

Oasis Academy Marksbury Road

Physical Education Statement of Intent

Our high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. Oasis Academy Marksbury Road will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities enable pupils to build character and help to embed values such as fairness and respect

In line with the national curriculum we aim to ensure that all pupils have the opportunity to develop their sporting competence in order to excel in a range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives. By the end of each key stage it is our aim to ensure that pupils know, apply and understand the matters, skills and processes specified in the relevant topic and sport.

Science, data and case studies have shown us that skills are not learnt instantly nor over a short period of time, so the curriculum developed allows skills to be practiced consistently, as logistically possible, throughout the academic year.

The curriculum is set out to allow pupils to experience a multitude of sports, allowing exposure for them to choose their favourites. The fundamental skills that are taught are extremely transferable between sports, for example in Rugby, Netball, Handball, Dodgeball, American Football and Basketball, the transferable skills include; running, evading, jumping, communicating, throwing, passing, catching, receiving, tactics, attacking, defending, team work, shooting/scoring, competing, agility, balance, co-ordination, evaluation, flexibility, strength, technique, control, power, speed, stamina. These 6 sports equate to 14 weeks' worth of learning, meaning the pupils have ample opportunity to understand, develop and practice these skills.

KS1 Pupils will be given the opportunity to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will also be given exposure to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

They will be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. They will participate in team games, developing simple tactics for attacking and defending and perform dances using simple movement patterns.

KS2 Pupils will be given the opportunity to continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They will experience and be taught the importance of communicating, collaborating and competing with each other and will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

They will be taught to use running, jumping, throwing and catching in isolation and in combination. They will play competitive games and apply basic principles suitable for attacking and defending.

They will take part in sports and activities that will allow them to develop flexibility, strength, technique, control, balance and perform dances using a range of movement patterns. There will be an emphasis on outdoor and adventurous activity challenges both individually and within a team. Pupils will be encouraged to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Our curriculum is divided into 4 topic units

**Required national curriculum skills that could be practiced in this lesson.*

Orienteering & Evaluating

Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Orienteering

Invasion & Evasion Games

Running, Jumping, Throwing, Catching, Balance, Agility, Co-ordination, Team games, Tactics, Communication, Competition Evaluation, Flexibility, Strength, Technique, Control, Self-assessment & analysis, Power, Speed, Stamina

Movements, Patterns & Routines

Running, Jumping, Throwing, Balance, Agility, Co-ordination, Movement Patterns, Communication, Competition, Evaluation, Flexibility, Strength, Technique, Control, Self-assessment & analysis, Power, Speed, Stamina, Rhythm

Striking, Fielding & Hand-Eye Co-ordination

Running, Throwing, Catching, Balance, Agility, Co-ordination, Team games, Tactics, Communication, Competition, Evaluation, Flexibility, Strength, Technique, Control, Self-assessment & analysis, Power, Speed

Listed below are the skills that our pupils will be given the opportunity to practice and develop during their PE journey at Oasis Academy Marksbury Road, broken down into the sports they will learn.

Badminton – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Balance, Flexibility, Strength, Technique, Control, Power.

Basketball – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Throwing, Catching, Balance, Flexibility, Strength, Technique, Control, Power, Movement Patterns.

Football – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Throwing, Catching, Balance, Flexibility, Strength, Technique, Control, Power, Movement Patterns.

Handball – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Throwing, Catching, Balance, Flexibility, Strength, Technique, Control, Power.

Hockey – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Balance, Strength, Technique, Control, Power.

Netball – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Throwing, Catching, Balance, Flexibility, Strength, Technique, Control, Power.

Rugby – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Throwing, Catching, Balance, Flexibility, Strength, Technique, Control, Power, Movement Patterns.

Tennis – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Competition, Evaluation, Control, Throwing, Catching, Balance, Flexibility, Strength, Technique, Control, Power.

Cricket – Running, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Throwing, Catching, Balance, Strength, Technique, Control, Power.

Gymnastics – Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Evaluation, Control, Balance, Flexibility, Strength, Technique, Control, Power, Movement Patterns, Rhythm.

Dance – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Evaluation, Control, Balance, Flexibility, Strength, Technique, Control, Power, Movement Patterns, Rhythm.

Orienteering – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Orienteering, Balance, Flexibility, Strength, Control.

Dodgeball – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Throwing, Catching, Balance, Flexibility, Strength, Technique, Control, Power.

Frisbee – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Throwing, Catching, Balance, Flexibility, Strength, Technique, Control, Power.

American Football – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Throwing, Catching, Balance, Flexibility, Strength, Technique, Control, Power, Movement Patterns.

Rounders/Baseball – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Team games, Tactics, Communication, Competition, Evaluation, Control, Throwing, Catching, Balance, Strength, Technique, Control, Power.

Athletics – Running, Jumping, Stamina, Agility, Speed, Co-ordination, Strength, Self-assessment & analysis, Communication, Competition, Evaluation, Control, Throwing, Balance, Flexibility, Strength, Technique, Control, Power, Movement Patterns, Rhythm.