

PHYSICAL EDUCATION

Teacher in charge - Mr P. Hamblin

Aims

- To help pupils to improve and learn a range of physical skills to achieve success in practical activities
- To encourage pupils to think and change ideas whilst performing by using a variety of different skills for different situations
- To allow pupils to work in a variety of positions and roles within a team and communicate well with others
- To encourage pupils to help others by working within different groups and practical situations
- To insist all pupils try their best and hardest to achieve the lesson objectives or target
- To help pupils to evaluate their work by watching skills and games and suggest ways to improve or change
- To encourage pupils to lead small groups within lessons
- To ensure all pupils understand the need for regular exercise and good hygiene
- To help pupils to understand the need for general fitness when performing physical tasks

Course Description – Theme: Create and Assess as a Reflective Learner

Pupils will experience the following activities:

Basketball	Dance	Gymnastics
Rugby	Tag Rugby	Football
Netball	Tennis	Athletics
Cricket	Rounders	Softball
Outdoor and Adventurous Activities	Handball	Badminton

Assessment

Each activity block will focus on targeted 'Physical Learning and Thinking skills' that are linked to Physical Education core tasks.

There are three pathways that identify the level that each pupil is able to perform at, these include:

Level 1 'Foundation' - Development of knowledge and the performance of simple skills.

Level 2 'Secure' - Demonstrate strategies to achieve success when applying core skills.

Level 3 'Confident' - Pupils adopt different roles and responsibilities and lead by example.

Pupils will be assessed at the end of each activity block (four weeks) and will be given a grade indicator between 1 and 4. This will show the level of progress within the identified pathway.

Each pupil will complete a self-assessment that will provide a record of their own progress at regular intervals throughout the year.