

# Subject Overview

## Year 7 Physical Education



Shireland CBSO Academy recognises the important part that Physical Education plays in developing competent and confident movers. We understand and appreciate the key role sport and physical activity plays in creating and then sustaining a healthy, active and fulfilled lifestyle. We acknowledge that in order to create lifelong movers, we first have to aid them in their physical learning journeys, thus equipping them with the necessary skills to take physical activity and sport participation beyond their years here as a student. We will achieve this by exposing students to a variety of physical movement patterns, in both familiar and unfamiliar sports. These sports will range from globally spectated sports to emerging and developing sports. Such variety will allow students to experience a range of successes and thereby initiate the notion that sport, be that through a spectator role or participator role is for everyone. Our curriculum is designed to offer learners the chance to apply themselves both physically and academically – recognising that physical education and sport in general goes far beyond the scope of just the physical. As such learners will demonstrate and discuss the techniques, skills, roles, rules and procedures of sports with confidence and fluidity. Physical Education here at Shireland CBSO Academy will employ both physical and theory aspects of the subject, consequently broadening the understanding of physical activity and the plethora of fields this covers.

Throughout KS3 students will build upon their prior physical education experiences from that of a primary school setting. Students will progress throughout the key stage by further developing their physical abilities and the theory that underpins this progression. Students will build upon their current capabilities, whilst learning further skills and appreciation of sport specific movement via the use of appropriate sporting equipment. Furthermore, students will be exposed to essential sporting vocabulary, that will enrich their knowledge and experiences across a variety of solo and team sports. Students will be encouraged to utilize their own sporting experiences outside of a school setting to further engage and analyse themselves and others around them – sometimes taking on the role of that of a sports coach. These opportunities will be available to students across solo, pair, group and team-based scenarios – promoting individual and social growth. Students will take part competitive aspects of each sport, thus experiencing conditions of the given sport at high levels. During the final phase of KS3, one aspect of physical education will make explicit links to the sport programme as an option choice at KS4. Alike to that of the BTEC Technical Award, students lessons will compromise of classroom based theory lessons and their regular physical based lesson. This will give students a glimpse of the exciting learning journey they may take, should they choose further study during KS4. The curriculum will be enhanced and supported by extra-curricular activities available to all students. Whilst the primary purpose of these clubs will be about participation, these clubs will also have teams competing in both Sandwell and national leagues.

At KS4 we provide students a route to BTEC Technical Award Level 1/2 in sport. Students who take this avenue will experience a blend of both theory and practical approaches to the topic of sport. Students will develop sport specific applied knowledge and skills, via true to life contexts. Students will be met with opportunities to deep dive into particular sports, discover what provisions each sport beholds and how this differs across the globe and contextualise as to why this could be. Students, with expertise guidance, will plan and deliver a number of sports drills and sessions, with an opportunity to immerse themselves into different facilitating roles and what coaching can look like. Students will uncover and undergo the basics of fitness testing, and these are to be carried out with the average athlete, while mindfully considering the pros and cons of these very tests and fitness testing in general. Learners will undertake practical sessions to underpin and embed their understanding of theory-based lessons, but also to further develop their skills within particular sports. This qualification enables learners to develop sector-specific skills and lay the foundations for their continued education around the subject should they choose that option post-16.

Core PE during KS4 will allow students to further progress along their physical education journeys, thereby continuing to develop their sporting abilities, by extending and enhancing their study of sports. Students will be dissecting sports even deeper still, understanding the tactics and strategies of each sport and then applying this knowledge into practice across both conditioned and unconditioned aspects of the given sport. Students will be able to evaluate their own performances and acting in a minor coaching role,

provide self-efficient based feedback which in turn, brings about improvement. The overall aim of year KS4 PE – as it has been throughout their physical education journey – is to promote and develop a lifelong love of physical activity. This is truly emphasised in this year, by allowing students to enhance their knowledge, understanding and performance of the sport(s) they enjoy the most, which we hope they continue to participate in when they leave the Academy.

