

# Curriculum Alignment

The National Curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

## First School

- Empower others.
- Radiate good morals.
- Make hard things easy.

Our children cover athletics, ball skills, badminton, cricket, dance, dodgeball, fitness, football, gymnastic, golf, handball, hockey, netball, rounders, rugby, tennis yoga. Year 4s will have the opportunity for swimming.

## Middle School

To provide an purposeful, enjoyable and challenging experience within every PE lesson to enriches learning. To provide enough support for pupils to grow and develop their knowledge and understanding, but equip pupils with independence skills to carry on exercising long after they have left St Osmund's.

**Games** (Football, Netball, Rugby, Basketball) **Striking & Fielding** (Cricket, Rounders, Softball) **Net & Wall** (Tennis, Badminton, Table Tennis, Pickleball) **Athletic:** (**Athletics** Swimming, Dance & Gymnastics).

## Upper School

The physical education curriculum is designed to be broad, balanced and inclusive to ensure that all students can enjoy and participate in a curriculum which develops their well-being. Core PE Each student in years 9 to 11 has four lessons per fortnight of 'core' PE where they study a range of sports throughout years 9 to 11 including; netball, rugby, hockey, outdoor education, swimming, basketball, badminton, football, fitness, tennis, rounders, cricket and athletics.