**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.

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

**Physical Education Key-stage 3 Overview**

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| Term | Date  Week 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’ competition  U16 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** | | | | | | | | | | | | | | | | | |

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| Term | Date  Week 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 Athletics  Sprint, Jump, Throw | Basketball | Indoor Athletics  Sprint, Jump, Throw | **Gymnastics** | Indoor Athletics  Sprint, Jump, Throw | Basketball | Indoor Athletics  Sprint, 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 competition  Girls 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 tournament  Gym & Dance display Inc. rehearsal  Year 7 netball tournament |  |
| **Easter Holidays- 26th March – 11th April** | | | | | | | | | | | | | | | | | |

**Physical Education Key-stage 3 Overview**

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| Term | Date  Week 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** | | | | | | | | | | | | | | | |