**Rolling Programme of Outcomes and Themes**

**PE- KS3**

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|  | **Autumn** | | **Spring** | | **Summer** | |
|  | Theme | Outcomes | Theme | Outcomes | Theme | Outcomes |
| **Year A**  **2015/16**  **2018/19**  **2021/22** | Split into 2 half-terms for group 1  **Group 1**- **Explore/Experiment**  **Develop/Apply**  **Multi skills**  Circuits ABC’s  Tops cards/ circuit stations.  **Invasion** games/basketball/netball  **Group 2-Encounter/Experience**  **Element cards**/multi skills. | Agility, balance, gross motor. Co-ordination. Individual skills & body control. Fitness assessing  Ball control, rules, tracking & perceptual skill development.  Sensory games involving tracking objects, sending and receiving | **2x Ability Groups**  **Group 1**  **Gymnastics**-.  **Group 2**  **Sherbourne**  Physio. fitness & targets | Travelling/balance/ transferring weight, mat work. Partner/group.  Physio. targets- partner work- balances. PSHE targets-co-operation & tolerance | **Group 1**  **Games**  Striking/  Fielding/Tee Ball.  **Group 2**  **Table Top Cricket**/Poly Bat.  Physio. fitness & targets | Throwing/catching/collecting/hitting  Roles of bowler, batter, fielder. Turn –taking.  Turn taking team play. Batting bowling & fielding at PMLD level.  Sportsability bag |
| **Year B**  **2016/17**  **2019/20**  **2022/23** | **Group 1**  Multi-skills ABC’s (1st half term)  Invasion games (2nd half term)  Tag-rugby/dodgeball/uni-hoc/football  **Group 2**  **Sports Ability** tasks/ Target | Balance, co-ordination, gross motor, agility.  Ball control, rules, tracking & perceptual skill development  Boccia/Kurling Skittles adapted target games. Accuracy, aiming and tracking objects | **Group 1**  Gymnastics- apparatus/balance/partner work  **Group 2**  **Sherbourne/**physio fitness & targets | Body management skills. Partner /group work small apparatus.  Physio. targets- partner work- balances. PSHE targets-co-operation & tolerance | **Group 1**  Athletics  Quadkids  **Group 2**  **Gross Motor skills** | Skills of running. Jumping, throwing individual challenge & target setting. Speed stamina, agility application.  OT /physio targets continued into circuit individually presented & applied. |
| **Year C**  **2017/182020/21**  **2023/24**  **ALL YEARS** | **Group 1**  **Multi-skills ABC’s**  (1st half a term if need)  **Invasion ball** (2nd Half Term)  skills/football/zone hockey.  **Group 2**  **Parachute Games/Tac Pac** | Agility, balance, gross motor. Co-ordination. Individual skills & body control. Fitness assessing  Ball control, rules, tracking & perceptual skill development. Mini games. 2v 2etc  Tracking objects/ body awareness/ spatial awareness. | **Group 1**  **Gymnastics**  **Group 2**  **Dance**- | Jumping/twisting  /rolling. Travel.  Apparatus accordingly.  Continued body awareness.  1to1 matching mirroring- theme according to drama topic link sensory aspects. E.g sounds, music, movement ideas etc. | **Group 1**  **Net/Wall Games**  Tennis/seated volleyball.  **Group 2**  **Rebound Therapy** | Eye hand co-ordination. Racket skills. Turn taking.  Body awareness.  Where appropriate combined with stretching and/or target games on rotation. |
| In addition there is to be one **Swimming** group each term from KS3. Annually.  1 x 45 minute session weekly at Grand Central  **Warm Water –Group 2**  Time –tabled according to individual need assessed by physiotherapist.  Can be organised alongside the PE Independent group session weekly. | Life skill – individual targets set. Safety in and around water.  Water confidence  Skills.  Distance awards-  Stamina/Survival  Follow individual programmes.  Water confidence  Movement in water- linked to physiotherapy programmes. | **See Swim Stockport Guidelines.**  In line with Stockport Schools Policy  25m End KS2 NC target |  |  |  |

**Rolling Programme of Outcomes and Themes**

**PE – KS4**

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|  | **Autumn** | | **Spring** | | **Summer** | |
|  | Theme | Outcomes | Theme | Outcomes | Theme | Outcomes |
| **Year A**  **2015/16**  **2017/18**  **2019/20**  **2021/22**  **2023/24** | **2 Ability Groups**  **Group 1**  **Explore/Experiment**  **Develop/Apply**  **Personal Fitness 1** Circuit- First half term. Personal Fitness /Box Fit  Use **of OUTDOOR GYM 2019**  **Invasion games**  2nd Half Term  **Group 2**  **Encounter/Experience**  **Sports Ability/Target Games** | In line with WJEC Accreditation-circuit unit & assessment- Development of stamina, speed & strength. ABC’s  Ball handling skills.  See WJEC Games Unit  Tracking objects- accuracy, turn taking. Throwing, pushing, action /reaction. Boccia, Kurling, Skittles adapted targets. | **Group 1**  **Gymnastics**  **Group 2**  **Adapted Yoga**/physio targets. | Body management skills.  Balance, body tension, travel, jumping, gross motor skills. Partner/ group work. Control co-ordination with small apparatus  Basic positions. Relaxation and control-of breathing. Co-operation & tolerance of others. | **Group 1**  **Athletics**  **And/or Use of OUTDOOR GYM**  **Group 2**  **Parachute** **Games** | Development of running, jumping. Throwing skills.  Team relay & personal targets individual times, distances challenges etc  Team work, listening, tracking objects & turn taking |
|  | **WARM WATER** | Hydrotherapy targets | Time-table & Individual needs assessed termly.  **On going** across year. |  |  |  |
| **Year B**  **2016/17**  **2018/19**  **2020/21**  **2022/23**  **2024/25**  **NB**  **ALL YEARS** | **Group 1**  **Personal Fitness 2**  **Aerobics/zumba**  **Invasion Games**  **Group 2**  **Multi Skills & Ball skills**  **Group 2**  In addition  **Rebound Therapy**  As and when can accommodate/on rota. | See WJEC evidence. Fitness aerobic zumba etc. to music, developing co-ordination, strength/ stamina.  Football/uni-hockey/tag rugby  Rolling, pushing, tracking objects and target play | **Group 1**  **Net/Wall games**  Badminton/short tennis/seated volleyball  **Group 2**  **Adapted/Gymnastics**  Sherbourne | Eye-hand co-ordination. Partner & team play.  As per WJEC Games Unit  Gross Motor  OT/Physio targets- partner work- balances. PSHE targets-co-operation & tolerance | **Group 1**  **Striking & Fielding Games**  **Group 2**  **Table Cricket**  **Poly Bat** /adapted games/ seated volleyball.  **Rebound or Warm Water** when can accommodate | Turn taking, role play- hit, strike, field, catch, bowl, bat, etc.  Turn taking, eye hand co-ordination. Tracking balls, hitting /tracking. |

