



**Ellesmere College**  
**Physical Development Curriculum Overview 2019/20**



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Development of Basic Skills (Agility, Balance and Coordination) through Soft play		Development of Basic Skills (Agility, Balance and Coordination) through dance and music		Development of Basic Skills (Agility, Balance and Coordination) through Adapted games	
<b>KS1</b>	Development of Basic Skills (Agility, Balance and Coordination) through Gymnastics Activities		Development of Basic Skills (Agility, Balance and Coordination) through Games Activities		Development of Basic Skills (Agility, Balance and Coordination) through Athletics Activities	
<b>KS2</b>	Development of Basic Skills (Agility, Balance and Coordination) through Gymnastics Activities		Development of Basic Skills (Agility, Balance and Coordination) through Games Activities		Development of Basic Skills (Agility, Balance and Coordination) through Athletics Activities	
<b>Year 7 Learning for Life</b>	Invasion games; team building	Gymnastics; orienteering	Dance; mountain biking	Net/wall games; gardening	Striking and fielding; navigation and walking	Athletics; nature appreciation
<b>KS3 High Needs</b>	Development of basic skills (agility, balance and coordination) through games activities; exploring your school environment		Development of basic skills (agility, balance and coordination) through gymnastics activities; exploring your local environment		Development of basic skills (agility, balance and coordination) through athletics activities; exploring outdoor pursuits	
<b>KS3 Connecting &amp; Responding</b>						
<b>Year 8 &amp; 9 Learning for Life</b>	Invasion games; team building	Gymnastics; orienteering	Dance; mountain biking	Net/wall games; gardening	Striking and fielding; navigation and walking	Athletics; nature appreciation
<b>Year 8 &amp; 9 Stretch &amp; Challenge</b>						
<b>KS4 Connecting &amp; Responding</b>	Being Healthy				Being Healthy	
<b>KS4 High Needs</b>					Accessing the Community	
<b>KS4 Learning for Life</b>	Practical Performances Team Sports/ individual Sports 3 x 4 weeks Block 1 - Fitness Block 2 – Basketball Block 3 - Boccia		Practical Performances Team Sports/ individual Sports 3 x 4 weeks Block 1 - Athletics Block 2 – Tag Rugby Block 3 – Football/ Mountain Biking		Analysing Performance task (AP)	Enjoying Recreation Choice of Games, Athletics or Outdoor Pursuits
<b>KS4 Stretch &amp; Challenge</b>						
<b>Post 16 High Needs</b>	Participating in health and fitness activities		Introduction to Yoga		Outdoor Learning: Accessing the community	
<b>Post 16 Learning for Life</b>	PD options: participants chose one option each term <ul style="list-style-type: none"> <li>• Fitness &amp; Dance and movement</li> <li>• Outdoor Learning</li> <li>• Games &amp; leisure</li> </ul>					
<b>Post 16 Stretch &amp; Challenge</b>						
<b>Options – Sports Leaders</b>	Establishing leadership skills			Plan, assist in leading and review sport/physical activity sessions		
<b>Options – Duke of Edinburgh Award</b>	Volunteering; litter picking		Physical; mountain biking or walking		Expedition; camp craft	Expedition; navigation and route planning
<b>Options – Land Based</b>	Recognise trees and plants and their importance to wildlife  Communicating with others at work		Maintain an area of habitat  Recognise, use and care for tools used in conservation			