KS5 Sport is another opportunity where students gain a broad understanding of how sport across the globe transpires. Students will further enhance their knowledge attained through KS4. There are two particular units that students will be deeply immersed in. The human body will be studied comprehensively, detailing how it copes during physical activity, the makeup of bones, muscles, organs and the part they play within physical activity, as well as a study around the intensely complex energy systems. Thus, leaving students with a detailed understanding of the anatomy and physiology of the human body. Students will take part in an exhaustive practical sports performance, where students will complete a detailed analysis of a chosen sport, highlighting even the most minor intricacies such as skill and governorship. Students will perform within their chosen sport, then thoughtfully create a programme that will further develop their own performance. Students will then have to reflect on their performance using professional self-analysis to justify and accredit their programme. In KS5 students will also be covering how sport has developed over the years, focusing particularly on the involvement of technology, where students will be investigating the means, pros and cons of these emerging advancements. Students will also be delving into the mind of athletes, understanding the psychology behind sport at elite level and how the more amateur participants differ. Via a range of scenarios and audiences, students will take up the role of sports leaders, creating, compiling and implementing a bank of plans to deliver sports practice to various participants. Students will create these banks whilst making professional judgements that are considerate of their given participants. Through an extensive scope around fitness testing, students will assemble an understanding of how to prepare, carry out and then analyse these test results, thus being able to better understand the athletes they may be faced with in their futures. This qualification rigorously prepares students for future study, employment, apprenticeships, sport coaching and the wider sporting world.

Sport		Year 7
Solo	<b>Fitness</b>	Understand components of Fitness Understand of how different physical activity requires different components of fitness Be able to find, record own pulses and understand the differences as a resultant of different exercise and intensities
	<b>Badminton</b>	Understand and demonstrate grip and ready position Replicate the basics of an overhead clear and underarm clear Perform a basic drop shot Demonstrate a basic serve with the correct stance
	<b>Table Tennis</b>	Perform basic shots (forehand, backhand) Explain and demonstrate the ready position Explain the importance of footwork Be able to discuss some of the basics of officiating
	<b>Athletics</b>	Perform the basic technique for an effective sprint race Maintain a speed for a given middle/long distance Adopt a basic and safe push technique when performing the shotput Adopt a basic and safe throw for the javelin To apply basic techniques of approach for triple and high jump
Team	<b>Handball</b>	Understand and apply basic rules including - three step rule, penalty violation, bounce rule etc Demonstrate various basic passes Demonstrate basic shooting techniques

		Co-ordinate a basic defensive set up Apply speed to attacks
	<b>Futsal</b>	Perform basic dribbling patterns when in possession of the ball Demonstrate basic short passes Demonstrate basic shooting skills (connection not direction) Combine passing, dribbling and shooting into controlled scenarios Understand the application of basic rules regarding area of play and the most basic set piece
	<b>Gymnastics</b>	Perform basic routines and sequences Perform basic movements (shapes) Demonstrate movement patterns using; mirror/unison/cannon/fluency/travel/flight Show control Complete basic group balances
	<b>Basketball</b>	Show basic application of dribbling, passing, receiving and shooting Demonstrate the basics of shooting for both static and jump shots Demonstrate simple individual defensive approaches Be able to perform simple rebounds
	<b>Cricket</b>	Be able to throw and catch a ball from a range of distances and heights in controlled fielding conditions Accurately perform a basic underarm bowl To show correct grip and stance whilst batting Perform a basic block and drive shots when batting
	<b>Tchoukball</b>	Understand rules of play Demonstrate connected play via passing Demonstrate point scoring using power and accuracy
<b>Enrichment</b>		Extra-curricular opportunities that further enhance student learning experience. Interschool competition with Sandwell games for various sports.
<b>Focus days</b>		Sports Day

Our Physical Education curriculum allows significant collaboration with music, enhancing both physical and cognitive development. Gymnastics features prominently within our curriculum, which lends itself to rhythmic movement patterns, counting, pacing and coordination – essential for musical performance. Gymnastics also places a huge emphasis on stance and posture, something which any musician will continually practice and develop.

A variety of sports covered across the PE curriculum hyper focus on fine and gross motor skills. For example, how the grip of a racket or paddle must differ depending on the attacking stroke. These concepts can be transferred and naturally utilised within music – for example, a drummer requiring a differing grip depending on the intended sound or style.

Collaborative activities, such as team sports, dance, or performances, promote social skills and teamwork, reinforcing the idea that both PE and Music are integral components of a well-rounded education, contributing to the holistic development of young people.