



Curriculum Overview

Subject: Physical Education

Physical education is a key subject area at Osborne School. Many pupils use school transport which leads to long days and reduced opportunity to be active (especially within the winter months). As a school we strive to offer a variety of opportunities for pupils to maintain active lifestyles. Osborne School offers a fully inclusive programme for PE ensuring all pupils have access to physical activity. We use adapted equipment for pupils with visual impairments, mobility difficulties and wheelchair users. We currently have the following facilities to allow a diverse and creative curriculum:

- Indoor Hall
- Hard court
- Multi-use Games Area (MUGA)
- Outdoor Gym equipment
- Swings
- School Field
- Hydrotherapy pool
- Golden Mile route

Within the curriculum all pupils have access to 2 lessons of PE, which consists of 1 indoor and 1 outdoor lesson. In addition pupils are actively encouraged to participate in other forms of physical activity including:

- The Golden Mile (national initiative)
- Outdoor Gym programmes
- Lunchtime sports clubs
- After-school clubs
- Sports fixtures and events
- Annual Sports Day

To support the programme of PE and School Sport further we have formed links with the following facilities and organisations:

- Winchester City Council
- River Park Leisure Centre
- Kings School
- QE2 Centre
- Peter Symonds College
- Hampshire Outdoor Pursuits Centres
- Hampshire Cricket in the Community
- Southampton FC 'Saintsability' programme
- National Citizen Service
- Hampshire Inclusive Sports Events
- London Irish Rugby club

Key Stage 3:

The PE curriculum for Key Stage 3 takes a skill based approach to learning. Pupils are assessed in year 7 against PE assessment grids providing an understanding of areas of strength and development. The Long Term plan allows an inclusive approach and ensures that all pupils have access to lessons. The Key Stage 3 curriculum consists of;

- Sportsability
- Multi-skills
- Gymnastics
- Net and Wall Games
- Invasion Games
- Striking and Fielding Games
- Target Games

The aim is to provide a sound understanding of the principles of PE, sport and active lifestyles allowing them to progress to a more sport specific approach in Key Stage 4. Pupils are challenged to improve basic skill levels and demonstrate control within all areas of the subject. Within Key Stage 3 pupils are assessed against county standards promoting independence, healthy lifestyles and life skills. This includes changing, organising equipment and understanding the importance of exercise.

Key Stage 4:

When pupils begin year 10 they are expected to develop their application, understanding and assessment through the PE curriculum. Skills learnt in Key Stage 4 are often revisited but developed in a sport specific programme. This allows the understanding of transferable skills, applying skills in competitive activities and both self and peer assessment. The Long Term Plan allows the development of team building through OAA activities.

Accreditation:

- AQA Unit Award Scheme
- ASDAN Transition Challenge
- OCR Entry Level PE
- Sports Leaders UK Level One
- BTEC Sport and Active Leisure (Entry Level / Level One)