

PHYSICAL EDUCATION

Teacher in charge - Mr P. Hamblin

Aims

- To help pupils to break skills down into parts, as well as self assess their own performance and understand the need for different practices
- To encourage pupils to think and adapt their performance to different activities and equipment
- To allow pupils to understand the difference between the role of performing as a coach, official and leader
- To encourage pupils to help others when things become difficult
- To insist all pupils try their best and demonstrate their maximum effort in practical situations and athletic challenges
- To help pupils to evaluate their work by being aware of the “perfect model” for most practical skills
- To encourage pupils to lead and modify a practice to make it harder or easier
- To ensure all pupils take pride in their own health and appearance
- To help pupils to understand the need for specific fitness when performing challenging physical tasks

Course Description – Theme: Effective Participation as a Player and within a Group

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.

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

There are four 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.

Level 4 ‘Exceptional’ – Pupils show an advanced range of core skills within all aspects of P.E.

Each pupil will complete a self-assessment that will provide a record of their own progress from Year 7.