

Physical Education Ethos and Teaching

Subject Lead: Mr Andrew Pritchard

Intent:

The Physical Education Department at Kilgarth believes that an individual's character can be shaped through regular participation in sport and exercise. Participating in sporting activity inherently develops core values such as fairness, respect, loyalty and determination building the character of our pupils. We strive to provide a curriculum which inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. We aim to provide opportunities for pupils to become physically confident, in a way that supports their health and fitness. At all times we promote the relationship between exercise and physical and emotional wellbeing, and seek to broaden pupils self and social awareness by participating in a wide variety of sporting activities.

Implementation Programme of Study:

Key Stage 3 – Pupils follow the national curriculum programme of study in years 7, 8 & 9. Pupils will learn how to outwit opponents, analyse performance and master sporting techniques throughout the programme of study.

	Autumn	Spring	Summer
Year 7	<p><u>Football/Rugby/Basketball/Hockey</u></p> <p>Pupils will learn how to perform the technical aspects e.g. passing and receiving, shooting, tackling and dribbling required to participate, in these sports effectively during isolated and conditioned practices.</p> <p>Pupils will have the opportunity to use these in competitive situations. Allowing pupils to reflect and master technical skills during this learning phase.</p> <p>In addition, all pupils will learn the basic rules and etiquette relevant to each sport, and adhere to these whilst participating.</p> <p>Pupils will learn what constitutes an effective performance, and begin to recognise areas of improvement in their own and other's execution.</p>	<p><u>Badminton</u></p> <p>Pupils will learn how to perform all the technical aspects e.g. serving, performing strokes, stance and movement required to participate in badminton. The focus will be on mastering the technical skills during this learning phase.</p> <p><u>Fitness testing and training</u></p> <p>Pupils will learn about the components of fitness and their importance to sporting performance. They will perform fitness tests of specific components of fitness.</p> <p>Pupils will learn about and experience various modes of training (e.g. circuit, plyometric, fartlek, interval) designed to develop specific components of fitness.</p>	<p><u>Tennis/cricket/softball</u></p> <p>Pupils will learn how to perform all the technical aspects e.g. serving, performing strokes, bowling, and fielding required to participate in these sports. The focus will be on mastering the technical skills during this learning phase.</p> <p><u>Athletics</u></p> <p>Pupils will learn basic techniques for various running, jumping and throwing events. They will demonstrate these techniques by completing the Secondary Sports Hall Award to compare their performance to national performance data.</p>

<p>Year 8</p>	<p><u>Football/Rugby/Basketball/Hockey</u></p> <p>Pupils will embed their knowledge of and develop their execution of performing all the technical aspects e.g. passing and receiving, shooting, tackling, dribbling required to compete in these sports effectively during competitive situations. The focus will be on refining techniques during this learning phase.</p> <p>Pupils will learn how to apply basic rules relevant to each sport and have opportunities to demonstrate these.</p> <p>Pupils will learn how to break a performance down into parts and recognise steps needed to be taken to improve their own and others performance.</p>	<p><u>Badminton</u></p> <p>Pupils will embed their knowledge of and develop their execution of performing all the technical aspects e.g. serving, performing strokes, stance and movement required to compete in badminton effectively during competitive situations. The focus will be on refining techniques during this learning phase.</p> <p><u>Fitness testing and training</u></p> <p>Pupils will develop their knowledge of the components of fitness and their importance to sporting performance. They will perform fitness tests of specific components of fitness and assist in the testing of others. They will learn that particular modes of training will develop specific components of fitness whilst taking an active role in these training methods e.g. circuit, plyometric, fartlek, interval training.</p>	<p><u>Tennis/Cricket/Softball</u></p> <p>Pupils will embed their knowledge of and develop their execution of performing all the technical aspects e.g. serving, performing strokes, bowling, fielding required to compete in these sports effectively during competitive situations. The focus will be on refining techniques during this learning phase.</p> <p><u>Athletics</u></p> <p>Pupils will develop and refine, techniques for various running, jumping and throwing events. They will demonstrate these techniques by completing the Secondary Sports Hall Award Pupils to compare their performance to national performance data. Pupils will evaluate their performance and suggest areas for development.</p>
<p>Year 9</p>	<p><u>Football/Rugby/Basketball/Hockey</u></p> <p>Pupils will learn specific individual strategies and team tactics which can be used to overcome opponents whilst playing these sports. Pupils will also learn the responsibilities of specific roles within a team. The focus will be on implementing specific strategies and tactics during this learning phase.</p> <p>Pupils will develop their knowledge of the rules of these sports and take an increasing responsibility of applying any such rules whilst acting in the role of an official.</p>	<p><u>Badminton</u></p> <p>Pupils will learn specific individual strategies and tactics, which can be used to overcome opponents whilst playing badminton e.g. movement pressure, controlling the 'T' and playing into space. The focus will be on implementing specific strategies and tactics during this learning phase.</p> <p><u>Fitness testing and training</u></p> <p>Pupils will carry out and independently administer fitness testing procedures designed to</p>	<p><u>Tennis/Cricket/Softball</u></p> <p>Pupils will learn specific individual strategies and tactics, which can be used to overcome opponents whilst playing these games e.g. playing to weakness, shot selection and playing into space. The focus will be on implementing specific strategies and tactics during this learning phase.</p> <p><u>Athletics</u></p> <p>Pupils will learn specific techniques to execute athletic events e.g. triple jump, shot</p>

