

Forest Oak School



Curriculum Intent, Implementation and Impact statement for *PE*

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Intent

At Forest Oak School we deliver a high quality and wide range of PE activities, providing opportunities for learners to gain a breadth of experience of physical activity in a variety of forms. We incorporate the 6 key areas of the PE curriculum including:

- Dance
- Gymnastics
- Athletics
- Games
- Swimming (primary)
- Outdoor education (secondary)

We follow a curriculum that allows learners to reach their full potential within their own capabilities and needs, providing opportunities for learners to gain confidence working individually, in pairs and as part of a team.

We empower learners, aiding them with finding enjoyment in exercise and sports. Through this enjoyment, we see learners making a meaningful and conscious effort of supporting their own healthy lifestyle and wellbeing throughout their journey at Forest Oak School, setting them up for life after school.

We provide fantastic opportunities for learners to gain invaluable experience in outdoor activities and gain accreditation by completing the Bronze and Silver award in Duke of Edinburgh.

We provide opportunities for learners be a part of the wider community by joining sport events organised by SEND active.

We help encourage learners to extend their knowledge and understanding of sports and physical activity by joining after school provision like Multi-Sport club.

Implementation

For ALL learners to have access to:

- 2 hours of PE per week, accessing the 6 key areas of PE stated above.
- Flexible and adaptive schemes of work that meet the needs of all learners.
- Short term and medium term planning shared with staff and parents via the school website.

Class teachers will have access to the scheme of work and a variety of resources to support PE across the whole school and in SMILE lessons.

KS1

Learners will be given regular opportunities to exercise throughout the day through play, allowing them to gain experience whilst exploring independently and in adult led activities.

Learners should be encouraged to explore how their body's move, using climbing equipment and exploring balance and co-ordination.

Learners should be encouraged to join in class games. Class teachers will use effective resources provided and amend games to fit the level of their learners.

KS2

Learners are timetabled 2 PE lessons per week where they begin to learn about the 6 key areas of the curriculum through a wide range of lessons, with a focus on swimming.

Provide learners opportunities to play a range of games, with a focus on understanding why there are rules in place.

Learners will have opportunities to work individually, in pairs and in teams and will experience competitive games.

Learners will begin exploring the use agility, speed, stamina and decision making.

KS3

Learners are timetabled 2 PE lessons per week. Each half term is broken down into a key area from the curriculum. In these lessons learners will develop an understanding for new skills and techniques and begin to understand match play.

Learners will have opportunities to participate in circuit training, where they will experience a wider range of exercises working on improving the strength and stamina of all muscles in the body.

Begin developing an understanding of the importance of a healthy lifestyle and impacts this has on our body.

KS4

Learners will have gained experience and understanding of the 6 key areas and continue developing this.

There will be a focus on outdoor activities. Learners will experience rock climbing through links with a local club. Learners will have the amazing opportunity to gain a Bronze and Silver award in Duke of Edinburgh.

Learners will become part of the wider community, going to North Solihull Sports Centre for PE lessons.

Impact

Learners will develop a thorough understanding of safety in PE.

Learners will gain a better understanding of how their body's move and gain interest in a form of physical activity.

Learners will develop an understanding for a healthy lifestyle and the impacts sport and exercise has on their development, providing them knowledge and understanding for how to maintain a healthy lifestyle for life after school.