

Goldwyn Plus - Physical Education

Subject Statement and Long Term Plan



Physical Education – Statement of Intent

“You don't stop playing because you grow old; you grow old because you stop playing. Within PE it's not about winning and losing, it's about how you play the game, and if you can't play FAIR...then don't play!”

All students have the opportunity to study physical education and are entitled to being involved in physical activity. They will be given the opportunity to participate in a wide range of sporting activities such as Football, Basketball, Badminton and many more. Students will be working at developing their skills and techniques within each sport and will aim to show all these as they develop through their lessons. Alongside this students will have the opportunity to explore the human anatomy and gain a greater understanding of how the body works within exercise and fitness.

PE lessons at Goldwyn School will aim to give students the opportunity to:

- To be active, physically demonstrating knowledge and understanding mainly through physical activity.
- To engage in activities that develop cardiovascular health, flexibility, muscular strength and endurance.
- To develop independence through problem-solving physical challenges, evaluating, modifying technique and consolidating skills through practise and repetition.
- To promote health awareness and the value of adopting a healthy lifestyle.
- To instil a sense of good sportsmanship, and encourage recognition of other pupils' contribution.
- To develop leadership skills, responsibility and self-awareness.
- To support the development of self-esteem through the development of physical confidence and helping pupils to cope with both success and failure in competitive and co-operative activities.
- To develop skills as a team player, including praise for others and motivation skills.
- To recognise and follow relevant rules, laws, codes, etiquette and safety procedures for different activities or events, in practice and during competition.
- To ensure all pupils leave Goldwyn Plus with a PE qualification which reflects the best of their ability.

The curriculum is sequenced to ensure:

- Pupils have full access to the Physical Education National Curriculum which is differentiated to meet pupils' learning needs and styles.
- It is challenging, appropriate to each pupil's stage of development.

- The Physical Education curriculum is designed to build and expand on previous skills and subject knowledge, over a 5 year period. It also plans for opportunities for repetition to embed knowledge, increasing the chance of information recall and to integrate new knowledge into larger ideas.
- The curriculum offers opportunities for cross-curricular learning, to ensure pupils make significant personal development, including:
 - ✓ Inter and intra house tournaments
 - ✓ Educational sports trip
 - ✓ Sports day
 - ✓ Football fixtures and tournaments
 - ✓ Personal exercise programmes in the gym
 - ✓ Lunch and break time sports activities

Examinations:

We offer a range of qualifications in Physical Education, which are selected to appropriately challenge, based on each pupil's stage of development, including:

- ✓ NCFE Level 1 Certificate in Sport (NCFE)
- ✓ NCFE Level 1 / 2 Health and Fitness (NCFE)
- ✓ AQA Awards
- ✓ GCSE

Physical Education: Long Term Plan

Term	1	2	3	4	5	6
Year 7 & 8	<p>Hockey & Football</p> <p>Revisit the basic principles needed within sport as a whole. (throwing, catching, passing, dribbling)</p> <p>Key Learning: Build on and embed the physical development and skills learned in KS1 and 2. Become more competent, confident and expert in their techniques/skills and apply them across different sports and physical activities. In all games activities, pupils think about how to use specific skills, strategies and techniques in activities undertaken.</p> <p>----</p> <p>Theory Skills required for Hockey and Football</p> <p>A look into the different</p>	<p>Table Tennis & Small sided invasion games</p> <p>Focus on skills required for table tennis such as co-ordination, agility. Gain knowledge and understanding of movement in relation to attack and defence.</p> <p>Key Learning: They work on improving the quality of their skills using various techniques. In all games activities, pupils think about how to use skills and strategies to outwit the opposition.</p> <p>----</p> <p>Theory Skills required for Table Tennis and Invasion Games</p> <p>A look into the different technique and equipment needed for the sports along with rules and regulations</p>	<p>Basketball</p> <p>Develop physical skills related to basketball with co-ordination and shifting of weight. Gain knowledge of basketball language</p> <p>Key learning: -Show an awareness' of others -Intercept the basketball -Bounce the basketball in a variety of ways -Throw and catch the basketball -Take part in a basketball game -Is able to show some accuracy when shooting</p> <p>----</p> <p>Theory Skills required for Basketball</p> <p>A look into the different technique and equipment needed for the sport along with rules and regulations</p>	<p>Badminton</p> <p>Develop physical skills related to badminton. Gain knowledge of badminton language</p> <p>Key learning: -Show an awareness' of following the shuttlecock - demonstrate an underarm serve - return the shuttlecock correctly - be able to time when to hit the shuttlecock - be able to use the court in various ways -Take part in a badminton game</p> <p>----</p> <p>Theory Skills required for Badminton</p> <p>A look into the different technique and equipment needed for the sport along with rules and regulations</p>	<p>Tennis & Rounders</p> <p>Develop physical skills related to tennis and rounders. Gain knowledge of tennis and rounders language</p> <p>Key learning: -Show an awareness' of following the ball - demonstrate an underarm serve - return the ball - be able to time when to hit the ball correctly - be able to use the court in various ways -Take part in a tennis/rounders game</p> <p>----</p> <p>Theory Evaluation/Review</p> <p>Review sporting activities Analyse strengths and targets</p> <p>Key learning: - identify areas of strength from all sports</p>	<p>Sports Week Prep & Athletics</p> <p>Prepare for a number of different sporting activities through practice in aid of sports week</p> <p>Key learning: - be able to participate in a range of games/activities - show ability within a running race (technique: start) - apply all skills and knowledge learnt from term 1 -5</p> <p>----</p> <p>Theory Sports Events</p> <p>A look into the different sporting events taking place for sports week and that take place around the world</p> <p>Key Learning: - know about different types of events - review different</p>

