

Subject: Physical Education

Director of Sport: Mr Blandford

Curriculum Intent

The Riverside PE curriculum is designed to encourage *all* pupils to develop the knowledge and provide experiences that will support all pupils in leading a healthy, active lifestyle and promote lifelong physical activity. The curriculum provides *all* pupils in *all* year groups with the opportunity to develop skills and gain confidence in a broad range of sports and physical activities. Through these varied activities teachers facilitate *all* pupils to develop essential skills such as communication, leadership, teamwork and organisation, underpinned by the PE Core Values of respect, resilience, enjoyment, excellence and teamwork. The curriculum is designed to meet the specific needs of the school cohort by developing the understanding and knowledge required to maintain a healthy active lifestyle, applied in practical and theoretical contexts. The curriculum provides *all* pupils with opportunities to be regularly active, both within lessons and as part of the extensive essential wider curriculum provision that enables pupils to pursue their interests in competitive (within and outside of school) and participatory settings.

The opportunities provided as part of the essential wider curriculum provides *all* pupils with the capability to engage with a range of experiences in order to develop interests, achieve success, gain qualifications/awards and develop cultural capital through new experiences such as The Duke of Edinburgh's Award. The PE department is committed to ensuring that *all* pupils value and enjoy leading a healthy active lifestyle, excel in competitive scenarios and try new experiences inside and outside of school.

Year 7 & 8 Topics

- Autumn Term – Sports that students take part in during this term are; netball, football, tag rugby, handball, fitness and basketball.
- Spring Term – Sports that students take part in during this term are; Trampolining, Table tennis, lacrosse, hockey, gymnastics and dance.
- Summer Term – Sports that students take part in during this term are; Athletics, rounders, softball, tennis, ultimate frisbee and cricket.

Year 9 Practical Topics

- Autumn Term – Sports that students take part in during this term are; netball, handball, and table tennis trampolining. Students will also develop their personal fitness through: Exercise to Music, circuit training, weight training, HIIT and aerobic fitness training.
Theory: Personal sport psychology and Fitness Components
- Spring Term – Sports that students take part in during this term are; Badminton, lacrosse, ultimate, OAA/First Aid, inclusive sports. Students will also develop their personal fitness through: Boxercise, circuit training, weight training, Youtube fitness and aerobic fitness training.
Theory: Personal Sports psychology and Training Methods
- Summer Term – Sports that students take part in during this term are; Athletics, rounders, tennis and cricket. Students will also develop their personal fitness through: designing a training programme
Theory: Musculoskeletal system

Year 10 Practical Topics

- Autumn Term – Sports that students take part in during this term are; Badminton, trampolining, football and Exercise to Music. Students will also develop their personal fitness through: Exercise to Music, circuit training and weight training.
Theory: Designing a personal fitness programme and Cardiorespiratory system
- Spring Term – Sports that students take part in during this term are; Badminton, table tennis, lacrosse and hockey. Autumn Term – Sports that students take part in during this term are; Badminton, trampolining, football and Exercise to Music. Students will also develop their personal fitness through: designing a personal fitness programme
Theory: Designing a personal fitness programme and Sports Psychology
- Summer Term – Sports that students take part in during this term are; rounders, tennis and cricket.
Theory: Designing a personal fitness programme and Socio-cultural issues

Year 11 Practical Topics

- Autumn Term – Sports that students take part in during this term are; Trampoline, football and basketball. Students will also develop their personal fitness through: Exercise to Music, circuit training and weight training.
Theory: Rules, regulations and officials in sport and Commercialisation
- Spring Term – Sports that students take part in during this term are; Bowling, weight training, basketball, trampolining, football
Theory: Evaluating performance in sport and health, nutrition and fitness
- Summer Term – Sports that students take part in during this term are; rounders, softball and tennis.

BTEC Qualification pathway

Syllabus Details: Pearsons BTEC.

https://qualifications.pearson.com/content/dam/pdf/BTEC-Firsts/Sport/2012/Specification-and-sample-assessments/9781446936368_BTECFIRST_AWD_SPORT_SPEC_ISS4.pdf

GCSE Qualification pathway

Syllabus Details: AQA GCSE Physical Education – Full Course

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF>

SMSC (spiritual, moral, social and cultural development + extracurricular links)

In PE student develop their communication, leadership and teamwork skills along with the crucial

physiological advantages of regular physical activity. The department focuses their teaching on five core principles; Excellence, Respect, Enjoyment, Resilience and Teamwork. Students will be given the opportunity to develop their leadership and public speaking skills as they lead activities for their peers and they work together to overcome the challenges set each lesson. Students are regularly assessed and will get feedback on their collaborative skills and their ability to effectively manage how they respond to the different social and competitive situations that sporting performance can generate.

Riverside School offers a broad range of sports and activities afterschool. The clubs range from traditional sports such as football and basketball to activities focussed on raising participation levels such as street dance and fitness sessions. The school also offers the opportunities for students to compete in borough or London-wide competitions with fixtures regularly taking place over the year.

Staff Contact: Mr Blandford

Email: riverside@riverside.bardaglea.org.uk

Department: Director of sport