

Healthy Me



Physical Education KS3



Healthy Participation

- 1 Know the benefits of exercise
- 2 Phases and purpose of a Warm up
- 3 Short term effects of exercise
- 4 Importance of a healthy Diet
- 5 12 Muscles
- 6 5 Components of Fitness

Fitness

Motor competence

Develop cardiovascular fitness, muscular strength and endurance.

Dance

Motor competence:

Develop technique and improve performance qualities within a range of dance styles and forms:

- 5 basic actions +1
- Choreographic devices

Gymnastics

Motor competence:

Develop technique in body awareness and gymnastic actions.

- Travel
- Flight
- Balance

Outdoor Adventurous Activities

Take part in OAA activities that physically challenge and encourage team work.

- Team building
- Problem Solving
- Challenges

Swimming

Motor competence Develop technique and improve performance in competitive sports:

- Strokes
- Distances
- Water safety

Rounders

Motor competence:

Develop skills such as

- Throwing and catching
- Fielding
- Batting

To overcome opponents in direct competition

Year 7

Me in PE

Athletics

Motor competence

Develop technique and improve performance in competitive sports in running, jumping and throwing events.

Netball

Motor competence:

Develop skills such as -

- Passing
- Catching
- Ball control
- Attacking
- Defending
- Shooting

To overcome opponents in direct competition

Football

Motor competence:

Develop skills such as

- Dribbling
- Passing and receiving
- Ball control
- Shooting
- To overcome opponents in direct competition

You will learn the basic rules and regulations for each of the 7 activities



Thinking Me



Physical Education KS3



Healthy Me

Healthy participation:

- 1 Sedentary lifestyle
- 2 Injury Prevention
- 3 Long Term effects
- 4 Diet & energy expenditure
- 5 Muscle action/movement
6. Fitness Testing

Athletics

Motor competence:

Build on and develop technique to improve performance in competitive sports events, achieve personal best in a range of athletic events

Rounders

Motor competence:

Build on and develop skills and techniques such as:

- Throwing
- Catching
- Fielding
- Batting
- Bowling

To overcome opponents in team games

Trampolining

Motor competence:

Develop an understanding of rules and safety, develop basic landing techniques and combination of landings.



Year 8
Me in PE

Football

Motor competence:

Build on and develop skills and techniques in team games:

- Dribbling
- Short and long passes
- Shooting

Dance

Motor competence:

Develop technique and improve performance qualities within a range of dance styles and forms:

- 4 physical skills
- 4 Interpretative skills in dance
- 4 performance skills

Badminton

Motor competence:

Build on and develop skills and techniques such as:

- Serve
- Net shots
- Overhead clears

To overcome opponents in individual games



You will learn rules, regulations, strategies for each of the 7 activities

Thinking Me

Netball

Motor competence:

Build on and develop skills and techniques in team games:

- Attacking
- Defending
- Shooting

Healthy Me



Physical Education KS4



Outdoor Adventurous Activities

Take part in OAA activities in a range of environments that present intellectual and physical challenges, which encourage pupils to:

- Work in a team through orienteering courses
- Encourage map reading and compass work
- Develop leadership roles

Healthy Participation

1. Body systems
2. Effects of training
3. Training methods
4. Energy Systems
5. Diet and Lifestyle choices
6. Participation Rates

Aesthetics

Motor competence:

Develop further technique and perform confidently through creative performances. Evaluate performances compared to previous ones and demonstrate improvements in:

- **Dance**
- **Trampolining**



Net/Wall Games

Motor competence:

Developing leadership skills and qualities in games such as **Badminton and Short Tennis**.

Demonstrating key values of:

- Independence
- Confident Communicator

Competition:

Motor competence:

Take part in competitive sports and events to develop a deeper understanding of rules, tactics, fair play and respect.

- A range of team sports including: **Rounders, Netball, Football**

Individual

Performance:

Motor competence:

Perform at your maximum level against national nominal data in:

- **Athletics**
- **Fitness**

You will learn rules, regulations, strategies and tactics for each of the activities



Thinking Me

Invasion/Striking Games:

Motor competence:

Developing leadership skills and qualities in team games such as **Football, Netball, Tag Rugby, Basketball, Rounders, Cricket**

Demonstrating key values:

- Independence
- Confident Communicator

Healthy Me

Healthy Participation

- 1. Wellbeing
- 2. Community sport
- 3. Life skills
- 4. Inclusion
- 5. SMART goal
- 6. Mental Rehearsal
- 7. International sport

Aesthetics

Motor competence:

Develop enhanced technique and perform confidently through creative and aspirational showcases. Analyse and evaluate performances compared to previous ones and demonstrate improvements in:

