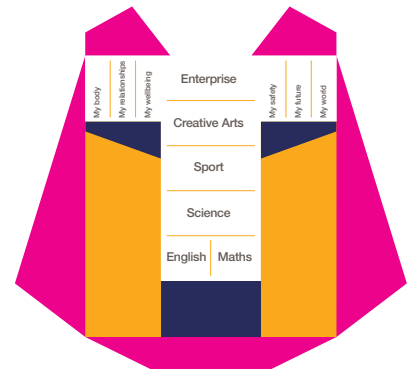


PE & Sport



The 'PE and Sport' curriculum consists of three steps.

Build

In the 'Build' stage students will develop understanding of 'health' and 'fitness', and the requirements of how to develop these, by taking part in physical and health related activities, with reference to changes made to the body systems. They'll develop fundamental movement skills and, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

Grow

At the 'Grow' stage, students will explore the training methods that are used by coaches and athletes to improve different types of fitness and overall performance. They will carry out tests to measure how exercise affects the body, and explore how the heart, lungs, muscles and bones work together to help performance. They'll increase knowledge, understanding and application by playing a range of competitive sports and take part in activities that involve teamwork, trust and problem-solving, and enjoy communicating, collaborating and competing. They'll analyse their performances and strive to reach their personal best, progressing to taking part in physical activities or competitive sports outside of school.

Launch

By the time students complete 'Launch' stage learners will develop and implement skills to plan and use their time effectively, organising their workload. Learners will put into practice a number of techniques over a period of time, reviewing how successful they were and whether they improved organisational skills. They'll learn how athletes' training programmes are designed to meet the needs of their sport and find out how different training methods are used to keep training interesting and for athlete development and generate the confidence to thoroughly assess, evaluate and interpret performance, using health and fitness testing methods and performance analysis. They'll work in a team and evaluate their performances, aiming to achieve their personal best.

Build

The knowledge and skill to:

- › Understand physical health and inactivity and understanding of how to improve physical health.
- › Undertake simple tests to measure physical health.
- › Understand fitness and the skill to improve fitness, such as flexibility, strength, technique, control and balance.
- › Understand basic human anatomy
- › Understand basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- › Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending.
- › Improve in different physical activities, sports and learn how to evaluate and recognise their own success.
- › Take part in outdoor and adventurous activity challenges both individually and within a team.
- › Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- › Use basic techniques to improve own organisational skills.

Grow

The knowledge and skill to:

- › Access sources of information about progression opportunities and requirements.
- › Produce a progression plan.
- › Explore techniques to improve own organisational skills.
- › Use appropriate techniques to improve own organisational skills.
- › Review the techniques used, giving some examples of how they improved own organisational skills.
- › Defend and attack
- › Understand the components of skills
- › Use skills in isolated, conditioned and competitive situations
- › Understand fitness and the skill to plan and take part in fitness activities.
- › Observing and reviewing own performance
- › Understand the rules and regulations in different sports
- › Understand fitness training methods and programmes to help develop their fitness levels.
- › Understand health and fitness tests to measure the effects of exercise on the body and components of fitness, in order to improve.
- › Collect data, interpret and present results.
- › Understand the structure and function of the main systems of the body.

Launch

The knowledge and skill to:

- Use appropriate and effective techniques to improve own organisational skills.
- Review the techniques used, giving detailed examples of how they improved own organisational skills.
- Understand the skills and behaviours needed to meet personal progression goals.
- Develop and evaluate their skills in communication, teamwork and problem solving that will enable them to work effectively with other people, in a range of sport, work and outdoor settings.
- Break down skills and techniques in order to develop plans to improve performance of skills and techniques.
- Analyse and review performance to identify strengths and areas for improvement in performance, and when and how performance can be improved, through effective interpretation and evaluation of data.
- Understand the structure and function of different systems of the body, and how they work together to enable functional movement and activity.
- Understand why and how changes in systems take place during exercise.
- Understand a broader range of health and fitness tests (scientific) to analyse sport/physical performance and to assess the changes made to the body.
- Understand how to make decisions about communicating and presenting information and understand test results effectively.
- Plan training programmes and deliver a sequence of training sessions, for themselves and other individuals and to assess their effectiveness.