	<p>technique and equipment needed for the sports along with rules and regulations</p> <p>Key learning: -From practical work identify the technique required to succeed in the sport - show understanding of what equipment is required -research the rules and regulations creating comparisons and similarities between them</p>	<p>Key learning: -From practical work identify the technique required to succeed in the sport - show understanding of what equipment is required -research the rules and regulations creating comparisons and similarities between them</p>	<p>Key learning: -From practical work identify the technique required to succeed in the sport - show understanding of what equipment is required -research the rules and regulations</p>	<p>Key learning: -From practical work identify the technique required to succeed in the sport - show understanding of what equipment is required -research the rules and regulations</p>	<p>covered and any room for improvement - give clear examples and ways to improve weaknesses</p> <p>(Year 8) Attack and defence A look into tactics, strategies and possession.</p> <p>Key learning: - note the different ways attack and defence is used in a variety of sports - create attack and defence plays that could be put into practice - give clear examples of where you have used attack and defence in a game situation</p>	<p>sports events - identify rules and regulations for the sports events - look at the breakdown of a sports event and how it is run</p>
Year 9	<p>Taking part in Sport</p> <p>Participate in a range of individual and group sports</p> <p>Key Learning: - Know how to prepare to participate in sport</p>	<p>Sports Coaching</p> <p>Looking into the requirements to be a sports coach and how to plan a sports coaching session</p> <p>Key Learning: - Deliver a sports</p>	<p>Exercise and Fitness</p> <p>Gain knowledge and understanding of anatomy and physiology and how the body works</p> <p>Key Learning: - Improve personal</p>	<p>Strength and Conditioning</p> <p>Understand what is meant by strength and conditioning</p> <p>Key Learning: - Develop personal strength and</p>	<p>Striking and Fielding skills</p> <p>Participating in a number of striking and fielding sports to build on skills.</p> <p>Key Learning: - Gain knowledge and</p>	<p>Sports Week Prep</p> <p>Prepare for a number of different sporting activities through practice in aid of sports week</p> <p>Key learning: - Be able to</p>

