



# Chadsgrove Curriculum Long Term Planning: Physical Education

## Curriculum Intent

To develop pupils' physical, social and emotional wellbeing through a broad and balanced curriculum, a range of extra-curricular activities and physical activity interventions.

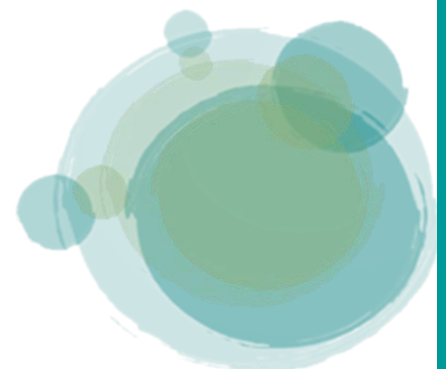
In Key Stages 1-3, teachers use the National Curriculum Learning Outcomes and adapt these to create learning opportunities based upon individual pupils' needs, as detailed in Medium Term Plans.

Class	Personal Development						
	Physical Outcomes		Healthy Lifestyle Behaviours	Personal Outcomes			Progressive Outcome
3LS & 5LS	Physical Competence	Physical Activity		Social	Emotional	Thinking Skills	Building a foundation ↓
6LS & 8LS							Building and developing ↓
9US & 11US							Developing and embedding ↓
12US							Embedding and applying ↓ Applying and practicing


- In 3LS and 5LS the aim is to develop movement skills through gymnastics, the Motor Activity Training Programme (MATP), Hydrotherapy, Swimming and Rebound Therapy
- In 6LS and 8LS pupils build on these foundations with a focus on gymnastics, ball skills, target games, table games, dance, athletics, Hydrotherapy, swimming and Rebound Therapy
- In 9US and 11US pupils are learning to play recognised games of Boccia, Polybat and Table Cricket, understanding and applying rules with more accuracy. In gymnastic and athletics, skills are becoming more refined
- In 12US pupils study the OCR Entry Level PE Certificate and some pupils study the BTEC Level 1 Introductory Award in Sport as well as applying and practising

All pupils get the opportunity to take part in Outdoor and Adventurous Activities (OAA). Activities on the school grounds include a sensory walk, orienteering and cycling. Activities off site include sailing, ice skating and walking.

Pupils get the opportunity to take part in the Worcestershire School Games; skills practiced in the lessons are transferred to events such as the Multi Skills Festival, Sensory Walk, Panathlon, Boccia, Table Cricket and Pan Disability Football competitions.



**Chadsgrove School Physical Education Long Term Plan  
Personal Development Plan**

	<b>Physical Outcomes</b>	<b>Personal Outcomes</b>	
2023-25	<b>Physical Competence &amp; Physical Activity</b>	<b>Social, Emotional &amp; Thinking Skills</b>	<b>Healthy Lifestyle Behaviours</b>
3LS/5LS	<ul style="list-style-type: none"> <li>Through structured play and PE I will develop fundamental movement skills</li> </ul>	<ul style="list-style-type: none"> <li>Through PE I will develop my understanding of playing with others, learning to demonstrate honesty and courage and playing with gratitude, empathy and fairness</li> </ul>	<ul style="list-style-type: none"> <li>I will take part in PE and exercise regularly</li> </ul>
6LS/8LS	<ul style="list-style-type: none"> <li>Through P.E I will continue to develop my fundamental sports skills and I will learn to link skills to form movement patterns</li> <li>Through P.E I will continue to develop my fundamental sport skills and will apply them to specific sports and activities</li> </ul>	<ul style="list-style-type: none"> <li>Through PE I will play with integrity and trust, learn to respect others and try to understand why things happened the way they did</li> <li>Through PE I will develop my self-motivation and self-discipline and show that I am responsible. I will demonstrate my communication skills through encouraging others, making decisions, being able to solve problems and be reflective</li> </ul>	<ul style="list-style-type: none"> <li>I will dress appropriately for PE, and take part in 30 minutes of exercise a day. I will participate in clubs and engage in competition</li> </ul>
9US/11US	<ul style="list-style-type: none"> <li>Through PE I will continue to develop and learn how to apply, combine and refine fundamental movement skills and sports skills. I will learn through a range of increasingly challenging recognised activities and adapted sports</li> </ul>	<ul style="list-style-type: none"> <li>Through PE I will become confident at working on my own and with others. I will demonstrate my resilience and enthusiasm for learning, allocating my time and developing personal organisation</li> </ul>	<ul style="list-style-type: none"> <li>I will learn to dress independently for PE, I will participate in clubs and engage in competition</li> </ul> 

12US	<ul style="list-style-type: none"> <li>Through P.E I will develop my competence and confidence in applying techniques to a breadth of sports. I will understand what makes an effective performance and will learn through physically and intellectually challenging activities</li> </ul>	<ul style="list-style-type: none"> <li>Through P.E I will develop resilience and interpersonal behaviours to make informed choices. I will continue to develop a growth mind set through seizing opportunities to learn and having a desire to succeed. I will support others in their learning and contribute to and provide ideas</li> </ul>	<ul style="list-style-type: none"> <li>I will dress appropriately for PE, I will participate in clubs and competitions. I will start to take ownership of my own exercise outside of school</li> </ul>
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### Personal Outcomes

Emotional skills	Independence, resilience, self-esteem, empathy, responsibility, respect, active listening and looking
Social skills	Communication, leadership, teamwork Feeling part of a team, feeling valued, developing leadership skills, learning to be assertive and communicate effectively
Thinking skills	Analysis, evaluation, decision making
Healthy me	Personal health and activity levels

### Curriculum Impact

The PE Curriculum is sequential and therefore builds on skills learned each year. Pupils become confident in their physical ability, building resilience and becoming more independent enabling them to lead healthy lifestyles. Chads Grove P Steps are used to assess progression; these are recorded on SOLAR. Accredited courses (OCR Entry Level PE and BTEC Introductory Level 1 Sport) are assessed through the specification assessment criteria.

