

## Year 7

### Intent

The main driver for our Y7 Physical Education curriculum is to ensure that students feel comfortable enough to express themselves in all PE lessons and extra-curricular clubs. Therefore, we want all students to enjoy their learning in PE and embrace the 'Be Yourself' culture. A wide range of activities will encourage students to 'Push, Express and Challenge' themselves, with particular emphasis being placed on the Express Yourself strand of the curriculum.

### Implementation

- To start, a baseline testing unit will establish PE specific target grades. Delivery will then be through a variety of activities in which students **Push** themselves, **Express** themselves and **Challenge** themselves. This will include challenging games such as Football, Rugby and Netball, expressive activities such as Dance, The Haka and 'Push yourself' activities such as Athletics, Cross Country and Health Related Fitness.
- Students will then develop the understanding of relevant skills, processes and tactics that will assist performance in a competitive environment. All skills will be developed through game situations and as much as possible be student led, giving them the opportunity to **Express** and **Challenge** themselves.
- Where possible, tasks will enable pupils to demonstrate leadership and coaching skills as well as performance and all activities will focus on increasing student confidence and enjoyment. Students will be given confidence to Express themselves in a safe and comfortable environment.
- To conclude, each game activity will progress towards a meaningful tournament which will provide a rich learning environment and competition element. Whilst Students will PUSH themselves towards a meaningful recorded improvement in their fitness and expressive activities will progress towards the students creating a performance that will be demonstrated to small group or the whole class.

### Impact

- Students **enjoy** PE and feel comfortable to **express** themselves in all activities.
- Students are aware of the different roles that can be carried out within a lesson such as leadership, coaching and officiating.
- Students will be **challenged** at all levels and will **enjoy pushing** themselves as they achieve their personal targets and aims.
- Sporting stereotypes will be broken and all students will feel free to **express** themselves in any sport or activity regardless of Gender, Sexual orientation or cultural background.
- Students understand the importance of being physically and mentally healthy and be aware the benefits physical activity has on the body and mind.
- Students will be able to responsibility to create and design dances/routines to complete both individually and as part of a small group. Team working skills will be essential in order to fully engage with the content.
- Student demonstrate a range of skills and techniques and devise and carry out a range of different tactics and practices to outwit opponents, score and hopefully win.
- Students have a committed involvement to after-school clubs, an increased curiosity about learning demonstrated through questions asked and enthusiasm to fully engage in all learning tasks.

### Key Knowledge and Skills Cross Curricular

## Year 8

### Intent

The main driver for our Y8 Physical Education curriculum is to create a culture where every student wants to get better. Therefore, we want all students to be aware of where they are, where they want to be and what they need to do to get there. A wide range of activities will encourage students to 'Push, Express and Challenge' themselves, with particular emphasis being placed on the Express Push Yourself strand of the curriculum.

### Implementation

- To start, it is vital to instil into students the desire to improve and build upon everything they learned in Year 7. Students will revisit the activities they performed in Year 7 and will endeavour to **Push** themselves in order to become the best they can be. Students will use games activities develop the understanding of relevant skills, processes and tactics that were learned in Year 7. As many tasks as possible will enable pupils to **Push** themselves and demonstrate leadership and coaching skills as well as performance. The games unit will progress towards a meaningful tournament which will provide a rich learning environment and competition element.
- Students will then participate in a variety of different **Expressive** activities. All these activities will focus on increasing student confidence and improves in their moves and skills since Year 7. Students should be given the opportunity to create and design their own routines and dances building on ideas and concepts learnt in Year 7. As many tasks as possible should enable pupils to **Push** themselves in safe and comfortable environment improving on last year's performances. The unit will progress towards the students creating a performance that will be demonstrated to small group or the whole class.
- Finally, students, will focused around trying to improve on Year 7 scores and results. Delivery will be through a variety of different fitness activities and tests, in order to develop the understanding of the processes of how to live a healthy lifestyle. All three Athletics disciplines of running, throwing and jumping will be delivered with a focus on participation, inclusion and personal achievement. All tasks should be enjoyable. Students will **push** themselves