- Cheer Dance
- Trampolining



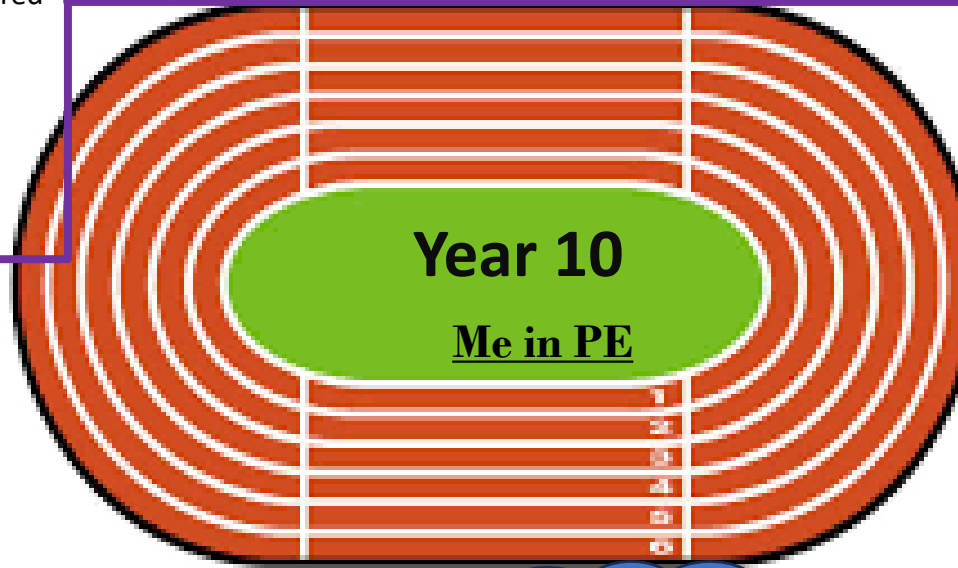
Physical Education
KS4

Striking/Fielding Games:

Motor competence:

Developing leadership skills and qualities in team games such as **Cricket and Rounders**. Demonstrating key values:

- Independence
- Confident Communicator



Net/Wall Games

Motor competence:

Developing leadership skills and qualities in individual and team games such as **Tennis and Badminton, Volleyball and Table Tennis**.

Demonstrating key values of:

- Resilience
- Independence
- Confident Communicator

Competition:

Motor competence:

Take part in a range of competitive sports and events to develop a deeper understanding of rules, tactics, fair play, respect and sportsmanship.

- A range of team sports including: **Rounders, Netball, Football**

Individual

Performance:

Motor competence:

Perform at your maximum level against national nominal data and evaluate results in:

- Fitness
- Athletics

You will learn rules, regulations, strategies and tactics for each of the activities



Thinking Me

Invasion Games:

Motor competence:

Developing leadership skills and qualities in team games such as **Tag Rugby, Basketball, Football, Netball**.

Demonstrating key values:

- Independence
- Confident Communicator



Physical Education KS4

Me in PE



Healthy Me

You will learn more advanced rules, regulations, strategies and tactics for each of the 7 activities

1. Individual Performance

Motor competence:

Evaluate performances compared to previous ones and demonstrate improvement in fitness activities such as:

