

Physical Education

Year 7-9 Core PE

Programme of Study:

The physical education curriculum in the lower school is broad on balanced. Lessons will be a double periods and students will be grouped by skill level. Boys and girls will be taught separately.

The activities covered may include:

Boys: Athletics, Cricket, Handball, Swimming, Basketball, Football, Badminton, Rugby, Rounders, Gymnastics, Volleyball, Table Tennis, Fitness Training, Soft Ball

Girls: Athletics, Dance, Handball, Swimming, Netball, Football, Handball, Rounders, Volleyball, Gymnastics, Badminton, Fitness Training

Homework:

Pupils are expected to bring their full PE or swimming kit for each lesson. Failure to remember kit will lead to sanctions.

Assessment:

How will learning and progress be assessed?

At the end of each term the students will be graded 1-8 using an assessment criteria designed to match our curriculum aims (a copy of which is written in the student planner). Students are assessed on their knowledge, skills, ability to evaluate performance and their social skills.

How parents can support learning:

Encourage pupils to join at least one sport option in the CAS program or ensure they take part in at least 60 minutes of vigorous exercise per day. At home parents can also ensure their child receives healthy meals and plenty of sleep to meet the physical and mental demands of a busy school life. Fizzy drinks and sweets should be given as treats and not consumed on a regular basis. Parents may watch after school fixtures or provide access to a range of sporting/recreational activity outside of the school hours.

Learning resources:

Athletics www.englandathletics.org

Badminton www.badmintonengland.co.uk

Netball www.england-netball.co.uk

Basketball www.englandbasketball.co.uk

Handball www.englandhandball.com/

Cricket www.ecb.co.uk

Rugby union www.rfu.com

Football www.thefa.com

Swimming www.britishswimming.org

Table tennis www.englishtabletennis.org.uk

Rounders www.roundersengland.co.uk/

Tennis www.lta.org.uk

Volleyball www.volleyballengland.org