

# Physical Education

## Physical Education in Key Stage 2

Pupils will cover a broad and balanced curriculum where they will have one core PE lesson, one swimming lesson and one gymnastics lesson (on a termly basis for each year). All activities covered are dependent on the performance abilities of the group but there is a focus on fundamental movement skills in PE.

Some pupils will work on trampolining based around the 'British Gymnastics Award Scheme'. Pupils also take part in 'invasion' games such as, 'Mat ball', 'Skittle ball', 'Football', 'Tag Rugby' along with 'Boccia', 'New Age Curling' and 'Unihoc'. There is some general Health Related Fitness – includes a whole school cross country at appropriate levels.

Striking games feature in the curriculum; for example, short tennis, rounders and cricket. Pupils follow an athletics programme and work towards the UK Athletics Step Awards

Most pupils will experience some coaching from the Suffolk FA Skills team for a lesson a week for half a term. Pupils will have an opportunity to attend lunch time football clubs and then be chosen to represent school at the 'NCFC Aviva Ability Accounts Grand Prix League' and the under 12's at the 'Emma Holloway Tournament'.



KS2 pupils also have a chance to swim and play water polo for the school at the tri schools gala we host.

## Physical Education in Key Stage 3

Pupils will cover a broad and balanced curriculum where they will have one core PE lesson, one swimming lesson per week. In addition, pupils take part in an afternoon of 'Outdoor and Adventurous Activities' on a termly basis depending on year where they experience activities such as problem solving, orienteering, country walking and canoeing.



Themes in core PE lessons are again depending on the performance abilities of the group and are personalised to meet the needs. Similar to Key stage 2, the activities covered are taken from the following, pending performance abilities of the group and working on a two year rotation of some of the invasion games.

Pupils will develop their trampolining skills based around the 'British Gymnastics Award Scheme'. Pupils also take part in 'invasion' games such as, 'Mat ball', 'Skittle ball', 'Football', 'Tag Rugby' along with 'Boccia', 'New Age Curling' and 'Unihoc'. There is some general Health Related Fitness and this includes a whole school cross country at appropriate levels.

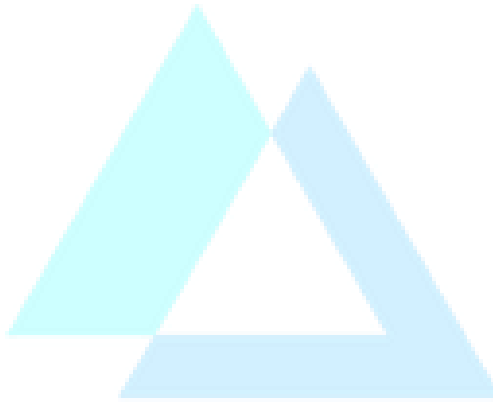
Striking games feature in the curriculum; for example short tennis, rounders and cricket. Pupils follow an athletics programme and work towards the UK Athletics Step Awards

Pupils have the opportunity to take part in inter and intra school competitions in Cross Country and Football (boys and girls teams)

## Physical Education in Key Stage 4

The PE curriculum in KS4 is more of a bespoke programme. Pupils will have a choice as to what activities they take part in, allowing for youngsters to choose activities that they are interested in with a view to continuing these when they leave school. Activities on offer are:-

- Mountain Biking
- Country Walking
- Rugby
- Football
- Minor Games
- Badminton
- Health related Fitness
- Yoga Dynamics
- Pilates
- Step aerobics
- Indoor Bowling
- Boccia
- New Age Curling
- Tennis
- Cricket
- Rounders
- Softball
- Athletics



In addition, pupils have the opportunity to take part in a whole school cross country appropriate to their ability. Pupils will have a chance from their result in this event to be chosen to represent the school at the East Anglian Special Schools Annual Competition.

Some pupils will also have the opportunity to take part in the North Suffolk Boccia Tournament, The North Suffolk and Norfolk Swimming Panathlon and the North Suffolk Panathlon competition.

Some pupils have the opportunity to achieve a *Sports Leaders* qualification if they show a particular interest in PE. This is accredited through the national awarding body (Sports Leaders) and is offered at Level 1 and Level 2.

## Physical Education Links

Sports Leaders Award

<http://www.sportsleaders.org/courses/qualifications/qualifications/>