	<p>Pupils will learn how to evaluate a performance and use this information to compare performances.</p>	<p>develop specific components of fitness.</p> <p>Pupils will evaluate and analyse their results and compare them to previous performances.</p> <p>Pupils will set up, and carry out a variety of modes of training e.g. circuit, plyometric, fartlek and interval training. They will develop an understanding of which training methods are used to develop targeted components of fitness.</p>	<p>putt and sprinting. Pupils will then employ these techniques during athletic events, evaluate and analyse their performances and demonstrate improvement towards their personal best.</p>
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Key Stage 4

At Key Stage 4, pupils will study a Level 2 Award or Certificate in Sport, Fitness and Active Leisure, dependent on the ability of the individual pupil.

Over the course of study, pupils will have to provide a portfolio of evidence which satisfies the Assessment Criteria of each unit. Portfolios will include a variety of practical and theoretical evidence which will be completed in the classroom. Although these qualifications only offer a PASS grade, successful pupils will attain the following-

Qualification	Qualification Grade	GCSE (9-1) Equivalence	Credit Value
Gateway Level 2 Award in Sport, Fitness and Active Leisure	PASS	equivalent to GCSE grade 4	6 Credits
Gateway Level 2 Certificate in Sport, Fitness and Active Leisure	PASS	equivalent to GCSE grade 4	15 Credits

Outline of the intended units of Delivery-

Gateway Level 2 Award and Certificate in Sport, Fitness and Active Leisure			
	Autumn	Spring	Summer
	<p>Practical Sport (6 Credits)</p> <p>Demonstrate appropriate skills, techniques and tactics for a selected team and individual sport.</p>	<p>Practical Sport (contd)</p> <p>Describe the main roles and responsibilities of officials for a selected individual sport.</p> <p>Design an appropriate tool, then use such to identify</p>	<p>Anatomy and Physiology for Sport (3 Credits)</p> <p>Explain why professionals working in sport need to know about anatomy and physiology.</p>

Year 10	Describe the rules, regulations and scoring systems for a selected team and individual sport.	strengths and areas for improvement in their own and others performance.	Describe the structure and function of the various body systems. Describe the different types of joint and their associated movements. Identify the major muscles and their associated movements.
Year 11	<p>Fitness Testing and Training (3 Credits)</p> <p>Describe the fitness requirements and training methods used to achieve excellence in a selected sport.</p> <p>Describe the potential positive and negative lifestyle and psychological factors on sports training and performance.</p> <p>Use appropriate tests for different aspects of fitness, and record, interpret and assess own level of fitness.</p>	<p>Development of Personal Fitness (3 Credits)</p> <p>Research, plan and devise a training plan to improve own personal fitness.</p> <p>Outline factors which affect exercise adherence and strategies to support own adherence to a personal fitness training plan.</p> <p>Carry out a fitness training programme in line with a plan, monitoring and recording own progress throughout.</p> <p>Assess the extent to which the training plan was followed, the impact it had on fitness levels and identify any further areas for improvement in own fitness.</p>	<p>Completion of outstanding Assessment Criteria</p> <p>The intention is for all portfolios to be complete prior to the summer term in Year 11 but the contingency plan is for any outstanding Assessment Criteria to be completed during this term.</p>

Impact:

All pupils will aspire to achieve outcomes predicted by their Education, Health and Care plans as a minimum. After following a rich, diverse PE curriculum with opportunities to participate in widely contrasting sports and activities, our pupils will develop the confidence and interest to get involved in exercise, sports and activities beyond school and throughout their life, and understand the long term health benefits of physical activity. Pupils will have enhanced self-efficacy of a wide range of motor skills and an awareness of their own physical capabilities. The varied emotions experienced through playing sports will help develop resilience and the social skills required to access further education and training, but also help prepare them for the wider world and the journey of life. Pupils will also have a thorough understanding of the physical progressions they have made across a wide spectrum of sporting activities, and will be well equipped to progress to sports and fitness related post-16 options. After having learned and appreciated the positive emotional effects of regular exercise and fitness, pupils will possess the tools necessary to maintain positive mental health and wellbeing.