

UoB School Curriculum Outline – PHYSICAL EDUCATION 2017/2018

	Pre-term learning / key words to use within lessons	Unit 1 2 weeks for PE	Unit 2 (A+B+C rotations) 10 weeks' total (including 1 competitions week).	Unit 3 3 weeks total (including competitions week)	Unit 4 9 weeks total (including competitions week/ performing arts show)	Unit 5 and Unit 6 Term 3	
Yr 7	<p>Give spellings to English</p> <p><u>Term 1A</u></p> <p>Health Physical Social Emotional Mental Participation Static Dynamic Performer Analyser Coach Officiating Muscle Biceps Triceps Quadriceps Hamstrings Gastrocnemius Abdominals Deltoid</p> <p><u>Term 1B:</u></p>	<p><u>Theme:</u> 'Healthy and knowledgeable'</p> <p>Character focus: wisdom and curiosity</p> <p><u>Brief details:</u> Introduce key terminology and competencies. Physical literacy, multi-skill and multi-activity.</p> <p>Key questions to explore: What is PE? What are my sporting opportunities? Where can PE and Sport take me in life?</p>	<p><u>Theme:</u> Develop and apply; Choose and use.</p> <p>Character focus: Respect</p> <p><u>Brief details:</u> Badminton / Netball</p> <p>Contact Rugby</p> <p>Differentiated by teacher and groupings.</p> <p><u>Assessment:</u> Competition/ tournament to apply developed skills.</p> <p>Kahoot quiz</p>	<p><u>Theme:</u> Mental toughness</p> <p>Character focus: Grit and determination</p> <p><u>Brief description:</u> pushing the body to its limits – physical conditioning, indoor athletics.</p> <p><u>Assessment:</u> a) Practical: Indoor athletics competition – nationally ranked fitness testing with awards (certificate and badges). Level 1 comp. feeding into Level 2.</p>	<p><u>Theme:</u> Creative Movement/ Physical Flair/ Creative Choreography</p> <p>Character focus: Courage and trust, creativity</p> <p><u>Brief details:</u> Aesthetic based activities such as gymnastics, trampolining, dance, parkour.</p> <p><u>Assessment:</u> a) Practical: Performance based 'UoB has talent'. Pupils choose to perform a gymnastics, dance or</p>	<p><u>Theme:</u> Analyse and Lead</p> <p>Character focus: empathy and gratitude.</p> <p><u>Brief description:</u> Through softball, rounder's, cricket - analyse performance, enhance performance, lead others through coaching/ officiating/ organising.</p> <p><u>Assessment:</u> a) Practical: competitions week Level 1 feeding into Level 2.</p>	<p><u>Olympic and Paralympic project</u></p> <p>Exploring a variety of Olympic and Paralympic activities, values etc. linked to character.</p> <p>Manipulating activity choice based around pupil interest and need. Opportunity to recap learnt content from the year, develop and secure confidence in</p>

<p>Skill acquisition Technique Tournament Power Balance Coordination Agility Reaction Stimulus Speed</p> <p><u>Term 2A:</u> Aesthetics Tension Control Rotation Axis Biomechanics</p> <p><u>Term 2B:</u> Reflect Collaborate Evaluate Strategy Tactic</p>	<p>How do I safely participate (warm up)? How does PE contribute to my healthy mind and body? What are the social, mental, physical and emotional benefits of PE? What roles might you have a go at in PE?</p> <p>L1 – how to warm up and roles in PE.</p> <p>L2 – benefits of PE (linked to 4 health points – mental, physical, social, emotional.</p> <p>Through multisport such as bench ball, basketball, dodgeball.</p> <p><u>Assessment:</u> FROG snap annotated pictures, white board notes, mini</p>	<p>Level 1 comp. feeding into Level 2.</p> <p>FROG snap picture/ video of knowledge of rule and skills set.</p>	<p>b) Theory: Skill related fitness components poster linked to Sportshall athletics.</p>	<p>trampoline performance.</p> <p>b) Theory: Consolidation of prior knowledge but through aesthetic activity compared to games based activity. Development of 'WordFoto', poster or comic life picture of a skill, breaking down a skill into the 'preparation – execution – follow through' phases- focus on an 'aesthetic activity'.</p> <p><u>Single lessons:</u> variable activities in coach education style format for college points. Weekly focus</p>	<p>b) Theory: c) Development of 'WordFoto', poster or comic life picture of a skill, breaking down a skill into the 'preparation – execution – follow through' phases- focus on 'games activity'.</p>	<p>this knowledge.</p> <p><u>Assessment / Exhibition:</u></p> <p>Kahoot.it quiz to allow for setting of targets via FROG linked to assessment strands.</p> <p>Option 1) Thank you Event – pupils invite parents, donors, friends, family to teach them something they have learned. E.g. how to bowl in cricket or challenge them to game of badminton.</p> <p>Option 2) 'Teach the Teacher' concept, showcased</p>
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		<p>videos of doing activities. Basic key words quiz (words from list under 'term 1A) for baseline assessment using 'kahoot.it'</p> <p>Tweet @UOBS_PE what PA they are taking part in, showcasing a healthy lifestyle approach.</p>			<p>and changeable activity options e.g. bench ball, bucket ball, Tchoukball, dodgeball, 5 a side football, futsal.</p>		<p>through sports day. Pupil choice of roles in a range of activities. Pupils take on different roles on the day and perform alongside staff and sixth form students as team mates, performance coaches, officials, statisticians (Maths), sports journalists (English), S&C coach, nutritionist (food).</p>
		Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
		2 weeks for PE	13 weeks' total (to include comp. week).	3 weeks total (to include comp. week).	11 weeks (including competitions week/ performing arts show)		

