

Curriculum Intent, Implementation, Impact

Subject: PAIL Life – P.E.

Intent (Curriculum design, coverage and appropriateness)	Implementation (Curriculum delivery, teaching and assessment)	Impact (Attainment and progress, destinations)
<p>As part of the PAIL curriculum, Physical Education aims to promote the development of a healthy active lifestyle, and the understanding of the importance of how physical activity can have a positive impact on pupils' mental health and emotional wellbeing.</p> <p>P.E. at The Courtyard focuses on exercise through warm-up games and activities, specific sports and circuit training in an outdoor setting. The focus is on developing skills such as hand-eye coordination, confidence, teamwork, as well as improving cardiovascular health and muscular strength.</p> <p>There is a large focus on team games which focuses on developing coordination and building communication skills through teamwork. In turn these skills will assist pupils with physical wellbeing, mental health and independent self-care for the now and moving forward into life after school.</p> <p>Pupils will learn different muscle groups and why muscles are key to movement and posture. They will also have the freedom to show leadership during lessons by taking warm ups and stretches in front of the class for all to follow. This will assist in developing students' confidence and communication while recognising personal development.</p> <p>At the Courtyard this year we are also undergoing a theory based program called Rugby Centurions. The Programme is designed for educational establishments that wish to unlock the leadership potential of their students. In particular those students undertaking prefect duties, captain responsibilities, extended project qualification studies or transitioning to university or the place of work. The programme is delivered in modules and complemented with live digital coaching sessions and webinars with great leaders, athletes and coaches.</p>	<p>The school year starts with basic skills of volleyball, touch rugby and basketball, with the focus being teamwork, encouragement, skill development and fun.</p> <p>The Spring term sees opportunities with outdoor sports such as tennis, netball and cricket, continuing the focus on teamwork and building personal skills and coordination.</p> <p>The Summer term sees a large focus on athletics in preparation for our Sports Day in July.</p> <p>Throughout each lesson, term and the year, pupils will have a clear understanding of what is expected of them and how exercise and general fitness is beneficial for them in terms of mental health, psychological well-being, anxiety, depression and stress.</p> <p>During the year theory lessons will be conducted to include the Rugby Centurion programme which will focus on leadership, resilience, courage and decision making.</p> <p>Learners are assessed against the unit objectives they are working towards each term.</p> <p>There are many opportunities for cross-curricular work within the PAIL curriculum, including opportunities to link with Science, Home Cooking and PSD.</p>	<p>By the end of the learners' school life at the Courtyard, they will have learnt specific sports rules, skills, and positions that they can use to participate in after school sporting teams.</p> <p>They will understand the fundamentals of sports in warm-up, skill and game-like scenarios. Pupils will also develop the skills to conduct their own warm-ups, understand muscle groups and how to stretch and cool down appropriately and why these things are important in physical activity. The many gains for pupils actively participating in these activities and exercise will benefit them through a reduction in stress, anxiety and depression; help control weight; improve overall general fitness; boost self-esteem and promote psychological well-being.</p> <p>Pupils will engage in activities that improve social skills, leadership qualities, communication and confidence. Our aim is to have each pupil participate on a regular basis either in a competitive or non-competitive environment.</p> <p>By the end of the learners' school life pupils will also be able to demonstrate understanding of healthy eating practises and the calorie intake required for different individuals and activities. Pupils will also understand the reason for calorie counting and how it affects your body and also why intermittent fasting can be crucial to losing weight and maintaining weight.</p> <p>Pupils are constantly working towards objectives which will enable them to gain an AQA Unit Award Scheme qualification.</p>

<p>Pupils who join The Courtyard demonstrate various skills, abilities and knowledge in terms of physical education, circuit training and specific sports. We aim to provide young people from all backgrounds and levels of ability the opportunity to participate, compete and develop skills in the physical sense through sport. To ensure all pupils are provided with equal learning opportunities, lessons will vary for each class in terms of difficulty depending on each pupil's level of ability.</p> <p>The curriculum is designed to incorporate the aims of the National Curriculum for Physical Education.</p>		
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P.E. Teaching Overview

Autumn Term PAIL The Self/Identity and Relationships	Spring Term PAIL Communication	Summer Term PAIL Our World
<p>Basic skills of football, tag rugby and basketball, with the focus being teamwork, encouragement, skill development and fun.</p>	<p>Opportunities with outdoor sports such as tennis, netball and cricket, continuing the focus on teamwork, communication, building personal skills and coordination.</p>	<p>A large focus on athletics, exploring world sports and Olympian sports, in preparation for school Sports Day in July.</p>

