**Physical Education Curriculum**



**Physical Education Curriculum**

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 4 Overview**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Term | Date  Week beginning | Sports Calendar | School Calendar | Key stage 4 | | | | | | | |
| Year 10 | | | | Year 11 | | | |
| Boys | | Girls | | Boys | | Girls | |
| **Autumn** | 3rd September | ***Year 9 & 10 District basketball***  ***District Football Trials*** | **2nd September - INSET** | **Intro** | **Football** | **Intro** | **Netball** | **Intro** | Badminton | **Intro** | Health & Fitness |
| 7th September | ***Year 7-11 Girls netball***  ***Year 7-11 County Football*** |  | Badminton | Badminton | **Football** | **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 or Cross Country  Differentiated laps | | | |
| **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** | **Basketball** | **Rugby** | **Handball** | **Dance** | **Basketball** | Health & Fitness | **Basketball** | **Badminton** |
| 9th November | U13 girls’ basketball competition  District Cross Country |  |
| 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 |  | **MOCK EXAM** | **Staff to choose option of activities including revision** | | | |
| 14th December |  | **Friday -18th December Charity Day** |
| **Christmas Holidays - 18th December – 3rd January** | | | | | | | | | | | |

**Physical Education Key-stage 4 Overview**

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| Term | Date  Week beginning | Sports Calendar | School Calendar | Key stage 4 | | | | | | | |
| Year 10 | | | | Year 11 | | | |
| Boys | | Girls | | Boys | | Girls | |
| **Spring** | 5th January | ***Year 7&8 basketball***  ***U13/U15 girls basketball*** | **4th January -INSET**  **Year 9 options assemblies** | **Handball** | **Health & Fitness** | **Basketball** | **Health & Fitness** | **Handball** | **Table Tennis** | **Handball** | **Indoor Football** |
| 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 |  | **Table Tennis** | **Volleyball** | **Rugby** | **Trampette or Gymnastics** | **Staff to choose option of activities including revision**  **Students who revise MUST bring work with them and are not allowed to leave the department to go and collect.**  **Staff to rota the activities to prevent tedium**  **Students MUST be supervised**  **Encourage & develop leadership & independence** | | | |
| 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 4 Overview**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Term | Date  Week beginning | Sports Calendar | School Calendar | Key stage 4 | | | | | |
| Year 10 | | | | Year 11 | |
| Boys | | Girls | | Boys | Girls |
| **Summer** | 12th April | ***Year 7-11 rounders***  ***County League Athletics*** |  | **Tennis** | **Cricket** | **Rounders** | **Football or Futsal** | **Staff to choose option of activities including revision**  **Students who revise MUST bring work with them and are not allowed to leave the department to go and collect.**  **Staff to rota the activities to prevent tedium**  **Students MUST be supervised**  **Encourage & develop leadership & independence** | |
| 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 |  | **Football or Futsal** | **Softball** | **Tennis** | **Volleyball** |  | |
| 14th June | This Girl Can week |  |
| 21th June | ***District Athletics*** |  |
| 28th June |  |  |
| 5th July | Sports Presentation Evening | **Year 6 transfer day** | Students have option of activities (leadership) | | Students have option of activities (leadership) | |
| 12th July |  |  |
| 19th July | Sports Day  Ridgeway Run  Mental Health Week | **22nd July INSET** | Inter house competition | | Inter house competition | |
| **End of Term - 21st July** | | | | | | | | | |