**Physical Education Curriculum**



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The new Ridgeway Academy physical education curriculum is designed to ensure our students our ‘Fit for Life’

The curriculum is built on key stage 2 and develops the core skills Ridgeway Academy feel are important to our students in order for them to ‘succeed and excel’ in competitive sport and other physically demanding activities.

|  |  |  |
| --- | --- | --- |
|  | **Key stage 2** |  |
|  Arrow Straight |
| **Literacy** |  | **Personal Development**  |
|   |  |
| **Core Skills** |
|   |
| **Exam Success** | **Health** | **Sports Performance** |

**Physical Education Key-stage 3 Overview**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Term | DateWeek beginning | Sports Calendar | School Calendar | Key stage 3 |
| Year 7 | Year 8 | Year 9 |
| Boys  | Girls | Boys | Girls | Boys | Girls |
| **Autumn** | 3rd September | *Year 9 & 10 District basketball* *District Football Trials* | **2nd September - INSET** | **Intro** | **Mob Run** | **Intro** | **Mob Run** | **Intro** | **Mob Run** | **Intro** | **Mob Run** | **Intro** | **Mob Run** | **Intro** | **Mob Run** |
| 7th September | ***Year 7-11 Girls netball****Year 7-11 County Football* |  | **Hitting & Striking** | **Throwing & Catching** | **Hitting & Striking** | **Throwing & Catching** | **Badminton** | **Football** | **Basketball** | **Netball** | **Badminton** | **Football** | **Basketball** | **Netball** |
| 14th September |  | 17th September -OPEN EVENING |
| 21st September | Year 9 rugby festival |  |
| 28th September | *Year 8 rugby festival* |  |
| 5th October | *L2 Badminton competition -boys* |  |
| 12th October | Year 11 netball Tournament*L2 Badminton competition -girls* |  |
| 19th October | U12/U14 Futsal girls’ competitionU16 Futsal girls competition |  | **Heart Health / Cross Country** | **Heart Health / Cross Country** | **Heart Health / Cross Country** |
| **Half Term -23rd October – 1st November** |
| **Autumn** | 2nd November | Year 7-11 District football JNR NBA competition Year 7 5-a-side football competition | **6th form induction for year 11** | **Race distance – 1 lap** | **Race distance – 1 ½ lap** | **Race distance – 2 laps** |
| 9th November | **U13 girls’ basketball competition****District Cross Country** |  | **Badminton** | **Football** | **Basketball** | **Netball** | **Health & Fitness** | **Rugby** | **Badminton** | **Health & Fitness** | **Basketball** | **Rugby** | **Health & Fitness** | **Badminton** |
| 16th November | *Year 9 basketball rally**Year 10 basketball rally**Year 8 rugby festival* |  |
| 23rd November | *Year 7 rugby festival****U12/U14 School Games basketball competition*** | **26th November -Academic Review Day** |
| 1st December | Year 8&9 Futsal competition | **30th November -Occasional Holiday** |
| 7th December |  |  |
| 14th December |  | Friday -18th December Charity Day |
| **Christmas Holidays - 18th December – 3rd January** |

**Physical Education Key-stage 3 Overview**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Term | DateWeek beginning | Sports Calendar | School Calendar | Key stage 3 |
| Year 7 | Year 8 | Year 9 |
| Boys  | Girls | Boys | Girls | Boys | Girls |
| **Spring** | 5th January | ***Year 7&8 basketball*** ***U13/U15 girls basketball***  | **4th January -INSET****Year 9 options assemblies** | Indoor AthleticsSprint, Jump, Throw | Basketball | Indoor AthleticsSprint, Jump, Throw  | **Gymnastics** | Indoor AthleticsSprint, Jump, Throw | Basketball | Indoor AthleticsSprint, Jump, Throw | **Gymnastics** | **GCSE/BTEC/Leadership taster** | **Health & Fitness** | **GCSE/BTEC/Leadership taster** | **Gymnastics** |
| 11th January | ***Year 8 Five a side competition*** | **Year 9 options evening** |
| 18th January | ***Year 8 basketball rally******Year 7 Five a side competition*** |  |
| 25th January | Year 7 basketball rally | **Deadline for year 9 options** |
| 1st February |  |  |
| 8th February | ***Year 9 Five a side competition******Year 7 Indoor athletics competition*** | **11th & 12th February -INSET** |
| **Half Term -12th February -21st February** |
| **Spring** | 22nd February | Boys Handball competitionGirls Handball competition |  | **Gymnastics** | **Rugby** | **Rugby** | **Dance** | **Gymnastics** | **Football/Futsal** | **Rugby** | **Dance** | **Gymnastics** | **Handball** | **Handball** | **Dance** |
| 1st March | Year 10 netball tournament |  |
| 8th March | ***U15 Girls basketball rally******District football finals*** |  |
| 15th March | ***County Games Finals*** |  |
| 22nd March | Year 8 netball tournamentGym & Dance display Inc. rehearsalYear 7 netball tournament |  |
| **Easter Holidays- 26th March – 11th April** |

**Physical Education Key-stage 3 Overview**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Term | DateWeek beginning | Sports Calendar | School Calendar | Key stage 3 |
| Year 7 | Year 8 | Year 9 |
| Boys | Girls | Boys | Girls | Boys | Girls |
| **Summer** | 12th April | *Year 7-11 rounders****County League Athletics*** |  | **Athletics** | **Health & Fitness** | **Athletics** | **Tennis** | **Athletics** | **Tennis** | **Athletics** | **Football/Futsal** | **Athletics** | **Tennis** | **Athletics** | **Football/Futsal** |
| 19th April |  |  |
| 26th April |  |  |
| 4th May | Year 10 futsal competition | 3rd May -Bank Holiday |
| 10th May | *U15 Girls Futsal competition* | Year 10 work experience |
| 17th May |  |  |
| 24th May |  |  |
| **Half Term -28th May – 6th June** |
| **Summer** | 7th June | **U13 Girls County Cricket** |  | **Rounders****Cricket** | **Tennis** | **Rounders****Cricket** | **Health & Fitness** | **Cricket** | **Rounders****Softball** | **Rounders****Cricket** | **Tennis** | **Cricket** | **Rounders****Softball** | **Rounders****Cricket** | **Tennis** |
| 14th June | This Girl Can week |  |
| 21th June | ***District Athletics*** |  |
| 28th June |  |  |
| 5th July | Sports Presentation Evening | **Year 6 transfer day** |
| 12th July |  |  |
| 19th July | Sports Day**Ridgeway Run** Mental Health Week | **22nd July INSET** | Inter house competition | Inter house competition | Inter house competition |
| **End of Term - 21st July** |