



PE Curriculum

Intent

Desborough College PE department aims to grow confident and motivated students that are prepared for life through physical education.

WHY WE DO PE

Support the development of competence and confidence across a range of physical activities and sports
- what can you show?

Teach all to value physical activity, sport and health
- what do you know?

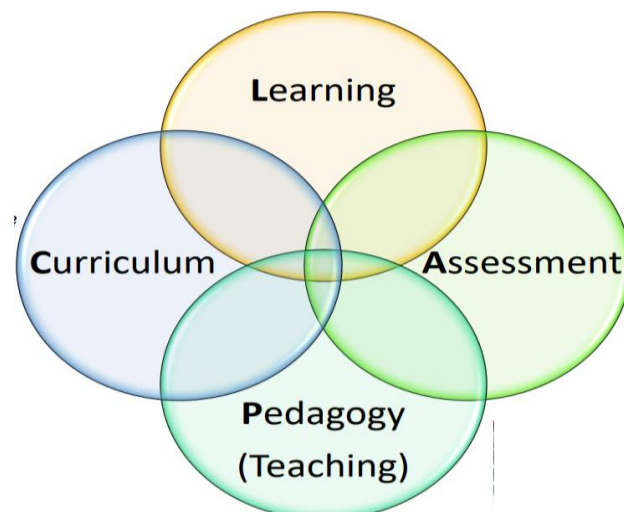
Active for sustained periods of time through regular and meaningful physical activity and sport
- what can you do?

Grow confident and motivated students that are prepared for a physically active life
- how can you grow through PE?

AT DESBOROUGH COLLEGE



Research (Penny et al, 2009) has shown that achieving quality 'learning' in PE requires a combination of three main components: a personalised curriculum, pedagogy and assessment. The PE department at Desborough aims to deliver a positive PE experience to all students through these three elements.





PE Curriculum Road Map

Exploring Physical Literacy

Students will explore the concept and understand the importance of 'physical literacy'. Competence, confidence, knowledge & understanding and motivation are covered to help students realise what underpins physical literacy and how it can be developed.

Personal Development

Students will experience the true power of sport and physical activity when it comes to their personal development. Schemes of work including 'Communication', 'Resilience', 'Emotional Intelligence' and 'Intra-personal skills' help students to understand their own personal qualities and explore ways to develop these further.

Character Development

Students will build a connection with and understand how characters can be developed through PE and Sport. Exploring concepts such as 'Sporting Values', 'Competition', 'Problem Solving' and 'the Power of Positivity', students will realise the sheer value of PE and how it can be instrumental in developing positive personal characteristics.

