

INTENT

Students take part in a broad range of sports and activities and are physically active for sustained periods of time.

- Students have to make choices, while learning within a team, build resilience and develop their sportsmanship.
- Students enjoying physical activity and are given the opportunity to develop as performers, leaders and officials
- PE gives students a chance to develop their health and knowledge of healthy lifestyles.

Impact

- Rules strategies and tactics – knowledge of the conventions of participation in different sports and physical activities
- Improve the wellbeing and fitness of students
- Underpinning values and disciplines PE promotes contribution to pupils personal development
- Self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness.
- Motivate students to use these skills in an independent and effective way to then live happy, healthy lives
- Motor competence- knowledge of the range of movements that become increasingly sport and physical activity specific.

Lifelong opportunities

- Sports scientist.
- PE teacher.
- Physiotherapist.
- Professional sportsperson.
- Sports coach/consultant.
- Sports policy at local and national level.
- Diet and fitness instructor.
- Personal trainer.
- Manager of a health centre

PE GCSE

Short and long term effects of exercise. The difference between anaerobic and aerobic exercise, health and fitness and movement analysis

Why the athlete needs to train?

Develop knowledge on the impact of training different energy systems. Looking at the mechanics as to how the body moves.

YEAR 11

SEMESTER 1

Classification of skill, goal setting, information processing, guidance and feedback on performance

How an athlete gets experience?

Develop knowledge on how the psychological state and experience can affect performance and completion of skill

SEMESTER 2

Mental preparation for performance, the socio-cultural influences and impact on sports and participation of commercialisation

How an athlete gets experience?

Develop knowledge on how an athlete gets experience, which is impacted by mental preparation, socio-cultural influences and commercialisation

SEMESTER 3

Ethical and socio-cultural issues, performance enhancing drugs, hooliganism and spectators and Physical, emotional and health

What decisions does an athlete need to make?

Develop knowledge on the decisions that athletes need to make throughout their career and how those decisions can impact their performance

EXAM

SEMESTER 4

Principals of training, methods of training, optimising training and avoiding injury

How does an athlete train effectively?

Develop knowledge on how to create a training programme and what needs to be included within that programme for it to be effective

SEMESTER 3

The structure and function of the cardio-respiratory system, consequences of a sedentary lifestyle and nutrition

How does an athlete grow and develop?

Develop knowledge of the key body systems and how they impact health, fitness and performance. Students need to understand how nutrition and diet help us within sport and the consequences of a sedentary lifestyle.

SEMESTER 2

The structure and function of the musculoskeletal system, components of fitness, fitness testing

What is an athlete born with?

Develop knowledge of the key body systems and how they impact health, fitness and performance

SEMESTER 1

YEAR 10

Components of fitness & improving scores

Why is it important to develop many of their component of fitness to be better at sport?

Teams will be expected to use core skills and implement them in different competitive situations. Pupils will be expected to understand games rules, play a number of positions and physically exert themselves throughout. Students understand the benefits of developing the components of fitness to become better at their sport

SEMESTER 1

Rugby/netball, fitness

The importance of resilience

Why is it important to never give up?

In this unit pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply core football/hockey skills using them tactically with the intention of outwitting their opponents. Pupils will gain an improved knowledge of small sided competitive games and rules than underpin the game. In cross country students develop their resilience and value the importance of never giving up.

SEMESTER 2

Football/Hockey

Confidence to umpire games and make decisions

Why are the correct decisions in sport so important?

Pupils will demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. Pupils will work on improving the skill of outwitting opponents as a batter and bowler. Development of decision making skills will be encouraged through game play. Pupil should independently be able to score and officiate rounders games.

SEMESTER 4

Cricket/ Rounders

Training to reach goals

Why is it important to plan your training?

Pupils will further enhance replication and performance across all disciplines. Pupils to gain a more detailed understanding of fitness and its effect on performance. Pupils will focus on planning, preparing for and competing in a range of athletic competitions. Pupils will perform core skills and record personal/collective bests. Pupil will develop knowledge of the immediate effects of exercise and physically exert themselves throughout.

SEMESTER 4

Athletics, Tennis

Health strand – Pupils develop their understanding of fitness, different body systems and their relationship to performance

Why is it important to develop our speed and strength?

To understand the concept of different sports and make effective evaluations of strengths and weaknesses in performance.

SEMESTER 4

Athletics, Tennis

Health strand - Decision making and spatial awareness

Why is strategy important to in sport?

Pupils will develop the fundamental principles of play when replicating core skills and movement needed including; batting, bowling and fielding. To develop a more detailed understanding of terminology, rules and umpire signals during a competitive game situation

SEMESTER 3

Cricket/ Rounders

Character strand – What is it to be part of a team?

Why is being part of a team important? Development of leadership

Pupils will be constantly faced with strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Pupils learn what it is to be part of a team and the importance of different roles

SEMESTER 2

Football/Hockey

Health strand – What is a healthy diet

Why do we need a healthy balanced diet?

To learn about positions and the skills needed for those positions. Pupils will experience a range of skill variations with intent to outwit the opposition. Develop a sound knowledge of positions and rules surrounding footwork and contact. Pupils should begin to analyse performances and adapt elements to improve

SEMESTER 1

Rugby/netball

YEAR 8

Health strand – Health benefits gained from fitness based activities

Why is sport and PE important?

How to pass, tackle, intercept, shoot successfully. Gain knowledge of the nature of fitness based activities and make effective evaluations of strength and weaknesses

SEMESTER 1

Rugby/netball, racket sports

Character strand - To develop our skill level through basic fundamental movement skills

Why is it important to work on our skill?

Show a basic tactical awareness and react to opponent's pressure in a small sided game. Students learn new skills and try to embed them within the sport they are playing

SEMESTER 2

Football/Hockey

Development of tactics and strategies

Why is it important to have knowledge regarding different sports

How to bowl, bat and field. Students learn rules and tactics associated with the sports they are playing.

SEMESTER 4

Cricket/ Rounders

Health strand – Understand the importance of Heart rate and recall large muscle group names

Why do we need to engage the larger muscle groups when playing sport? What can our heart rate tell us?

How to run, jump and throw. To understand how technically engaging the larger muscle groups helps with gross movements. Why is knowing about our heart rate important?

SEMESTER 4

Athletics, Tennis

YEAR 7