



PHYSICAL EDUCATION

INDEPENDENCE

KNOWLEDGE / LITERACY / NUMERACY / ORACY / AGENCY

CONTENT / TOPICS / CONCEPTS

VOCABULARY

SKILLS

ASSESSMENT

Year 7– Skills in isolation

Students learning in year 7 will centre around learning 'skills in isolation' such as passing, shooting & moving into space will be taught using a broad, balanced curriculum of sports and activities. Focusing on developing a child's physical literacy will provide a foundation and starting point of skills that will allow students to access all areas of the curriculum with success. Each student will be given the opportunity to learn and perform skills in areas such as "net/wall", "striking/fielding", "invasion", "athletics" etc.

Year 8- Linking skills for success in individual and team performance

Progressing to year 8, our students will develop the skills they gathered in year. In their year 8 PE lessons, students will successfully link skills together to provide successful performance in individual and team events. Activity blocks will remain the same but lessons will be revisited and skills will be developed to allow a higher level of outcome.

Year 9– Developing awareness of rules and tactics

Students will now have a foundation of skills for both individual and team activities. PE lessons in year 9 will be centred around tactical awareness and will also aim to impart the rules and sporting knowledge needed to successfully participate in all sports. A large percentage of year 9 PE lessons will centre around game play

Year 10

Students will continue to get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Students can choose the sports they wish to study and will be expected to develop a variety of tactics and strategies to outwit opponents

Year 11

Students will be given the opportunity to choose which sports they study and will be looking to develop their techniques and improve their performances. Students will be encouraged to coach and officiate. They will learn more about evaluating their own performances and extra curricular activities will continue to be made available and community

Speed, Reactions, Power, Strength, Agility, Co-ordination, Flexibility, balance, Resting H/Rate, Forehand, Backhand, Dribbling, passing, Attacking, Defending, Extension, Body Tension, Warm-up, Stamina, Cardiovascular, Components of Fitness, Athletes, Head Heart Hands, Serve, bowling, batting, fielding, confidence, Shooting

Methods of Training, Farlek, Continuous, Interval, Circuit, Weight training, Reps, Sets, Possession, Outwitting opponents, Orienteering, Plots, control points, co-ordinates, pacing, Linking skills, Rally, Overhead clear

Leadership, Sportsmanship, Gamesmanship, Communication, Organisation, Hypertrophy, reversibility, Zonal Marking, Autocratic, democratic, Laissez- faire, Anaerobic, Aerobic, Diet, Target, Zone, Reaction, Oxygen, Maximum, Minimum, Progression

Isotonic, Isometric, Performance, Analysis, Optimal, Moderation, **Movement**, Exhaustion, **Officiate**, Inspiration, Cartilage, Skeletal, Ligament, Posture, Dislocate, Concussion, Alveoli, Dehydration, Diaphragm, Dilate.

Cardiovascular, Respiratory, Hypertrophy, Optimum, Abduction, Adduction, Alveoli, Agonist, Antagonist, **Aorta**, Atrophy, Etiquette, Flexion, Extension, Sustained, Glycogen, Somatotype.

Pupils' understanding and enjoyment of sport is a key skill that will be learnt through games, exercises and gymnastic routines. **TEAM-WORK** is one of the biggest skills students learn, the ability to work collectively to achieve a goal. Many will learn **PERSISTENCE** especially learning something new or difficult. This will lead to a strong **WORK-ETHIC** and being hard working will benefit them throughout life. They will require **COMMUNICATION** skills and these may be verbal and non verbal. Some will use PE to develop their **LEADERSHIP** skills and will learn how to be a captain, leader or official. Whilst all will work on their **PERFORMANCE** skills in trying to better themselves. Sport specific skills will be linked to each activity and students will develop these throughout the curriculum.

All will be looking to develop the skills learnt at KS3 and become proficient in these. They will also become more **ADAPTABLE** when encountering different situations and working out solutions to these. They will become more **ANALYTICAL** and have the ability to **DEBATE** when analysing their own and others performances. Students will gain more **KNOWLEDGE** on tactics and drill and some will develop their **COACHING** skills. Students would have arrived in Y7 on a PE journey and will leave gaining knowledge of a range of sports and hopefully enough interest to play in adulthood.

Students at Lawn Manor Academy will be assessed using the Head, Heart & Hands model. At the end of each teaching block, students will be awarded a RAG (Red, Amber, Green) rating for the following:
Head– Knowledge of skills and tactics shown during the block
Heart– How much effort, resilience and a positive attitude
Hands– How efficient their skills/techniques are in a specific block.
As well as a RAG rating, students will also receive a banded score between 1-9 to indicate their attainment in each individual block. When each block is completed a mean score will be calculated to indicate their final grade for Physical Education

Assessment at KS4 is limited as it is designed to encourage learners to develop knowledge and understanding to enrich their love of sport so they can participate outside of schools and continue throughout life. The top performers will be encouraged to partake in extra-curricular activities both in and outside of school.

ATTITUDE

Understanding others, behaviour and attitudes, SMSC, PHSE

Many skills linked to SMSC are learnt through sport. The over-riding factor is that whenever people take part in sport they are all equal. There is an understanding of cultures and religions and there is no discrimination when playing sport. Rules are abided by and participants learn to follow and accept these. There is also an understanding of the consequences faced if rules are broken. Pupils are encouraged to be resilient, learn from mistakes and raise their self belief and confidence. They will learn about sportsmanship and accepting defeat. Fair play and respect will be encouraged at all times.

RESILIENCE

Character, personal Development, wellbeing and CIAG

PE lends itself to creating and developing positive attitudes and personal development. Skills are practiced and students develop a "never give up" as well as "I cant do it yet" attitude. Students are encouraged to learn as a team or individually dependant on the subject taught and will be able to discuss their strengths and weaknesses. Extra-curricular plays a major role in the development of our students and all are encouraged to attend irrelevant of starting point and ability. This enthusiasm is then nurtured into something that is very successful. Our school sports day is a highlight of our calendar and gives students an opportunity to participate and express themselves in a situation that they are not familiar with.