- Fitness
- **Boxercise**
- **Dance**
- **Yoga & Pilates**



Thinking Me

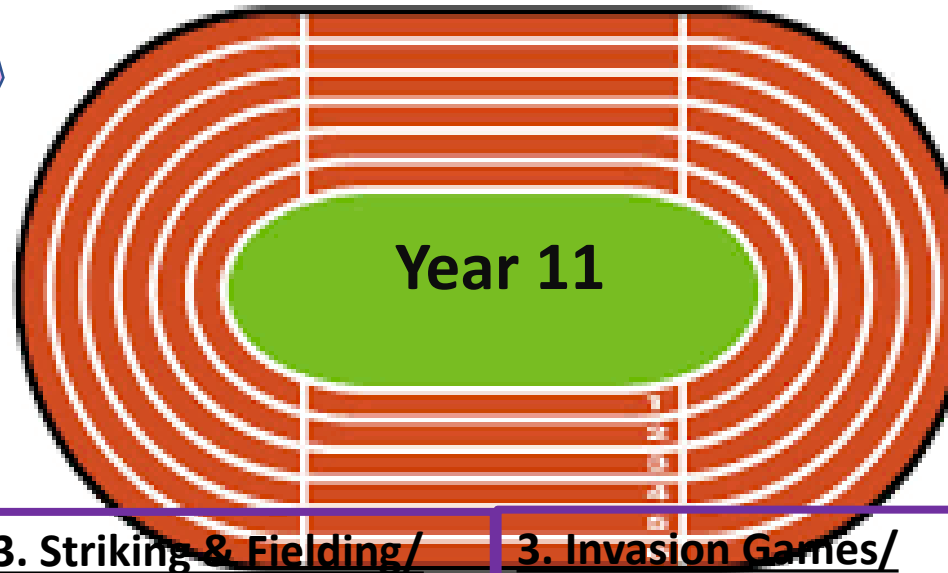


Physical Me

2. Outdoor Adventurous Activities

Take part in OAA activities in a range of environments which present intellectual and physical challenges which encourage pupils to:

- First Aid
- Work in a team to build trust
- Lead activities and learn life skills
- Develop skills to solve problems individually



Year 11

3. Striking & Fielding/ Competition

Motor competence:

Use and develop a variety of tactics and strategies to overcome opponents in team and individual games such as:
Cricket and rounders

3. Invasion Games/ Competition

Motor competence:

Use and develop a variety of tactics and strategies to overcome opponents in team and individual games such as:
Netball, football, dodgeball, Benchball, Tag Rugby, Ultimate Frisbee, Basketball.

Healthy Participation

1. Wellbeing
2. Community sport
3. Life skills
4. Inclusion
5. SMART goal
6. Mental Rehearsal
7. International sports

4. Net wall/ Competition

Motor competence:

Use effective decision making to outwit opponents using strategies and tactics
- Badminton/ Tennis/ Table tennis/ Volleyball/ Adapted sports



Healthy Lifestyle KS5

You will have 1
lessons a week
Rotation = 6 weeks

Outdoor Adventurous Activities

Take part in Adventurous Activities in a range of environments which present intellectual and physical challenges which encourage pupils to develop life skills and lead activities, work independently as well as work in a team to build trust:

- **Outdoor Adventurous activities**
- **Cycling.**

Healthy Participation

1. Wellbeing
2. Community sport
3. Life skills
4. Inclusion

Me in PE

Healthy
Me

Individual Performance

Develop
technique and
improve
performance in
competitive sports
and physical
activities:

- **Badminton**



Thinking Me



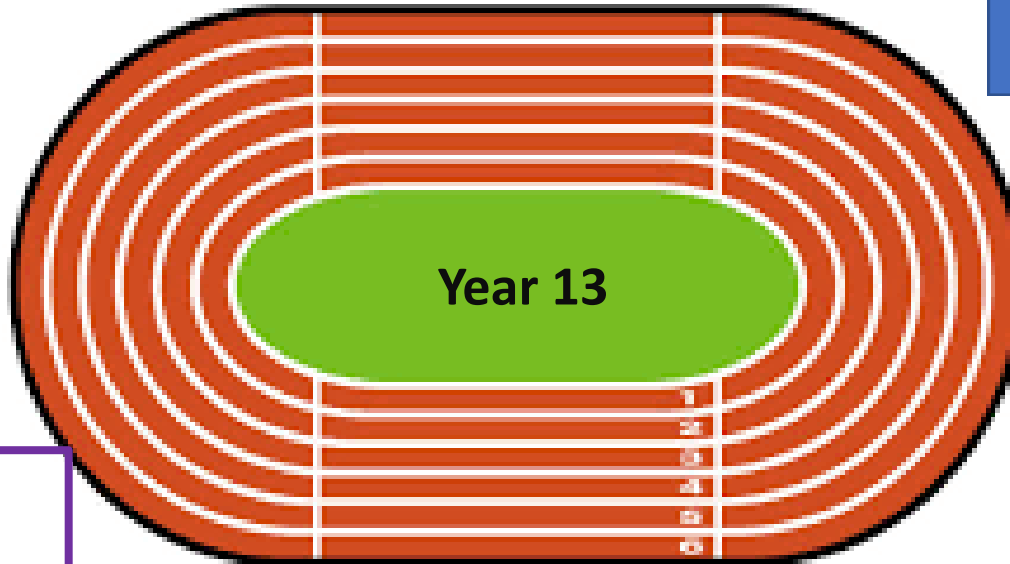
Physical
Me

Team Games

Developing leadership
skills and qualities in
team games such as
Basketball

Demonstrating key
values:

- Independence
- Confident
communicator



Netwall

Develop technique and improve performance in
other competitive sports and physical activities:

- Volleyball
- Table Tennis

Inclusive sports

Develop personal
and social skills
through adapted
activities such as:

- **Seated
Volleyball**
- **Goalball**
- **Partially blind
football**