

## OCL Physical Education Curriculum: Statement of Intent

### Purpose of study

Physical education should inspire students to become physically competent in a way which promotes lifelong physical activity. The Oasis Physical Education Curriculum will improve students' health and wellbeing through a holistic approach that allows them to flourish and become valuable members within their community. Students will be provided with opportunities to develop personally through a wide range of experiences. They will have opportunities to engage and excel in competitive sport, physical activities, and leadership, building character and embedding wider core values throughout.

We value character, competence, and community in our curriculum:

- Character:** Physical education can promote the **holistic development** of students, helping them to become better versions of themselves by emphasising moral traits such as respect and fairness, providing students with the **optimal social development** and capacity to flourish in and beyond the school setting. Through the hands, head and heart framework, students will be encouraged to promote sportsmanship and fair play, students will develop good habits that will bring out the best in each other both inside and outside of sport and physical activity. It is important that we use physical education to help our students develop **positive, healthy relationships** and understand how their behaviours can influence others. Our curriculum promotes **inclusivity** where all students will be able to access learning and make progress whatever their starting points. Through the flexible nature of our curriculum, we ensure that we can adapt delivery to reflect **local context** including heritage and experience of our communities. **Personal development** is a key aspect of physical education, through our hands, head, and heart framework we will develop students' personal and social skills giving them the wisdom they need to be **safe and healthy**. We promote the importance of **maintaining a healthy body and mind** through our focus on developing a growth mindset, building resilience and the importance of healthy active choices as represented through our year group themes.
- Competence:** Through the principles of hands, head and heart, students will be developing their competence within physical education, which will improve confidence and create strong foundations to lead physically active lives. Through the **science of learning**, students will revisit key fundamental skills within their lessons and deliberately practice skills helping to develop their memory and retention on their journey to physical competence. In physical education we will model best practice and ensure that students can develop deep knowledge structures of all aspects of physical education. Through an ambitious curriculum we will place emphasis on the importance of **knowledge and skills** and encourage independent learning opportunities in and out of lessons. **Vertical links** between will be created through a carefully sequenced curriculum where key concepts are repeatedly encountered. Our curriculum is ambitious we will ensure students aspire and take the next steps in their education and the personal challenges they may face to reach their full potential. To ensure our students can maximise their learning we will create explicit links between physical education and its importance in our students lives helping to make their learning personally relevant and impactful. Our curriculum will seize every opportunity to enhance **literacy and numeracy skills** supporting students to be able to articulate their ideas and engage with others through spoken language. We will use regularly assess students' **character and personal development** through our heart strand and identify when students require support and guidance to reach their potential. Teachers will use **responsive feedback** with our students and provide meaningful advice that will shape the direction of their work. **Formative assessment** through observations, self- and peer- assessment



opportunities and knowledge quizzing will allow us to create a whole picture of our students and ensure that they are progressing holistically during their time in physical education. In physical education we will improve **digital fluency** using IT and digital media so that students can be successful in the world of advancing technology. We will teach them digital skills that will enhance their physical competence and literacy and embrace technology as part of a broad and balanced curriculum.

- **Community:** Through teamwork and opportunities to build character, physical education can foster a sense of belonging amongst students. Students learn how to work collaboratively in physical education through developing leadership skills and helping students to create meaningful relationships, contributing to a positive community culture. Through this, students will gain the skills required to be **active role models** for their academy community. In physical education we aim to develop a **deep sense of perseverance and hope**, we want our students to challenge themselves and develop the commitment and determination required to be a good sportsperson. We will use our physical education programme and extra-curricular offers to provide every child with the opportunity to succeed, the opportunity to become part of a bigger community and the opportunity to experience and understand how sport brings people together. With a strong extra-curricular offer that is accessible to all students we will maximise learning **beyond the classroom** and develop essential world knowledge, this offer will be carefully linked to the taught curriculum to deepen learning and open our students' eyes to the opportunities available that allow them to fully explore their potential. We will create explicit links with the **local community** to give our students the opportunity to connect and explore the different pathways to promote physical activity. Through an engaging, contextual, and holistic curriculum, students will develop respect for others and an appreciation of diversity and inclusivity. Students will understand the pathways within community sport promoting lifelong physical activity. Through sport, students will recognise social and physical injustices of sport within their community and wider topical issues, modelling **the Oasis 9 habits** to bring positive change. We value the importance to explore **Fundamental British Values** within physical education by promoting and educating students on the rule of law, respect, and tolerance. Through a strong curriculum design, students will have the opportunity to explore the diverse range of cultures within sport and develop an understanding of how the world of sport has changed over time.

## Core Concepts and End Points

The Oasis Physical Education curriculum is sequentially planned so that the core and wider skills and knowledge required to be physically literate are developed over time.

Hands



**Movement skills:** students develop locomotor, non-locomotor, and object control skills, these are the building blocks of developing physical literacy. The success of developing these skills can positively affect health throughout an individual's lifespan. **End Point:** to use the movement skills developed and knowledge of skills to be able to participate in a wide range of activities confidently and competently. To transfer these skills to new activities so they can participate in a wide range of activities outside of school competently.

Hands



**Health and fitness:** students will develop the knowledge and skills required to maintain and improve their health as part of their commitment to lifelong healthy choices. Teachers will encourage the holistic development of students' health and wellbeing ensuring that physical education not only improves their physical development but their intellectual, emotional, social, and spiritual development. Students will be able to apply the key concepts and healthy eating model to their wider lives. **End Point:** to apply their knowledge of health and fitness and make healthy lifestyle choices. To explain the affect that physical activity can have on their physical and mental wellbeing. To develop the knowledge and skills required to maintain and improve their health as part of their commitment to lifelong healthy choices.

Hands



**Technical skills:** students learn the skills required to take part in a wide range of sports, providing them with the necessary skills to be physically competent and, if they desire, to excel in their chosen sport(s). **End Point:** To apply their technical skills to a range of activities and be able to transfer these skills to activities that they may not have experienced previously. To use their knowledge and skills to confidently participate in activities outside of PE so they can live a healthy, active life.

Head



**Tactical knowledge:** students learn how to select and apply appropriate tactics and strategies and apply these to the sport or situation they are in. **End Point:** to use their tactical knowledge in a range of activities. To work effectively as part of a team or independently when applying tactics and motivate others to persevere. To analyse performances and set targets around their ability to implement tactics. To apply this knowledge outside of school when participating in physical activity so they can improve their performance.

Head



**Analytical skills:** students will be able to identify strengths and areas for improvement in themselves and others, offering effective advice to improve performance. **End Point:** to apply their analytical skills to improve their own performance. To use these skills and knowledge to set themselves personal targets to help them to continue to develop as they explore a range of activities helping them to be successful in sport and physical activity outside of school.

Heart



**Leadership:** students will develop teamwork and communication skills that will encourage them to become effective leaders, they will foster leadership qualities through experiences and extra qualifications that will enable students to be active role models to others. **End Point:** to apply leadership skills within a variety of activities and contexts confidently. To manage and organise their own sporting activities with minimal teacher support. To motivate and model the way for others to lead a healthy, active life.

Heart



**Sportsmanship:** students will learn the importance of respect and fair play in sport, they will actively role model a positive sporting etiquette. **End Point:** to demonstrate excellent sportsmanship and apply the skills and qualities required to make the learning environment an enjoyable one for all. To understand the importance of creating a positive culture where everyone can enjoy PE. To possess the skills and qualities required to successfully take part in competitive sport outside of school.