Yr 8	<p><u>Term 1A:</u></p> <p>Sedentary Muscular skeletal Cardiovascular Respiratory Musculoskeletal Cardiorespiratory Obesity Coronary Diabetes Hydration Wisdom</p> <p><u>Term 1B:</u></p> <p>Integrity Honesty Circuit training Continuous training Fartlek training Weight training Target Zone Flexibility Endurance Strength Fitness Toughness Wisdom</p> <p><u>Term 2A:</u></p> <p>Gratitude Aesthetics Tension</p>	<p><u>Theme:</u> 'Healthy and knowledgeable'</p> <p><u>Character focus:</u> Wisdom and relationship development</p> <p><u>Brief details:</u> In new groupings, with new teachers, exploring the questions: what is team work? Opportunity to develop new friendships and working relationships through PA.</p> <p>Whilst recapping –</p> <ul style="list-style-type: none"> - Purpose of PA, PE and Sport - Roles - Health benefits <p>E.g. through OAA, dodgeball, benchball, handball,</p>	<p><u>Theme:</u> Develop and apply; Choose and use.</p> <p><u>Character focus:</u> Wisdom and curiosity</p> <p><u>Brief details:</u> rugby <i>or</i> handball Hockey or netball Single lessons Badminton Plus competitions week</p> <p>Differentiated by teacher and groupings.</p> <p><u>Assessment:</u> 1. Competition/ tournament to apply developed skills. Level 1 comp. feeding into Level 2.</p> <p>FROG snap knowledge of rule and skills set, videos</p>	<p><u>Theme:</u> Mental toughness</p> <p><u>Character focus:</u> Grit and determination linked to TTE – technical / tactical/ effort reasons for success.</p> <p><u>Brief description:</u> pushing the body to its limits – physical conditioning through fitness e.g. BMF. Plus indoor athletics</p> <p>Aiming to improve on last year's scores – opportunity for progress and success.</p> <p>Link to knowledge of musculoskeletal system – what actions require what movements/ joints / bones /muscles.</p> <p><u>Assessment:</u></p>	<p><u>Theme:</u> Creative Movement/ Physical Flair/ Creative Choreography</p> <p><u>Character focus:</u> Courage, trust, creativity, empathetic feedback and gratitude for this feedback.</p> <p><u>Brief details:</u> Aesthetic based activities such as gymnastics, trampolining, Dance, Parkour.</p> <p>Team teach – 40 pupils, 2 staff.</p> <p><u>Assessment:</u> a) Practical: Performance based 'ArtsFest'. Pupils choose to perform a gymnastics, dance or trampoline performance.</p>	<p><u>Theme:</u> Analyse and Lead</p> <p><u>Character focus:</u> integrity and leadership</p> <p><u>Brief details:</u> Compare and contrast projects between: Basketball vs. Netball Rounders vs. Softball. Stool ball vs. Cricket Badminton vs. Volleyball. Focus on introducing non - Olympic sports e.g. lacrosse – to be able to compare to last year?</p> <p><u>Assessment / Exhibition:</u> Kahoot.it to allow for targets to be set. Leadership event - Year 8 pupils to teach year 7 pupils? Option 1) Thank you Event – pupils invite parents, donors, friends, family to teach them something they have learned. E.g. how to bowl in</p>
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	<p>Control Rotation Courage Axis Flexion Extension Abduction Adduction Force Trajectory Joint Skeleton Musculoskeletal Cardiorespiratory</p>	<p>basketball, netball.</p> <p><u>Assessment:</u> FROG snap annotated pictures, white board notes, key words with definitions.</p> <p>Kahoot.it quiz of key definitions/ spellings for baselines.</p>	<p>performing. Demonstrating use of key words and splitting of skills into 'preparation – execution – follow through'.</p>	<p>a) Practical: Indoor athletics competition – nationally ranked fitness testing with awards (certificate and badges). Level 1 comp. feeding into Level 2.</p> <p>b) Theory: TTE analysis of one activity</p> <p>c) Demonstrate knowledge of musculoskeletal system – what actions require what movements/ joints / bones /muscles.</p>	<p>b) Theory: Development of 'WordFoto', poster or comic life picture of a skill.</p> <p><u>Single lessons:</u> variable activities in coach education style format for college points. Weekly focus and changeable activity options e.g. bench ball, bucket ball, Tchoukball, dodgeball, 5 a side football, futsal.</p>	<p>cricket or challenge them to game of badminton.</p> <p>Option 2) 'Teach the Teacher' concept, showcased through sports day. Pupil choice of roles in a range of activities. Pupils take on different roles on the day and perform alongside staff and sixth form students as team mates, performance coaches, officials, statisticians (Maths), sports journalists (English), S&C coach, nutritionist (food).</p>
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