**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’sTops 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 assessingBall 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/hittingRoles 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 developmentBoccia/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**AthleticsQuadkids**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 assessingBall control, rules, tracking & perceptual skill development. Mini games. 2v 2etcTracking 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 confidenceSkills. Distance awards-Stamina/SurvivalFollow individual programmes.Water confidenceMovement in water- linked to physiotherapy programmes. | **See Swim Stockport Guidelines.**In line with Stockport Schools Policy25m 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’sBall handling skills.See WJEC Games UnitTracking 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 apparatusBasic 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 rugbyRolling, 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 MotorOT/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/strengthPlanning circuitsBox FitUse of **OUTDOOR GYM** from 2019**Group 2 Encounter/Experience****Individual Gross Motor programmes**/physio targets.  & target games | As per WJEC Unit See criteria & assessmentAs per IEP’s gross motor circuit & exercises using mats & musicBoccia Kurling Skittles adapted target games Table cricket | **Group 1** **Invasion Games**Team Sports UnitBasketball/NetballFootball/Tag RugbyWJEC AccreditationExternally MODERATED (2016 Cohort)**Group 2****Sherbourne**/ physio targets | As per WJEC Unit See criteria & assessmentPartner work- tolerance- personal/social skills. Spatial awareness | **Group 1****Athletics or Striking & Fielding**. UnitWJEC Accreditation**Group 2****Parachute games & gross motor skills** | As per WJEC Unit See criteria & assessmentConsolidation 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/SecondarySchools |   Walking OrienteeringFitnessSports LeadersIndividual events.SHAPES Alliance | ExpeditionVoluntary 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 curriculumIndividual needs basis assessed each term. Hydro targets.Outcomes | **DANCE**Themes | As per WJEC Dance Unit .See criteria & assessmentPerformance partner /group workOutcomes | **DANCE**Themes | *H Level assessment in PE - Video recording evidence of**Past Performances* Heaton meets AfricaYr 14-Shrek 2016Yr12/13 Joseph 2016/2017 Blues Brothers/2018 Beauty & the Beast/2019-Bat out of HellOutcomes |
| **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 criteriaTeam 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 yearsH Level AssessmentSpatial/bodyawareness/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 modulesDependent on group and cohort.May vary each year. | External **MODERATION WJEC** | WJEC Criteria and modules |  | WJEC criteria and modules |