate.	Bodies Develop skills to participate in various activities Apply skills to competitive and non-competitive situations. Improve levels of fitness.	Bodies Demonstrate more advanced skills in more advanced drills. Apply more advanced skills to more competitive games.	Bodies Demonstrate more advanced skills in more advanced drills. Apply more advanced skills to more competitive games. Demonstrate moderate levels of fitness to participate.
	Hearts Work as part of a larger team or full squad. Develop Leadership and communication skills to coach teams. Inspire others to be highly motivated and resilient.	Hearts Work as part of a larger team or full squad. Develop Leadership and communication skills to coach teams. Inspire others to be highly motivated and resilient.	Hearts Work as an individual in part of a larger team Demonstrate high levels of confidence to perform. Demonstrate high levels of resilience and motivation to perform. Evaluate routines and feedback to others to make improvements.	Hearts Demonstrate confidence and resilience to perform. Show compassion and understanding to others. Demonstrate ability to control and express emotions.	Hearts Work as an individual in part of a larger team Demonstrate high levels of confidence to perform. Demonstrate high levels of resilience and motivation to perform. Evaluate performances and feedback to others to make improvements.	Hearts Work as an individual in part of a larger team Demonstrate high levels of confidence to perform. Demonstrate high levels of resilience and motivation to perform. Evaluate performances and feedback to others to make improvements.
	Minds Learn detailed key points for performing more advanced skills. Know more complex rules of team games and how to play tactically. Develop decision making skills to combine use of skills with strategic knowledge.	Minds Learn detailed key points for performing more advanced skills. Know more complex rules of team games and how to play tactically. Develop decision making skills to combine use of skills with strategic knowledge.	Minds Learn detailed key points for performing more advanced 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.	Minds Learn detailed key points for performing more advanced skills.	Minds Learn detailed key points for performing more advanced skills. Know more complex rules of team games and how to play tactically.

					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.
YEAR 11	Activities for Life	Activities for Life	Personal Fitness Programme	Stress Management	Optional Pathways	Exam Period
	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Football, Rugby, Netball, Hockey, Handball, Basketball.</p> <p>Bodies Demonstrate more advanced and expert skills in more complex drills. Apply more advanced and expert skills to competitive games. Demonstrate high levels of fitness to participate</p> <p>Hearts Work as part of a full squad Develop Leadership and communication skills to coach teams and individuals within them.</p>	<p>Students will participate in TWO of the following disciplines to develop the below abilities.</p> <p>Football, Rugby, Netball, Hockey, Handball, Basketball.</p> <p>Bodies Demonstrate more advanced and expert skills in more complex drills. Apply more advanced and expert skills to competitive games. Demonstrate high levels of fitness to participate</p> <p>Hearts 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.</p>	<p>Students will participate in HRF and one other of the following disciplines to develop the below abilities.</p> <p>Gymnastics, Trampolining, X-Country, Table Tennis, Badminton, HRF</p> <p>Bodies Develop more expert skills in sequences. Apply sequenced expert and advanced skills to competitive situations. Demonstrate high levels of fitness to participate.</p> <p>Hearts Work as an individual in part of a full squad. Demonstrate high levels of confidence to perform. Demonstrate high levels of resilience and motivation to perform.</p>	<p>Students will participate in a rotation of the following disciplines to explore best methods for stress management.</p> <p>Dodgeball, Yoga, Meditation, Boxing, Pilates, Taekwondo, Body Pump</p> <p>Bodies Develop skills to participate in various activities Apply skills to competitive and non-competitive situations. Improve levels of fitness.</p> <p>Hearts Demonstrate confidence and resilience to perform. Show compassion and understanding to others. Demonstrate ability to control and express emotions.</p>	<p>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.</p> <p>Team Football, Basketball, Netball, Dodgeball</p> <p>Individual Badminton, Table Tennis, Athletics, Boxing, Yoga, Pilates</p> <p>Summer Rounders, Tennis, Volleyball, Fitness.</p> <p>Bodies Apply skills to competitive and non-competitive situations. Improve levels of fitness.</p>	

	<p>Inspire others to be highly motivated and resilient.</p> <p><u>Minds</u> 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 decision-making skills to combine use of advanced skills with in-depth strategic knowledge.</p>	<p><u>Minds</u> 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 decision-making skills to combine use of advanced skills with in-depth strategic knowledge.</p>	<p>Inspire others to be motivated and resilient performers. Evaluate routines to be able to score and officiate.</p> <p><u>Minds</u> 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.</p>	<p><u>Minds</u> 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.</p>	<p><u>Hearts</u> Demonstrate confidence and resilience to perform. Show compassion and understanding to others. Demonstrate ability to control and express emotions.</p> <p><u>Minds</u> 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.</p>	
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