

## Subject: PE

### Year 7 (Modules, Topics)

#### Across the year students will learn about:

##### **Key concepts of Physical education in Yr7-**

There are a number of key concepts that underpin the study of PE. Pupils need to understand these concepts in order to deepen and broaden their knowledge, skills and understanding.

Pupils will be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
- develop their technique and improve their performance in sporting activities
- understand why a healthy, active lifestyle is important and how to promote it
- develop team work and communication skills, resilience and determination, confidence and self esteem.
- develop the ability to self and peer assess
- take part in competitive sports and activities outside school through community links or sports clubs.

These concepts will be taught through a sample of invasion, net-wall and striking and fielding activities activities such as – table tennis, football, netball, fitness, rounders, cricket, badminton, handball, cross country and athletics.

Students will also study a mental aspect along-side each activity which will be assessed via a homework quiz. In Year 7 the programme of study will be –

- The skeletal system
- Immediate and short term effects of exercise on the body
- Health and fitness
- Components of fitness
- Reasons for participation
- SMART targets

**Resources:** PE kit

**Assessment:** Baseline assessment in a range of different activities during the first four weeks. Setting in PE will then be done to allow for appropriate support and challenge for each student. Thereafter, practical assessment at the start of each activity and at the end of each activity. Students will be involved in the assessment process and use student friendly criteria to self and peer assess. Mental aspect quiz via Show My Homework at the end of each activity to assess theoretical aspect.

## Year 8 (Modules, Topics)

In addition to skills covered in Year 7 students will be given the opportunity to -

- take part in activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
- develop the ability to self and peer assess, suggesting how they could improve
- develop team work and communication skills, resilience and determination, confidence and self esteem.
- take part in competitive sports and activities outside school through community links or sports clubs.

These concepts will be taught through a sample of invasion, net-wall and striking and fielding activities activities such as – table tennis, football, netball, fitness, rounders, cricket, badminton, athletics, volleyball, tennis and climbing.

Students will also study a mental aspect along-side each activity which will be assessed via a homework quiz. In Year 8 the programme of study will be –

- The muscular system
- Long term effects of exercise on the body
- Injury prevention
- Testing components of fitness
- Consequences of a sedentary lifestyle
- Guidance and feedback

**Resources:** PE kit

**Assessment:** Practical assessment at the start of each activity and at the end of each activity. Students will be involved in the assessment process and use student friendly criteria to self and peer assess. Mental aspect quiz via Show My Homework at the end of each activity to assess theoretical aspect.

## Year 9 (Modules, Topics)

In addition to skills covered in Year 8, students will be given the opportunity to

- develop leadership skills and take on different roles in sport such as coach, leader, official or choreographer.
- develop team work and communication skills, resilience and determination, confidence and self esteem.
- develop the performance analysis skills necessary for studying GCSE PE/BTEC Sport in Years 10 and 11
- take part in competitive sports and activities outside school through community links or sports clubs.

These concepts will be taught through a sample of invasion, net-wall and striking and fielding activities such as – table tennis, football, netball, fitness, rounders, cricket, badminton, athletics, volleyball, tennis, trampolining, rugby and climbing.

Students will also study a mental aspect along-side each activity which will be assessed via a homework quiz. In Year 9 the programme of study will be –

- Types of joints
- The recovery process
- Warm-up and cool-down
- Evaluation of components and tests
- Diet and hydration
- Skill Classification

**Resources:** PE kit

**Assessment:** Practical assessment at the start of each activity and at the end of each activity. Students will be involved in the assessment process and use student friendly criteria to self and peer assess. Mental aspect quiz via Show My Homework at the end of each activity to assess theoretical aspect.