

Skegness Academy – Physical Education Curriculum (2023/4)

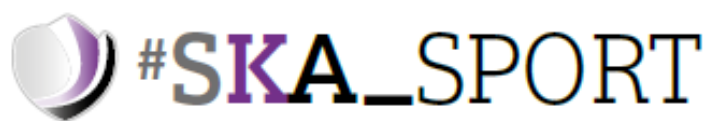
	National Curriculum Aims	PE Intent	Autumn	Spring	Summer	National Curriculum Targets				
			Term 1, Term 2, Term 3, Term 4			Term 5, Term 6				
KS3 YR7 YR8 YR9	Develop competence to excel in a broad range of physical activities. Are physically active for sustained periods of time.	<div>Healthy Lifestyle</div> <div>Active Body</div> <div>Positive Mind</div>	Across KS3/4, students will study each curriculum area below within each academic year.							
			Invasion Games: Football	Gymnastics	Fitness	Invasion Games: Rugby	Striking and Fielding Games: Rounders	Net Games: Tennis	Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others’ work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life and understand and apply the long-term health benefits of physical activity.	
			Net Games: Badminton	Target Games: Dodgeball	Indoor Athletics	Net Games: Table Tennis	Athletics	Striking and Fielding Games: Softball		
			Invasion Games: Basketball	Cross Country	O.A.A	Invasion Games: Netball	Striking and Fielding Games: Cricket	Net Games: Volleyball		
KS4 YR10 YR11	Engage in competitive sports and activities. Lead healthy, active lives.			Invasion Games: Football	Gymnastics	Fitness/ Fitness Suite	Invasion Games: Rugby	Striking and Fielding Games: Rounders	Net Games: Tennis	Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.
			Net Games: Badminton	Target Games: Dodgeball	Invasion Games: Handball	Net Games: Table Tennis	Athletics	Striking and Fielding Games: Softball		
			Invasion Games: Basketball	Cross Country	O.A.A	Invasion Games: Netball	Striking and Fielding Games: Cricket	Net Games: Volleyball		

Healthy Lifestyle

Active Body

Positive Mind





..... HEALTHY LIFESTYLES



Gain a career in the Sport and leisure industry



Improve your fitness



Understand a healthy diet



Continue to exercise in your adult life



Reduce the risk of sport injuries

..... ACTIVE BODY



Extra-curricular clubs and fixtures



Sports Stars: elite training and competitions



Develop a fitness training programme



Wide range of sports in PE



Become a sports coach

..... POSITIVE MIND



Confidence to face challenges



Have fun



Resilience to overcome barriers



Awareness of the sporting mind



Build relationships and teamwork

