



## CURRICULUM – Physical Education Spring Term 2

### Key stage 3

#### *What is being taught?*

Term 4 for y7 will start for them to experience boxercise. Learners will be focusing on acquiring and improving their hand eye coordination and control to hit pads in basic moves and to follow simple combinations. This will also include the benefits of exercise can have on the body.

Year 8/9 learners will develop from the basic skills used in boxercise to start to perform more advanced combinations and to improve their level of fitness to be able to use the pads for a longer period of time. They will start to develop their own combination of moves and learn the skill needed to review their own and other performance in specific areas.

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 safety aspects used in boxercise and this will be also demonstrated through modelling from the teacher and other class members, pictures and videos of elite performers will be used to. Learners will have the opportunity to develop the different skills needed to have the correct stance and body position to hit the pads correctly and safely. They will learn basic moves and sequence of combinations to start to develop their skills in this sport.

Year 8/9 Initially learners will continue to develop their basic skill in boxercise but will involve them to increase their speed when hitting the pads. They will experience ways to move their feet positions and to create space to developing an improved body position to enable them to hit the pads with improved accuracy and allow them undertaking more complex combinations.

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 bringing in knowledge from 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 fitness testing and how to conduct the tests. Learners will use different communication skills to instruct others why and how to do the tests record their results the offer feedback once analysing the results against the norms for the tests.

#### *How is it being taught?*

Vocational learners when undertaking fitness testing will involve some class-based work to learn how they analyse results and how they could suggest ways to improve a person performance. Practically learners will first experience different types of fitness tests and how to deliver a test before taking other learners through the test themselves.