

Curriculum overview: Physical Education

Why do we study Physical Education at The Earls High School?

We believe that a good grounding in Physical Education encourages students to lead healthy and active lifestyles. It is an essential subject to the development of motor skills and the enhancement of reflexes. Hand-eye coordination is improved, as well as good body movements, which helps in the development of a healthy body posture. In addition, Physical education teaches students the importance of physical health which in turn supports mental health and wellbeing. We have an ethos at The Earls of 'Sport For All', hence providing opportunities for learning about a variety of different sports, a comprehensive list of extra-curricular activities, competitive sport opportunities and an array of leadership roles.

What skills and knowledge do we anticipate students will have in this subject before they begin at The Earls High School?

We would expect students to have learned the following at KS2.

- To have built basic motor skills
- Have a fundamental knowledge of certain sports
- Basic knowledge of achieving healthy lifestyles (eg; diet)

What skills and knowledge would we like students to have in this subject at the end of their time at The Earls High School?

- All students will understand the benefits of an active healthy lifestyle.
- All students will have a wide knowledge of a range of sports.
- Students will have had numerous opportunities to develop their interpersonal skills through sports.

BTEC / GCSE – Overall knowledge and understanding of the set curriculums.

Year 7, 8 and 9 Curriculum Map: Physical Education

Year 7	Year 8 and Year 9
<p>To learn about:</p> <p>To cover the fundamentals in a range of sports, in order to lay the foundations for Key Stage 4 examination courses (GCSE PE and BTEC in Sport).</p> <p>Single Lessons - Topic: Fitness Fitness Testing, Aerobic Fitness, Circuit, Weights, Sport Related Fitness.</p> <p>Double Lessons Lesson 1</p> <p>Gymnastics, Basketball, Table Tennis, Outdoor Adventurous Activities, Volleyball, Hockey, Tennis.</p> <p>Lesson 2</p> <p><i>Games:</i> Boys – Rugby, Football, Cricket, Athletics Girls – Netball, Football, Tag Rugby, Athletics, Rounders.</p> <p>Key assessment: Students are assessed twice during each topic (interim and end). The different grades for each topic are averaged out to achieve the end of year overall grade.)</p> <p>Assessment conditions: During lesson time</p>	<p>To learn about:</p> <p>To cover the fundamentals in a range of sports, in order to lay the foundations for Key Stage 4 examination courses (GCSE PE and BTEC in Sport).</p> <p>Double Lessons Lesson 1</p> <p>Gymnastics, Basketball, Table Tennis, Outdoor Adventurous Activities, Volleyball, Hockey, Tennis, Fitness</p> <p>Lesson 2</p> <p><i>Games:</i> Boys –Rugby, Football, Cricket, Athletics Girls –Netball, Football, Tag Rugby, Athletics, Rounders.</p> <p>Key assessment: Students are assessed twice during each topic (interim and end), so this encourages progress to take place. The different grades for each topic are averaged out to achieve the end of year overall grade.</p> <p>Assessment conditions: During lesson time</p>