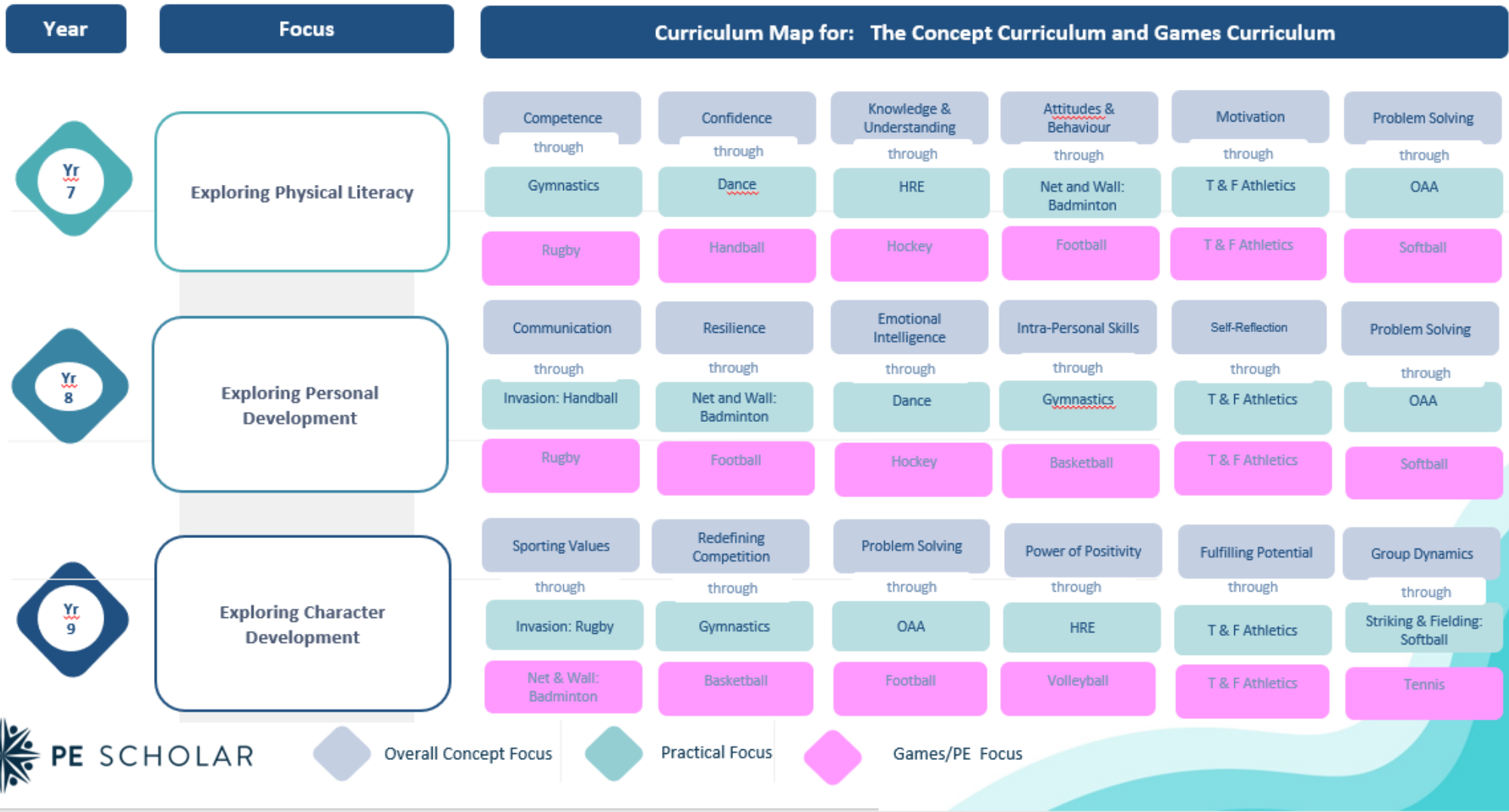
Leadership Skills

Students will understand how sport and physical activity can be an important tool to developing their leadership skills. Schemes of work including 'Fulfilling Potential', 'Effective Teams', 'Self-reflection' and 'Attitudes and Behaviours' will support students to understand their own leadership qualities and experience what makes an effective leader.

Active for Life

Students will gain a deeper understanding of what it means to have good health and wellbeing and will explore different ways to keep active as they leave school. Through 'Active for Life', students will embed their understanding of the importance of physical activity and the many benefits associated to allow students to remain active for the rest of their lives.

KS3 Curriculum Map



KS4 (Yr 10) PE Personality Pathway Curriculum

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Personality Pathway 1 (10.1 and 10A)	SHall	Gym	SHall	Field	AWP	Field
PE 1	S & F: Softball	Multi Fitness/HRE	Invasion: Football	Trampolining	Athletics	OAA
Personality Pathway 2 (10.2 and 10B)	Gym	Field	Gym	SHall	Field	Field
PE 2	S & F: Softball	Trampolining	Multi Fitness/HRE	Invasion: Football	Athletics	OAA
Personality Pathway 3 (10.3 and 10C)	AWP	SHall	Field	Gym	Gym	Field
PE 3	S & F: Softball	Invasion: Football	Trampolining	Multi Fitness/HRE	Athletics	OAA

Personality Pathway 1 (SE + AS)	Personality Pathway 2 (EY + TI)	Personality Pathway 3 (CI + CI)
Tennis (AWP) Cricket (Field) Table Tennis (Gym) Hockey (AWP) Basketball (SHall) Badminton (SHall) Flag Football/Tag Rugby (Field) Rugby Union (Field) Ball Games – Dodgeball, Benchball, Danish Longball (Gym) Handball (AWP) Volleyball (SHall)	Ball Games – Dodgeball, Benchball, Danish Longball (Gym) Tennis (AWP) Table Tennis (Gym) Flag Football/Tag Rugby (Field) Ultimate Frisbee (Field) Disc Golf (Field) LaCrosse (Field or AWP) Korfball (AWP) Badminton (SHall) Kwik Cricket (Field or SHall)	Tennis (AWP) Badminton (SHall) Volleyball (SHall) Basketball (SHall) Flag Football/Tag Rugby (Field) Handball (AWP or SHall) Table Tennis (Gym) Kwik Cricket (Field or SHall) Cross-Country (Field) Ultimate Frisbee (Field) Disc Golf (Field) Ball Games – Dodgeball, Benchball, Danish Longball (Gym)

KS4 (Yr 11) PE Personality Pathway Curriculum

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Personality Pathway 1: (11A, 11B, 11.1)	SHall	Gym	SHall	Field	AWP	
PE 1	S & F: Softball	Flag Foot/Tag Rugby	Invasion: Football	Trampolining	OAA	
Personality Pathway 2: (11C, 11.2)	Gym	Field	Gym	SHall	Field	
PE 2	S & F: Softball	Trampolining	Multi Fitness/HRE	Invasion: Football	OAA	
Personality Pathway 3: (11D, 11.3)	AWP	SHall	Field	Gym	Gym	
PE 3	S & F: Softball	Invasion: Football	Trampolining	Multi Fitness/HRE	OAA	

Personality Pathway 1 (SE + AS)	Personality Pathway 2 (EY + TI)	Personality Pathway 3 (CI + CI)
Tennis (AWP) Cricket (Field) Table Tennis (Gym) Hockey (AWP) Basketball (SHall) Badminton (SHall) Flag Football/Tag Rugby (Field) Rugby Union (Field) Ball Games – Dodgeball, Benchball, Danish Longball (Gym) Handball (AWP) Volleyball (SHall)	Ball Games – Dodgeball, Benchball, Danish Longball (Gym) Tennis (AWP) Table Tennis (Gym) Flag Football/Tag Rugby (Field) Ultimate Frisbee (Field) Disc Golf (Field) LaCrosse (Field or AWP) Korfball (AWP) Badminton (SHall) Kwik Cricket (Field or SHall)	Tennis (AWP) Badminton (SHall) Volleyball (SHall) Basketball (SHall) Flag Football/Tag Rugby(Field) Handball (AWP or Shall) Table Tennis (Gym) Kwik Cricket (Field or SHall) Cross-Country (Field) Ultimate Frisbee (Field) Disc Golf (Field) Ball Games – Dodgeball, Benchball, Danish Longball (Gym)

