

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
- 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	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). Students in year 7 have four lessons of PE per fortnight. PE is taught in single gender groups for all of the lessons. Students are taught in mixed ability groups. One of the four lessons in the fortnight is based around a fitness theme and the other three lessons are a combination of the different activities listed below.</p> <p>Lesson 1 Topic: Fitness Fitness Testing, Aerobic Fitness, Circuit, Weights, Sport Related Fitness.</p> <p>Lessons 2, 3 & 4 Topic: Gymnastics, Basketball, Table Tennis, Outdoor Adventurous Activities, Volleyball, Tennis.</p> <p><i>Games:</i> Boys – Rugby, Football, Cricket, Athletics Girls – Netball, Football, Tag Rugby, Athletics, Rounders.</p> <p>Key assessment: Students are assessed in three areas, Head, Heart and Hands. This covers aspects of the thinking, feelings and physical elements of the subject.</p> <p>Assessment conditions: During lesson time</p>	<p>To learn about:</p> <p>To continue developing the foundation work in the variety of sports embedded in Year 7. The curriculum becomes more advanced with a focus on techniques and tactics. Students continue with one lesson on fitness and two lessons which cover the other topics. This is continued progression towards the KS4 examination courses (GCSE PE and BTEC in Sport).</p> <p>Lesson 1 Fitness – Components of fitness, different training techniques, fitness assessments.</p> <p>Lessons 2 and 3 Gymnastics, Basketball, Table Tennis, Outdoor Adventurous Activities, Volleyball, Tennis.</p> <p><i>Games:</i> Boys –Rugby, Football, Cricket, Athletics Girls –Netball, Football, Tag Rugby, Athletics, Rounders.</p> <p>Key assessment: Students are assessed in three areas, Head, Heart and Hands. This covers aspects of the thinking, feelings and physical elements of the subject.</p> <p>Assessment conditions: During lesson time</p>	<p>To learn about:</p> <p>To continue developing the foundation work in the variety of sports embedded in both Year 7 and Year 8. Students have two lessons per fortnight, the fitness aspect becomes a topic covered as opposed to it being a repeated isolated lesson. This is continued progression towards the KS4 examination courses (GCSE PE and BTEC in Sport).</p> <p>Lessons 1 and 2 Gymnastics, Basketball, Table Tennis, Outdoor Adventurous Activities, Volleyball, Tennis, Fitness.</p> <p><i>Games:</i> Boys –Rugby, Football, Cricket, Athletics Girls –Netball, Football, Tag Rugby, Athletics, Rounders.</p> <p>Key assessment: Students are assessed in three areas, Head, Heart and Hands. This covers aspects of the thinking, feelings and physical elements of the subject.</p> <p>Assessment conditions: During lesson time</p>