

	What will I learn?	How will I learn it?	Why is it important that I learn this?	Why am I learning this now?
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<p>Year 7</p> <p>Throughout the year all PE groups will cover the following areas:</p> <p>Invasion Games</p> <p>Striking & Fielding</p> <p>Net / Wall Games</p> <p>Gymnastics</p> <p>Dance</p> <p>Fitness / Athletics</p>	<p>Basic skills, techniques and tactics for each activity</p> <p>Fundamental rules and regulations for activities</p> <p>Components of a warm up and why we do it</p> <p>Decision making skills</p> <p>Compositional ideas in dance and gymnastics</p> <p>Importance of attending extra-curricular clubs</p> <p>How to analyse own performance</p>	<p>Progressive practices from isolation, to paired work to small groups</p> <p>Conditioned games to focus on aim of lesson</p> <p>Q+A, demonstrations to improve knowledge and understanding</p> <p>Students to understand the method of assessment in PE using the Head, Heart, Hands approach to describe strengths and areas to improve in own performance</p>	<p>Students understand the fundamentals of each group of activities</p> <p>This allows you to gain an understanding of different groups of activities and apply skills, techniques and tactics from one activity to another</p> <p>Students to be aware of the Head, Heart, Hands assessment and what their strengths are to support progress made</p> <p>Begin to develop a love of physical activity</p> <p>Students will be physically active for sustained periods of the lesson time.</p>	<p>To have an appreciation of a range of activities and the transferable skills between each</p> <p>To build on fundamental skills learnt at KS2</p> <p>To explore the impacts physical education and physical activity have on a healthy, active lifestyle</p> <p>Order of activities will vary from group to group to ensure that facilities support teaching and learning</p>
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<p>Year 8</p> <p>Throughout the year all PE groups will cover the following areas:</p> <p>Invasion Games</p> <p>Striking & Fielding</p> <p>Net / Wall Games</p> <p>Gymnastics</p> <p>Dance</p> <p>Fitness / Athletics</p>	<p>More advanced skills, techniques and tactics for each activity</p> <p>Rules and regulations for activities</p> <p>Applying skills in a range of situations</p> <p>Begin to lead warm ups</p> <p>Overcoming challenges in a range of situations and with pressure</p> <p>More advance compositional ideas in dance and gymnastics</p> <p>To regularly attend extra-curricular clubs</p>	<p>More developed practices in isolation, pair work and group work</p> <p>Conditioned games with focus on skill / technique or tactic</p> <p>Q+A, demonstrations to improve knowledge and understanding</p> <p>Students begin to lead small group warm ups</p> <p>Students to understand the method of assessment in PE using the Head, Heart, Hands approach to describe strengths and areas to improve in own performance</p>	<p>Students enabled to be fully involved in every lesson</p> <p>Students enabled to make progress through the Head (thinking skills), Heart (motivation / resilience skills) and Hands (physical skills)</p> <p>Students to build on prior knowledge and develop this in each activity group</p> <p>Students will be physically active for sustained periods of the lesson time.</p>	<p>To understand and being to apply the transferable skills between each activity</p> <p>To build on skills / tactics and techniques learnt in Year 7.</p> <p>To explore the impacts physical education and physical activity have on a healthy, active lifestyle</p> <p>Order of activities will vary from group to group to ensure that facilities support teaching and learning</p>
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Year 9 Throughout the year all PE groups will cover the following areas: Invasion Games Striking & Fielding Net / Wall Games Gymnastics Dance Fitness / Athletics	Application of skills in games	Progressive practices in small groups	To provide opportunities for all students to be engaged with a range of different activities	To gain knowledge in order to maintain a healthy, active lifestyles outside of PE lessons
	Refining techniques and tactics	Conditioned games with a focus theme	To support student choices going forward into Year 10 and the Options they have with PE (CNAT Sport and GCSE PE)	To experience different roles in PE (performer, leader, coach. Official) to support their enjoyment and progression in the subject and outside of school.
	Pressurised decision making	Lead warm ups and practices to small groups	To support all students in leading a healthy, active lifestyle	To know strengths and areas for development in order to support progression in PE
	Leadership of warm ups and basic drills	Q+A, demonstrations to improve knowledge and understanding	Understanding different roles within physical activity i.e. performer, coach, leader, official (supporting potential careers)	To support choices going forward into Year 10
	Officiating	Students to begin to develop officiating skills and put into practice during lessons		
	Contemporary and traditional dance styles.	Students to have clarity of Head, Heart, Hands Assessment and can articulate their strengths and areas to develop		
	Importance of regular attendance to extra-curricular clubs			

Year 10	Importance of PE lessons	Students on a block of activities on a rotation.	Important for students to experience a range of activities	To support students with their well-being by being physically active in PE lessons
Throughout the year all PE groups will cover:	How to lead a healthy, active lifestyle	Students to have a focus on each lesson as an outcome and learn through doing each activity	Important for students to develop their love of physical activity and learning	To allow students to find out opportunities out of PE lessons to stay physically active and to be engaged with PE and Physical Activity outside of school
Invasion Games	Participating in a range of physical activity and sport	Students will learn through small group work and conditioned scenarios	Students to be physical active during lessons to support their well-being	To support students leading a healthy, active lifestyle
Striking and Fielding	Enjoyment in PE lessons	Students will be given opportunities to lead and officiate within PE lessons	Students to be aware of the opportunities that they have outside of school to remain physically active	
Net / Wall Games	Leadership			
Fitness	Officiating			
Alternative Games				

Year 11	Importance of PE lessons	Students on a block of activities on a rotation.	Important for students to experience a range of activities	To support students with their well-being by being physically active in PE lessons
	How to lead a healthy, active lifestyle	Students to have a focus on each lesson as an outcome and learn through doing each activity	Important for students to develop their love of physical activity and learning	To allow students to find out opportunities out of PE lessons to stay physically active and to be engaged with PE and Physical Activity outside of school
	Participating in a range of physical activity and sport	Students will learn through small group work and conditioned scenarios	Students to be physical active during lessons to support their well-being	To support students leading a healthy, active lifestyle
	Enjoyment in PE lessons	Students will be given opportunities to lead and officiate within PE lessons	Students to be aware of the opportunities that they have outside of school to remain physically active	
	Leadership			
	Lifelong participation in physical activity			

