

Health & Fitness Curriculum

At Reach Academy, the Health and Fitness curriculum has been developed to help support pupils' re-engagement with learning and supporting pupils SEMH needs; particularly their confidence, self-esteem, resilience and ability to work co-operatively with others. Pupils will build on and embed the physical development and skills learned in Key Stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They will develop an understanding of what makes a performance effective and how to apply these principles to their own and others' work. As part of Reach Academy's values to enrich pupils' personal development and equip them with the life skills needed to become responsible, healthy citizens, a high focus will be placed on developing pupils' confidence, enthusiasm and interest in exercise, sports and activities out of school and in later life, and support pupils' understanding of the long-term health benefits of physical activity.

The key themes that we will be focussing on are engagement, communication, teamwork and leadership. These will be threaded through everything that we do in health and fitness. We will regularly look at different sports. We need to have the flexibility to change the physical activity depending on the cohort of pupils in that group. This will encourage participation and enable us to meet and improve the key themes. Year 2 of the plan enables pupils to build on and further develop the skills they have built during the first year of their study. It also offers us the flexibility for pupils joining us at different points.

| Year 1 | 1 | 2 | 3 | 4 | 5 | 6 |
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| | <p>Competitive games: Health and fitness, communication, teamwork and leadership - team work and co-operation: Football, gym indoor and out, and table tennis;</p> <p>Development of key skills (agility, balance, co-ordination, reaction time, jumping, running, throwing, kicking) and team work activities which will enable all pupils to measure and record their performance,</p> | <p>Competitive games: Health and fitness, communication, teamwork and leadership - team work and co-operation: Football, gym, table tennis and basketball</p> <p>Development of key skills e.g. dribbling, passing, movement off the ball, shooting, with skills being developed over the unit. Skills to be applied to small group games and activities building up the competitive element</p> | <p>Competitive games : Football, basketball badminton, circuit training</p> <p>Further development of key skills e.g. throwing and catching, team work and fitness; through the use of different activities including gym sessions, circuit sessions will be developed in this unit.</p> <p>Pupils will build on the skills that they have developed in the second term and</p> | <p>Competitive games: Team work, co-operation and leadership- Football, badminton, basketball, circuit training</p> <p>Further development of teamwork and leadership skills. Pupils will be expected to take ownership of their learning and demonstrate skills to lead small groups.</p> <p>Pupils will focus their attention on teamwork and</p> | <p>Competitive games – Football, rounders, cricket, circuit training</p> <p>Development of teamwork and leadership skills. Pupils will be expected to take further ownership of their learning and demonstrate skills to lead small groups</p> <p>Build in on previous knowledge, pupils will develop their ability to demonstrate leadership qualities. They will focus on</p> | <p>Competitive games, teamwork and leadership – Football, rounders, basketball, cricket, circuit training</p> <p>Development of catching and throwing skills. Pupils will develop their ability to use a rounders and cricket bat. Teamwork and fitness will be developed.</p> <p>Pupils will focus their attention on teamwork and leadership qualities; developing what</p> |

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| | <p>showing an improvement in the key skills over the unit. How to use the gym safely and effectively to achieve different aims.</p> <p>Pupils need to develop their team work and co-operation skills from a range of starting points, starting with paired work and aiming to achieve success in a group setting by the end of the unit. The weather should allow for games to be played outside.</p> | <p>as resilience increases.</p> <p>Pupils will build on the skills that they have learned in the previous half term; develop their key skills to enable them to participate in small group games. The small group games will aim to develop pupils' ability to work as a team, achieve success and failure and develop resilience during team games/competitive sports. The weather is being taken into account with the addition of Badminton as an indoor sport that can be played in pairs or small groups.</p> | <p>apply them to these games. Their team work skills and resilience will be further developed. The majority of this unit will be taught in the gym.</p> | <p>leadership qualities. They will learn and develop skills that will enable them to coordinate small groups of pupils and staff. They will increase their resilience and develop skills needed to prioritise.</p> | <p>their resilience needed to improve their ability</p> | <p>they have learned earlier in the year. They will increase their resilience and general skill level.</p> |
| Year 2 | 1 | 2 | 3 | 4 | 5 | 6 |
| | Competitive games: Health and fitness, communication, teamwork and | Competitive games: Health and fitness, communication, teamwork and | Competitive games : Football, basketball badminton, circuit training | Competitive games: Team work, co-operation and leadership- Football, | Competitive games – Football, rounders, cricket, circuit training | Competitive games, teamwork and leadership – Football, rounders, |

leadership - team work and co-operation: Football, gym indoor and out, and table tennis;

Further development of key skills (agility, balance, co-ordination, reaction time, jumping, running, throwing, kicking) and team work activities which will enable all pupils to measure and record their performance, showing an improvement in the key skills over the unit. How to use the gym safely and effectively to achieve different aims.

Pupils need to develop their team work and co-operation skills from a range of starting points, starting with paired work and aiming to achieve success in a group setting by the end of the unit. The

leadership - team work and co-operation: Football, gym, table tennis and basketball

Further development of key skills e.g. dribbling, passing, movement off the ball, shooting, with skills being developed over the unit. Skills to be applied to small group games and activities building up the competitive element as resilience increases.

Pupils will build on the skills that they have learned in the previous half term; develop their key skills to enable them to participate in small group games. The small group games will aim to develop pupils' ability to work as a team, achieve

Further development of key skills e.g. throwing and catching, team work and fitness; through the use of different activities including gym sessions, circuit sessions will be developed in this unit.

Pupils will build on the skills that they have developed in the second term and apply them to these games. Their team work skills and resilience will be further developed. The majority of this unit will be taught in the gym

badminton, basketball, circuit training

Further development of teamwork and leadership skills. Pupils will be expected to take ownership of their learning and demonstrate skills to lead small groups.

Pupils will focus their attention on teamwork and leadership qualities. They will learn and develop skills that will enable them to coordinate small groups of pupils and staff. They will increase their resilience and develop skills needed to prioritise.

Further development of teamwork and leadership skills. Pupils will be expected to take further ownership of their learning and demonstrate skills to lead small groups

Build in on previous knowledge, pupils will develop their ability to demonstrate leadership qualities. They will focus on their resilience needed to improve their ability

basketball, cricket, circuit training

Further development of catching and throwing skills. Pupils will develop their ability to use a rounders and cricket bat. Teamwork and fitness will be developed.

Pupils will focus their attention on teamwork and leadership qualities; developing what they have learned earlier in the year. They will increase their resilience and general skill level.

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weather should allow for games to be played outside.

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