

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 both indoors at the gym and outdoors. 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 gym training which focuses on developing coordination and understanding of particular workouts and muscles within a gym scenario. 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 set their own work-out and record results overtime, recognising personal improvement and development.</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>	<p>The school year starts with basic skills of football, tag rugby and basketball, with the focus being teamwork, encouragement, skill development and fun. The gym component will continue throughout the entire year with the pupils increasing knowledge on muscles and their own body, as well as specific exercise and muscle training they can use in all aspects of life.</p> <p>The Spring term sees opportunities with outdoor sports such as tennis, rounders, 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>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 how to operate gym equipment, how each exercise helps develop their muscles and why regular exercise is crucial to mental health, relieving stress and anxiety. Pupils will be able to formulate a gym plan where they focus on different muscle groups each time they attend the gym. They will understand healthy eating practises and the calorie intake required for different individuals and activities. Pupils will also understand how to measure their heart rate, and how your heart rate reflects your work rate and level of fitness.</p> <p>Pupils are constantly working towards objectives which will enable them to gain an AQA Unit Award Scheme qualification.</p>

P.E. Teaching Overview

Autumn Term 2019 PAIL The Self/Identity and Relationships	Spring Term 2020 PAIL Communication	Summer Term 2020 PAIL Our World
<p>Basic skills of football, tag rugby and basketball, with the focus being teamwork, encouragement, skill development and fun.</p> <p><i>The gym component will continue throughout the entire year with the pupils increasing knowledge on muscles and their own body, as well as specific exercise and muscle training they can use in all aspects of life.</i></p>	<p>Opportunities with outdoor sports such as tennis, rounders, 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>