

CURRICULUM – Physical Education

Key stage 3

What is being taught?

Term 5 for y7 will move into summer sport and begin batting and fielding games. Learners will be focusing on acquiring and improving their hand eye coordination to be able to throw can catch a different sizes and shapes of balls. They will have the opportunity to develop an understanding of the different roles and positions in the games.

Year 8/9 learners will develop to more advanced skills used in batting and fielding games. They will start to develop their skills within the game from being able to undertake the role of a coach, referee in small game situations. The understanding of game tactics will increase through the game development.

Health Related Education will give learners an opportunity to experience different types of training methods that can be undertaken to improve general health and linking this to the importance of having a balanced eating plan and mental health. They will have the opportunity to build up their own fitness programme and teach others different exercises.

How is it being taught?

Year 7 will be taught the key concepts to use in batting and fielding games. They will develop through individual and groups skills the hand eye coordination to be allow them to improve the level of game being played. They will have the opportunity to review their own performance and that of others increasing the skills acquisition within the games.

Year 8/9 Initially learners will continue to develop the skills needed within the striking and fielding games. They will develop their general skills in the game through specific practices and drills. During modified and full games they will have the opportunity to increase their understanding of tactics for both batting and fielding in order to win the game.

Health related education is delivered by taking learners through different exercise and relating them to different sports and the benefits they have on their physical health. Learners will have the opportunity to push themselves as well as take on the role of a coach to assist another learner to exercise correctly. Also bringin g in knowledge form other areas of the curriculum to be able to have a rounded approach to improve the physical and mental health.

Key stage 4

What is being taught?

On the vocational pathway learners will be developing their knowledge of sports coaching and how to write a coaching session to develop another person's skill in a chosen sport. Learners will be able to understand the different styles of communication when delivering instructions. Through theory lesson they will know how to write a session plan that show progression through a variety of skills and drills within their chosen session.

How is it being taught?

Vocational learners when undertaking their coaching session will undertake a variety of class-based session to to learn the theory of how to write a coaching session and how to deliver a session. Practically learners will practice setting up and delivering their session and then reviewing the areas that where good and reviewing how the could improve so they will be ready for their practical assessment.