	<ul style="list-style-type: none"> - Be able to participate in a range of sports - Engage in a number of individual and team sports such as basketball, football, table tennis, badminton <p>----</p> <p>Theory Taking part in Sport</p> <p>A look into the main foundations of sport and facilities of where sport can be played</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Outline reasons for taking part in sport - Identify rules and regulations for a number of different sports - Essential skills and techniques for a range of sports - review and identify strengths and developments 	<p>coaching session</p> <ul style="list-style-type: none"> - Communicate with participants throughout the session - Adapt to the needs of the learner <p>----</p> <p>Theory Sports Coaching</p> <p>Looking into the requirements to be a sports coach and how to plan a sports coaching session</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Understand the roles and responsibilities of a sports coach - Research what safeguarding is and why it is important - Create a sports coaching plan - Outline methods of improving future coaching practice 	<p>fitness</p> <ul style="list-style-type: none"> - Follow a personal exercise programme - Test fitness in a number of different ways <p>----</p> <p>Theory Exercise and Fitness</p> <p>Gain knowledge and understanding of anatomy and physiology and how the body works</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Look into the structure and function of the body - Effects of exercise on different body systems - Principles of training - Outline the main reasons for participating in exercise - Health and safety requirements - Common fitness tests 	<p>conditioning</p> <ul style="list-style-type: none"> - Follow a fitness programme that is specifically tailored to the individual <p>----</p> <p>Theory Strength and Conditioning</p> <p>Understand the term strength and conditioning</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Describe the main components of fitness - Identify facilities, equipment and exercises for strength and conditioning - Plan a fitness programme - Health and safety considerations - Review fitness to set new targets to meet 	<p>understanding of rules</p> <ul style="list-style-type: none"> - Be able to apply fielding, bowling and batting techniques to a game situation - Use their knowledge to evaluate performance highlighting strengths and areas to improve - Work on catching (co-ordination and agility) - Under arm serving (accuracy) <p>----</p> <p>Theory Health and Nutrition</p> <p>Know the importance of nutrition to health and well-being and how to manage a healthy balanced diet.</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Understand major food groups - Main functions of 	<p>participate in a range of games/activities</p> <ul style="list-style-type: none"> - show ability within a running race (technique: start) - apply all skills and knowledge learnt from prior learning - participate in basketball, badminton, table tennis and athletics competitions in aid of sports week <p>----</p> <p>Theory Anatomy and Physiology</p> <p>An introduction to the structure and function of the body.</p> <p>Key learning:</p> <ul style="list-style-type: none"> - Skeleton (bones) - Muscles (groups) - How does the body work (breathing) respiratory system - Cardio vascular system (heart)
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	throughout the unit		- Review personal fitness testing		each food group - Vitamins and minerals toxicity and deficiency - Why is hydration important - Look into a healthy balanced diet - Various diets for different people	
Year 10	<p>Taking Part in Sport This unit is for learners to participate in a range of different sports, so that they gain experience in the necessary skills and requirements.</p> <p>Key Learning: - Dressing appropriately for the individual and team sport - Following the rules of the and team individual sport - Using basic skills and techniques in different individual and team sports - Using sports</p>	<p>Taking Part in Sport This unit is for learners to participate in a range of different sports, so that they gain experience in the necessary skills and requirements.</p> <p>Key Learning: - Dressing appropriately for the individual and team sport - Following the rules of the and team individual sport - Using basic skills and techniques in different individual and team sports - Using sports</p>	<p>Taking Part in Sport This unit is for learners to participate in a range of different sports, so that they gain experience in the necessary skills and requirements.</p> <p>Key Learning: - Dressing appropriately for the individual and team sport - Following the rules of the and team individual sport - Using basic skills and techniques in different individual and team sports - Using sports</p>	<p>Taking Part in Sport This unit is for learners to participate in a range of different sports, so that they gain experience in the necessary skills and requirements.</p> <p>Key Learning: - Dressing appropriately for the individual and team sport - Following the rules of the and team individual sport - Using basic skills and techniques in different individual and team sports - Using sports</p>	<p>Taking Part in Sport This unit is for learners to participate in a range of different sports, so that they gain experience in the necessary skills and requirements.</p> <p>Key Learning: - Dressing appropriately for the individual and team sport - Following the rules of the and team individual sport - Using basic skills and techniques in different individual and team sports - Using sports</p>	<p>Exercise and Fitness Gain knowledge and understanding of anatomy and physiology and how the body works</p> <p>Key Learning: - Improve personal fitness - Follow a personal exercise programme - Test fitness in a number of different ways</p> <p>----</p> <p>Theory Unit 2 – Preparing and Planning for health and fitness</p>

