



Physical Activity Long Term Plan

Subject Intent:

Our curriculum provides all pupils the chance to develop their understanding and competency in a variety of sports and physical activities. This will enable them to enhance their physical ability, build resilience and help to embed our core values of character, curiosity, confidence and creativity, whilst offering the pupils the chance to consistently challenge themselves and each other. Within the curriculum pupils will learn about: - Football, Boxing, Table Tennis, Rounders, Dodgeball, Cricket, Hiking/Orienteering as well as many more.

Our aim is to create an environment where pupils can build and develop confidence in a range of different sports and activities and adopt a positive attitude towards their own physical health not only during their short time with us, but the basis for lifelong participation. They develop the ability to take the initiative, lead, organise, officiate and instil good sporting attitudes in themselves and others. Our pupils' ability to remain physically active for sustained periods is encouraged. Pupils discover the importance of exercise in maintaining long-term health and emotional well-being. We celebrate the pupils' successes and encourage reflection on how to improve. We give our pupils opportunities to strive for achievement in competitive sport and other physically demanding activities.

The curriculum provides opportunities for our pupils to become more physically competent to support their own health, fitness and wellbeing.

Denewood Academy



Autumn		Spring		Summer	
Football Pupils will learn key footballing skills through training drills and mini games. The pupils will discuss the laws of the game and the social impact that football has as the most popular sport in the UK.	Climbing Pupils will learn key climbing skills from qualified instructors.	Boxing Pupils will learn key boxing skills from qualified instructors.	Ball related Sports Pupils will focus on field sports including football, rugby and basketball.	Circuit Training Pupils will focus on various exercises to increase fitness and mobility.	Summer Sports Pupils will learn the key aspects of varying summer sports such as Tennis, Badminton, Table Tennis, Squash, long jump, rounders.