

### OVERVIEW

Our PE and Health Curriculum has been designed to develop and enrich our students by teaching essential life skills through the exciting and challenging world of PE and sport. The PE Curriculum at ICA is underpinned by the following principles; Entitlement, Coherence, Mastery, Adaptability, Representation and Education with character.

The students will be assessed using Key Performance Indicators that have been mapped across three strands; Fit to Perform, Fit to Lead and Fit for life. The ICA PE progression model ensures that all students can make excellent progress over time and the level of challenge is increased throughout the key stages.

### Autumn

The students are given opportunities to become progressively skilful and competent performers across a range of activities, which enables them to make progressive against the 3 strands of Fit to Perform, Fit to Lead and Fit for Life.

Baseline	Handball
Football	Fitness
Rugby	Badminton
Basketball	Dance
Orienteering	Leadership
Netball	Striking and fielding (Rounders / Cricket / Softball)
Gymnastics	Athletics
Inter-form competitions	

The students will learn and be able to replicate the fundamental skills and movements required for the respective activities. They will perform core sending and receiving skills and learn simple tactics and basic rules. The students will learn simple problem-solving skills and start to develop spatial awareness.

The students will learn about timing development and individual and group choreography. The students will start to develop their leadership skills through the bronze level, fit to lead award.

The students will develop skills such as throwing, catching, batting and bowling and be introduced to striking and fielding events, such as, cricket, softball and rounders. They will also enhance their knowledge of athletics events and develop their skills and techniques with a view to performing consistently and effectively.

### Spring

### Summer

#### Assessment:

Key Performance Indicators

Fit to Perform

Fit to Lead

Fit for Life

#### Personal development:

concepts explored:

- Skills
- Techniques
- Communication
- Tactics
- Enthusiasm
- Determination
- Healthy Lifestyle

#### Useful resources for supporting your child at home:

**Access to a full ICA PE kit, suitable for both warm and cold weather.**

#### Homework:

Students are encouraged to attend co-curricular clubs. Clubs are shared regularly with the students and will take place on the same day each week (3-4pm)