	<p>equipment in different sports</p> <ul style="list-style-type: none"> - Demonstrating safe practice - Identify own strengths when participating in sport - Identify areas for improvement <p>----</p> <p>Theory Unit 1 – Introduction to body systems and principles of training in health and fitness</p> <p>Understand the structure and function of body systems and how they apply to health and fitness</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Skeletal system - Structure and function of the skeleton - Types of bones - Types of joints and joint actions - Structure of the 	<p>equipment in different sports</p> <ul style="list-style-type: none"> - Demonstrating safe practice - Identify own strengths when participating in sport - Identify areas for improvement <p>----</p> <p>Theory Unit 1 – Introduction to body systems and principles of training in health and fitness</p> <p>Understand the structure and function of body systems and how they apply to health and fitness</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Muscular system - Types of muscle - Structure of the muscular system - Muscle movement and contraction - Muscle fibre types - Respiratory system 	<p>equipment in different sports</p> <ul style="list-style-type: none"> - Demonstrating safe practice - Identify own strengths when participating in sport - Identify areas for improvement <p>----</p> <p>Theory Unit 1 – Introduction to body systems and principles of training in health and fitness</p> <p>Understand the effects of health and fitness activities on the body</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Respiratory system - Lung volumes <ul style="list-style-type: none"> - Cardio vascular system structure and function - Blood vessels - The heart - Cardio vascular measurements - Energy systems 	<p>equipment in different sports</p> <ul style="list-style-type: none"> - Demonstrating safe practice - Identify own strengths when participating in sport - Identify areas for improvement <p>----</p> <p>Theory Unit 1 – Introduction to body systems and principles of training in health and fitness</p> <p>Understand health and fitness and the components of fitness and the principles of training</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Short term effects of health and fitness activities - Long term effects of health and fitness activities - Health related fitness - Skill related fitness 	<p>equipment in different sports</p> <ul style="list-style-type: none"> - Demonstrating safe practice - Identify own strengths when participating in sport - Identify areas for improvement <p>----</p> <p>Theory Unit 2 – Preparing and Planning for health and fitness</p> <p>Understand the impact of lifestyle on health and fitness</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Activity levels and knowing the different between an active lifestyle and sedentary lifestyle - Diet: key nutrients and a balanced diet - Rest and recovery - Other factors that affect health and fitness 	<p>Understand how to test and develop components of fitness</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - How to prepare Health related fitness tests and collect data - How to prepare skill related fitness tests and collect data
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	spine and posture	structure and function	- Aerobic and anaerobic	- Principles of training (SPORT) - Principles of FITT		
Year 11	<p>Exercise and Fitness</p> <p>Gain knowledge and understanding of anatomy and physiology and how the body works</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Improve personal fitness - Follow a personal exercise programme - Test fitness in a number of different ways <p>----</p> <p>Theory Unit 2 – Preparing and Planning for health and fitness</p> <p>Understand how to test and develop components of fitness</p> <p>Key Learning:</p>	<p>Strength and Conditioning</p> <p>Understand what is meant by strength and conditioning</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Develop personal strength and conditioning - Follow a fitness programme that is specifically tailored to the individual <p>----</p> <p>Theory Unit 2 – Preparing and Planning for health and fitness</p> <p>Understand how to test and develop components of fitness</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Optimise a health 	<p>Strength and Conditioning</p> <p>Understand what is meant by strength and conditioning</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Develop personal strength and conditioning - Follow a fitness programme that is specifically tailored to the individual <p>----</p> <p>Theory Unit 2 – Preparing and Planning for health and fitness</p> <ol style="list-style-type: none"> 1. Understand how to apply health and fitness analysis and set goals 2. Understand the structure of a health and fitness 	<p>----</p> <p>Theory Synoptic Project (21 hours)</p> <p>Draw together the knowledge, skills and understanding from across the whole scheme of work</p> <p>Revision Prepare for exams</p>	<p>----</p> <p>Theory Exams/prep</p> <p>Folder verified and all completed work Past papers Revision</p>	

	<ul style="list-style-type: none"> - Using data to analyse results and evaluate fitness over a period of time - Know and understand the different training methods <p>Revision Prepare for exams</p>	<p>and fitness programme</p> <ul style="list-style-type: none"> - Heart rate training zones - Repetitions and sets - Support individual goals through a health and fitness programme <p>Revision Prepare for exams</p>	<p>programme and how to prepare safely</p> <p>Key Learning:</p> <ul style="list-style-type: none"> - Health and fitness analysis tools - Goal setting - The session card - Warm up/cool down - Main activity section - Health and safety <p>Revision Prepare for exams</p>			
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