

Core PE Learning Journey

The purpose of the Core PE curriculum:

- To enable pupils to become more competent , confident and expert in their techniques, to apply them across a range of activities.
- Pupils will develop an understanding of what makes a performance effective and be able to apply this to their own and others work.
- Deliver a holistic approach to understanding the health benefits of physical activity and promote life-long involvement.

Core PE makes sports accessible for everyone, whether you're a seasoned athlete or a brand new beginner, there is something for everyone in these lessons.

Working through different sports, students will begin to develop skills both relevant to that sport and useful in the wider world, allowing them to become better team players, and learn the skill of communication through sport.

**Key Stage 3
and
key Stage 4**

Badminton

Overview

In this sport students learn the rules of badminton, playing in doubles or singles against each other and staff.

Life Skills Gained

Badminton doubles encourages teamwork and communication, the sport is also great for developing hand eye co-ordination and students reflexes.

Sport Skills Gained

Students learn the rules of badminton, how to serve, return and the shot types and how to use them.

Fitness

Pupils will develop a fundamental understanding of the long term health benefits of engaging in physical activity.

Football

Sport Skills Gained

During lessons students learn the physical skills of how to pass, dribble, shoot and save. Outside of the pitch students learn about positions, the rules and the health benefits of the sport.

Life Skills Gained

Football is all about teamwork and communication, students learn that the best outcome comes through teamwork and understanding of others. These skills can be applied to the classroom and beyond.

Overview

Playing in teams students learn the basics of football, developing their skills and fitness to be an effective player on the pitch

Individual / OAA

Pupils will take part in a variety of outdoor adventurous activities that will focus on a range of skills; trust, teamwork, communication, respect. And will embed an appreciation for sport.

Table Tennis

Overview

The students will often take part in tournaments against each other and staff, this tests their skill and challenges their competitive nature.

Life Skills Gained

The tournaments allow the students to channel their competitive nature into a healthy medium, allowing them to be gracious in victory and defeat.

Sport Skills Gained

Throughout the table tennis unit, students learn to serve and return shots as well as develop their skill by learning a range of more complicate shots such as spins.

KS4 Core PE Pupils

continue to build on the skills and knowledge from KS3 in both team and individual sports. Increased focus on participation and healthy active lifestyle to support physical and mental well-being

Basketball

Sport Skills Gained

Students learn to pass, dribble, shoot and begin to learn more game specific techniques like lay-ups and free throws. Students also learn about how to effectively call shots and communicate in a match environment.

Life Skills Gained

Teamwork is a huge part of basketball, the ability to communicate can determine whether a team win or lose, students also are held accountable for their own mistakes, making them reflect and determine what they could do to improve.

Overview

Students learn the skills of basketball, playing in teams or one vs one. The game requires students to work together, while also considering their own role in a team.

Golden Threads that run throughout the course:

Literacy, Numeracy, Problem solving + Scientific enquiry, Creative Expression, Understanding of the World around us

Where will Core PE take you?

Next Steps:

BTEC in PE at Olive Academy

Further Education:

Degree in Sports Science, Activity Leadership, Leisure Operations Management

Careers:

Sports Coaching, Personal Trainer, Sports Therapist, Leisure Management .