

Curriculum Overview: Physical Education

Core PE

PE is a vital part of a broad and balanced education, which is why it is part of the National Curriculum. All students will have access to 2 hours of high-quality PE lessons/activities throughout the week. This consists of PE lessons, Enrichments, Forest School, Active Learning and Positive Learning Experiences. The curriculum provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport representing their house or school and other activities build character and help to embed values such as fairness, respect and sportsmanship.

PE at NeneGate School is based on key areas resilience, enjoyment and engagement. The aims of lessons are to engage students in a wide variety of sports and movement-based activities, from the conventional sports such as of Football, Basketball and Badminton to the non-conventional such as Archery, Circuit training and Dodgeball. Students are offered the chance to improve and develop not just their athletic ability but also to learn valuable skills to take away, such as teamwork, communication, leadership and sportsmanship. PE also provides students builds in opportunities to develop their resilience, especially when decisions or competitions do not go in their favour. Students need to be able to cope with winning and losing.

Swimming and water safety

Primary students at NeneGate School have opportunities to develop their swimming and water safety

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively (front crawl, backstroke and breaststroke)
- perform safe self-rescue in different water-based situations

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Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
4	Generic Sports Basketball Football	Tag Rugby Boxing Volleyball	Gymnastics Badminton Indoor Hockey	OAA Handball / HRF	Indoor/Short Tennis Cricket Swimming	Indoor Athletics Rounders / Participation
5	Generic Sports Basketball Football	Tag Rugby Boxing Volleyball	Gymnastics Badminton Indoor Hockey	OAA Handball / HRF	Indoor/Short Tennis Cricket Swimming	Indoor Athletics Rounders / Participation
6	Generic Sports Basketball Football	Tag Rugby Boxing Volleyball	Gymnastics Badminton Indoor Hockey	OAA Handball / HRF	Indoor/Short Tennis Cricket Swimming	Indoor Athletics Rounders / Participation
7	Basketball Football	Rugby/Tag Volleyball Handball	Gymnastics Badminton Hockey	OAA Heath Related Fitness	Indoor/ Tennis Cricket	Athletics Rounders
8	Basketball Football	Rugby/Tag Volleyball Handball	Gymnastics Badminton Hockey	OAA Heath Related Fitness	Indoor/ Tennis Cricket	Athletics Rounders
9	Basketball Football	Rugby/Tag Volleyball Handball	Gymnastics Badminton Hockey	OAA Heath Related Fitness	Indoor/ Tennis Cricket	Athletics Rounders
10	Basketball Football	Rugby/Tag Volleyball Handball	Gymnastics Badminton Hockey	OAA Heath Related Fitness	Indoor/ Tennis Cricket	Athletics Rounders
11	Basketball Football	Boxing Volleyball	Gymnastics Badminton Hockey	OAA Heath Related Fitness	Indoor/ Tennis Cricket	Athletics Rounders / Participation

KS4 Qualification Information

Pupils have access to 3 different qualifications

- ASDAN: Sport and Fitness
- Pearson BTEC Level 1 Introductory Award in Sport
- NCFE Sport Level 1