**Rolling Programme of Outcomes and Themes**

**PE – POST 16**

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|  | **Autumn** | | **Spring** | | **Summer** | |
|  | Theme | Outcomes | Theme | Outcomes | Theme | Outcomes |
| **Year A**  **2015/16**  **2017/18**  **2019/20**  **2021/22**  **2023/24** | **2x Ability Groups**  **Group 1**  **Explore/Experiment**  **Develop/Apply**  **Personal fitness 1**  Stamina/strength  Planning circuits  Box Fit  Use of **OUTDOOR GYM** from 2019  **Group 2 Encounter/Experience**  **Individual Gross Motor programmes**/physio targets.  & target games | As per WJEC Unit  See criteria & assessment  As per IEP’s gross motor circuit & exercises using mats & music  Boccia Kurling Skittles adapted target games Table cricket | **Group 1**  **Invasion Games**  Team Sports Unit  Basketball/Netball  Football/Tag Rugby  WJEC Accreditation  Externally MODERATED (2016 Cohort)  **Group 2**  **Sherbourne**/ physio targets | As per WJEC Unit  See criteria & assessment  Partner work- tolerance- personal/social skills. Spatial awareness | **Group 1**  **Athletics or Striking & Fielding**. Unit  WJEC Accreditation  **Group 2**  **Parachute games & gross motor skills** | As per WJEC Unit  See criteria & assessment  Consolidation of skills learnt at other key stages.  Group work- tracking objects/gross motor |
| IN ADDITION  **Outdoor Education-** throughout for some.  Walking & linked to:  **Duke of Edinburgh** Scheme starts in yr 12  **Sports Leaders Awards** | As per WJEC Unit  See criteria  **Bronze Criteria**  Expedition element. ((July 2015 &16) cohort 2017/18.    Linked to on site opportunities Disability events for Stockport Primary/Secondary  Schools | Walking  Orienteering  Fitness  Sports Leaders  Individual events.  SHAPES Alliance | Expedition  Voluntary and Skills sections. |  | *Moderated externally*  *Criteria as per DofE Bronze award accreditation. Externally assessed* |
| **DANCE ALL Years**  **Inclusive sessions.**  In addition to PE all years have one dance/drama session throughout the year.  **WARM WATER**  Themes | Follow Performing Arts curriculum  Individual needs basis assessed each term. Hydro targets.  Outcomes | **DANCE**  Themes | As per WJEC Dance Unit .See criteria & assessment  Performance partner /group work  Outcomes | **DANCE**  Themes | *H Level assessment in PE - Video recording evidence of*  *Past Performances* Heaton meets Africa  Yr 14-Shrek 2016  Yr12/13 Joseph 2016/2017 Blues Brothers/2018 Beauty & the Beast/2019-Bat out of Hell  Outcomes |
| **AUTUMN** |  | **SPRING** |  | **SUMMER** |  |
| **Year B**  **2016/17**  **2018/19**  **2020/21**  **2022/23**  **2024/25** | **Group 1**  **Complete Athletics** module 1st half-term  **Personal Fitness 2**  Aerobics -2nd half  Planning for fitness  **Group 2**  **Target Games** | As per WJEC Unit & Accreditation.  See criteria & past assessments for athletics & fitness. Complete all.  Turn taking. Tracking/ pushing/ throwing/ aiming/ accuracy. | **Group 1**  **Striking & Fielding.**  **All games & Individual assessments** to be completed for **WJEC Accreditation & moderation** if entered  **Group 2**  **Yoga/Rebound** | As per WJEC Unit  See criteria  Team work- Partner  Body positioning, partner work body awareness. Breathing, relaxation and stretching. Linked Physio targets. | **Group** 1  **Net/Wall Tennis** or  **Tri Golf**  **Group 2**  **Rebound Therapy**/  massage and therapy  **Table Cricket/**  **Poly Bat**. | **Final accreditation WJEC**  if for 2 years  H Level Assessment  Spatial/body  awareness  /choice making /  Sensory/OT  Turn taking, eye hand co-ordination. Tracking balls, hitting /tracking. |
| **Year C**  **Where appropriate** | **WJEC Healthy Living & Fitness, Level 2**  Taught as full course over two years or Discrete modules | Balance of modules  Dependent on group and cohort.  May vary each year. | External **MODERATION WJEC** | WJEC Criteria and modules |  | WJEC criteria and modules |