






The purpose of the Physical Education curriculum at Avanti Fields is to inspire all students to participate, succeed and excel in physical activity and competitive sport. It provides extensive and diverse opportunities to recognise the benefits of a healthy and active lifestyle to develop into a lifelong passion to remain active.

The curriculum aims to provide a broad range of physical activities where students develop competence and subject knowledge, allowing them to cultivate a love of sport and understand the benefits of continuing with physical activity throughout life. There are numerous opportunities to partake and compete in sport and other physical activities to build character formation and embody values such as resilience, respect and self-discipline. These opportunities aim to enthuse and create an ambitious approach to PE.

		
<p>The independent nature of Physical Education brings out an emerging passion for learning in students. There are high expectations of students and learning activities are planned that challenge and engage students and provide extensive opportunities for development. Students show a high level of resilience and become reflective learners and the extensive extra-curricular programme also allows for this.</p>	<p>In Physical Education, students are always encouraged to take ownership of their successes and failures with a responsible approach. The different learning experiences in PE such as activities and competitive games naturally allow learners to demonstrate the core values linked to the Avanti wheel. Students have time in lessons to reflect on which values they displayed.</p>	<p>Physical Education uses its different learning experiences to challenge discrimination in order to create a more tolerant and integrated society. There are opportunities to show gratitude and develop spiritual insight, which links to the heart of the curriculum.</p>

Students will be provided opportunities to develop the following knowledge, skills and understanding in PE:

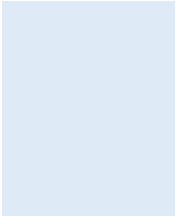
- Outwitting an opponent
- Making and applying decisions
- Developing physical and mental capacity
- Making informed choices about healthy, active lifestyles
- Developing skills/performance
- Evaluating and improving



	<p>combine and perform skills; actions and balances including some that are inverted. Continual development, adaptation and refinement of learnt skills will contribute to producing an improved performance and accurate replication.</p> <p style="text-align: center;">Recap warm-ups</p>	<p>control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Innovative games (quidditch, gauntlet, dodge-bench-hoop, benchball, fireball)</p> <p style="text-align: center;">Recap warm-ups</p>	<p>Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. Sports include; volleyball</p> <p style="text-align: center;">Recap all topics</p>
	<p>Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Football</p> <p style="text-align: center;">Recap fitness components</p> <p>Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. Sports include; Badminton</p> <p style="text-align: center;">Recap joints and joint movement</p> <p style="text-align: center;">Knowledge Organiser</p>	<p>Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Football</p> <p style="text-align: center;">Recap fitness components</p> <p>Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. Sports include; Badminton</p> <p style="text-align: center;">Recap joints and joint movement</p> <p style="text-align: center;">Knowledge Organiser</p>	<p>Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Netball</p> <p style="text-align: center;">Recap fitness components</p> <p>Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. Sports include; Badminton</p> <p style="text-align: center;">Recap methods of training</p> <p style="text-align: center;">Knowledge Organiser</p>
	<p>Students will be able to use fundamental skills consistently with precision,</p>	<p>Students will be able to use fundamental skills consistently with precision,</p>	<p>Students will be able to use fundamental skills consistently with precision,</p>



	<p>control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Football Recap warmups, muscles and fitness components, joints and joint movement</p> <p>Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. Sports include; Badminton Recap warmups, muscles and fitness components, joints and joint movement</p> <p>Homework 2 PE theory assessment 2</p>	<p>control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Football Recap warmups, muscles and fitness components</p> <p>Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. Sports include; Badminton Recap joints and joint movement</p> <p>Homework 2 PE theory assessment 2</p>	<p>control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Netball Recap fitness components</p> <p>Students will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. Sports include; Badminton Recap methods of training</p> <p>Homework 2 PE theory assessment 2</p> <p>Students will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. Sports include: Handball Recap all topics</p> <p>Students will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that</p>
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understanding when officiating.

Sports include; Cricket

[Recap all topic](#)



Revise both Knowledge
Organisers
PE theory assessment 3

Students will be able to use
fundamental skills



Throughout the year, students will have the opportunity to engage in various PE events, trips and competitions. Students and parents will be informed of all opportunities as and when they are organised.