



Physical Education

achieve

<u>Key Stage:</u>	<u>Year Outline – Over a rotation</u>	<u>Learning Intent across the activities</u>	<u>Learning Activities</u>	<u>Wider Curriculum</u>
<p>KS3 – Y7/8/9</p>	<p>Autumn term: Invasion: Football; Basketball; Rugby; Hockey; Netball Net/Wall: Badminton; Volleyball; Short Tennis Aesthetic appreciation: Gymnastics; Trampolining; Dance Fitness and Mental Well-being Outdoor and Adventurous Activities</p> <p>Spring Term:Invasion: Football; Basketball; Rugby; Hockey; Netball Net/Wall: Badminton; Volleyball; Short Tennis Aesthetic appreciation: Gymnastics; Trampolining/Dance Fitness and Mental-Well being Outdoor and Adventurous Activities</p> <p>Summer Term: Striking and Fielding: Cricket; Rounders Net/Wall: Tennis Athletic Ability</p>	<ul style="list-style-type: none"> • To develop skills associated with each individual team/racket sport/athletic events/body management and creative skills • To apply acquired skills into small sided competitive versions of the sports/sequence work/performance/modified version of the event • To evaluate performance identifying strengths and weaknesses • To be able to offer ways to improve performance • To know and understand how to officiate each sport • To develop an understanding of fitness • To be able to analyse fitness through testing and make judgements • To develop an understanding of fitness training • To develop confidence in working with others • To develop leadership abilities • To develop the cognitive ability to solve problems • To develop communication skills • To develop subtle skills such as resilience • To develop skills associated with each individual athletic event – run / jump / throw • To apply acquired skills into competitive version of the activity 	<ul style="list-style-type: none"> • Individual • Paired • Small Group • Larger teams 	<p>FBV Opportunities: Mutual Respect and Tolerance: Sportsmanship; Respect within competition; Use of equipment; tolerance of differing people (abilities); Democracy: with decision making within a teams; understanding roles; Rule of Law: following activity rules and conventions; Individual Liberty: making judgements of their own and others performances and feeling safe in their activity.</p> <p>Careers and Employability Opportunities: Work related skills: leadership / communication / analysis / teamwork / presentation / analysis of strengths and weaknesses / perseverance in challenging activities/ inclusivity</p>