### Impact

- Students **Enjoy** PE and feel comfortable to **Push** themselves in order to improve in all activities.
- Students start to take on different roles that can be carried out within a lesson such as leadership, coaching and officiating.
- Students are committed to learning which is enhanced by greater involvement in after-school clubs, an increased curiosity about learning demonstrated through questions asked and enthusiasm to fully engage in all learning tasks.
- Students will identify what they and others need to do to **Push** themselves and improve, they will be able to identify their own and others progress, suggesting ways in which to improve further.
- Students will use a range of skills and techniques fluently and accurately and devise and carry out a range of different tactics and practices to outwit opponents, score and hopefully win.
- Students will have an awareness of their own ability and how to fulfil this at their particular level. There will be Challenge at all levels and students will **Enjoy Pushing** themselves as they achieve their personal targets and aims. A culture of improve and striving to the best you can be will be instilled in all lessons.
- Students will be taught to show respect for others and themselves, to have responsibility for their own learning and to demonstrate resilience when **Pushing** themselves.

towards a meaningful recorded improvement in their fitness as well as providing a rich learning environment for the student to understand how to live a healthy lifestyle. Athletics will be delivered using the medal rewards system.

- Students will identify what they and others need to do to improve, especially with regarding to living their everyday life in healthier way. Students will become aware of their abilities and the importance of setting and achieving personal targets in the quest to be fit and healthy.

### Key Knowledge and Skills Cross Curricular

## Year 9

### Intent

The main driver for our Y9 Physical Education curriculum is to ensure that students feel comfortable enough to express themselves in all PE lessons and extra-curricular clubs. Therefore, we want all students to enjoy their learning in PE and embrace the 'Be Yourself' culture. A wide range of activities will encourage students to 'Push, Express and Challenge' themselves, with particular emphasis being placed on the Express Yourself strand of the curriculum.

### Implementation

- To start, it is important to ensure students use what have learned in Year 7 and 8 to Challenge themselves to become more independent learners. Therefore, where possible skills should be developed through student led activities facilitated by peer coaching and teaching cards. There will be larger focus on tactics in order to Challenge students thinking and ideas. As many tasks as possible should enable pupils to demonstrate leadership and coaching skills as well as performance.
- The Expressive activities, such as Dance and Cheerleading will focus on increasing student confidence and Challenging themselves to become more independent. All knowledge should be developed through practical situations and give students the

### Impact

- Students enjoy PE and feel comfortable to Challenge themselves in order to improve.
- Students learn about and perform the different roles that can be carried out within a lesson such as leadership, coaching and officiating. They are more independent learners.
- A commitment to learning will be enhanced by greater involvement in after-school clubs, an increased curiosity about learning demonstrated through questions asked and enthusiasm to fully engage in all learning tasks.

opportunity to create and design their own routines and dances. As many tasks as possible should enable pupils to work independently of the teachers.

- Finally, tasks should be designed around giving the students the opportunity to Push and Challenge themselves in order to beat their Year 7 and 8 scores in Athletics and Health Related Fitness. Delivery will then be through a variety of different fitness activities and tests, in order to develop the understanding of the processes of how to live a healthy lifestyle. All three Athletics disciplines of running, throwing and jumping will be delivered with a focus on participation, inclusion and personal achievement. Students will be able to run events independently of the teachers. Students will Challenge themselves towards improving their fitness. Students will understand the link between being active and being both mentally and physical healthy.

- Students will have an awareness of their learning and will be able to improve their own and others performance through skills learnt in Year 7 and 8. Students will be taught to show respect for others and themselves, to have responsibility for improving their own and others' performance and to demonstrate resilience when Challenging themselves.
- Students should be become more independent in Challenging themselves and be able to work under teacher guidance and not rely on teacher input.
- They will understand the importance of being physical and mentally healthy and be aware the benefits physical activity has on the body and mind and how reaching your maximum potential is important.
- Student will be able to run events, tests and training independent of the teacher in small groups. Students will become aware of their abilities and the importance of Challenging targets and achieving these personal targets in Fitness and Athletics lessons.

### Key Knowledge and Skills Cross Curricular

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