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| Scheme of Work  Physical Education  Years 7 - 11 |
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| **Scheme of Work** | |
| **Physical Education Years 7 - 11** | |
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| Peregrinate Scheme Manager | Angela Mollan, Chris Mollan |
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| Approving Signature | Angela Mollan |
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**Overview**

**Learners work in groups set on ability in PE.**  The groups work on similar activities with objectives tailored to the needs of different groups. The groups are labelled as follows:

* Performance
* Participation

**Parents can support learners’ learning in PE by:**

* Encouraging pupils to fully participate in all lessons
* Ensuring pupils are in the correct kit for all PE lessons for health and safety reasons
* Writing letters in planners, asking for learners to be excused if they are ill, (excused learners are still required to bring kit for the lesson - extra layers are advised if a learner is excused from outdoor lessons)
* Providing a doctor’s note in the case of long-term illness or injury
* Encouraging pupils to take part in school sports clubs and inter-form sport
* Participating in physical activity with their children or supporting their participation in sport outside school
* Encouraging learners to let staff know about their participation in sport away from school
* Ensuring that medical information regarding their children is kept up to date with the school office

# **Year 7 Curriculum**

Two periods per week - one of PE, and one of Games

During the year pupils will study units in a variety of activity areas:

* **PE -** Fitness, Gymnastics, Dance, Athletics.
* **Games** - Football, Hockey, Rugby, Netball, Tennis, Rounders, Volleyball, Cricket
* **Fitness:** The aim of this unit is to develop learners' understanding of their own fitness and how improving their fitness impacts on their health. They will record and monitor their personal progress.
* **Gymnastics:** Learners will be taught to develop specific gymnastic techniques and to perform them consistently. They will be required to create, plan, perform and evaluate sequences on both the floor and using apparatus.
* **Dance:** Learners will be introduced to the main dance principles through both set dance and creative dance. They will plan, perform and evaluate their own work and that of their peers.

**Swimming:** Pupils will be taught to develop their technical proficiency in the three main strokes – front crawl, back crawl and breaststroke. They will also be introduced to the basic rules of competitive swimming

* **Athletics:** Pupils will be taught a range of running, jumping and throwing techniques and the competition rules governing each event.
* **Games:** Pupils will experience generic games at the start of the year followed by a range of the major games. In the first two terms this will include football, hockey and rugby for boys with netball taking the place of rugby for girls. In the third term all pupils experience a selection of summer activities from tennis, rounders, volleyball and cricket. In each game pupils will be taught to develop their technical performance, tactical awareness and knowledge of the rules governing the game.

In all activities pupils' awareness of health, fitness and safety will be developed.

# **Year 8 Curriculum**

Two periods per week - one of PE and one of Games

During Year 8 pupils will study units in a variety of activity areas previously covered in Year 7:

* **PE -** Fitness, Gymnastics, Dance, Athletics
* **Games** - Football, Hockey, Rugby, Netball, Tennis, Rounders, Volleyball, Cricket

Throughout Year 8 learners will develop their skills, knowledge and understanding of each activity further while also looking forward to potential GCSE and BTEC qualifications starting in Year 9.

* **Fitness:** The aim of this unit is to develop learners' understanding of their own fitness and how improving their fitness impacts on their health. They will record and monitor their personal progress.
* **Gymnastics:** Learners will be taught to develop specific gymnastic techniques and to perform them consistently. They will be required to create, plan, perform and evaluate sequences on both the floor and using apparatus
* **Dance:** Learners will be introduced to the main dance principles through both set dance and creative dance. They will plan, perform and evaluate their own work and that of their peers
* **Athletics:** Learners will be taught a range of running, jumping and throwing techniques and the competition rules governing each event
* **Games:** Learners will experience generic games at the start of the year followed by a range of the major games. In the first two terms this will include football, hockey and rugby for boys with netball taking the place of rugby for girls. In the third term all learners experience a selection of summer activities from tennis, rounders, volleyball and cricket. In each game learners will be taught to develop their technical performance, tactical awareness and knowledge of the rules governing the game

In all activities pupils' awareness of health, fitness and safety will be developed.

**Year 9, 10 and 11**

We plan to offer two BTEC courses:

1. Level 1 BTEC in Sport
2. Level 2 BTEC in Sport

These courses are both primarily coursework based although the Level 2 qualification does contain one online test. They are also practical and work related in nature, providing an introduction to the sports industry. Learners will learn by completing projects and assignments that are based on realistic workplace scenarios.

The course is theoretical in nature – learners should be under no illusions that it is all about playing sport! We do aim, however, to strive to facilitate learning though practical tasks. These can involve sport specific exercises and scientific experiments. We also plan to offer a variety of field trips and extra-curricular learning:

* Liverpool FC field trip (including a stadium tour)
* Completion of a First Aid Certificate
* Yoga / Pilates
* Heart dissections
* Archery session (through the enrichment curriculum)