

Physical Education

Why is Physical Education important and relevant to the development of the whole child in the 21st Century?

Physical Education helps students develop personally, morally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.

What skills will students develop through studying Physical Education that will benefit them as a successful learner?

Physical Education students work towards developing their values; attitude, confidence, commitment, self-control, reliability, respect, maturity, effort, initiative, enthusiasm, tolerance and responsibility. They incorporate communication skills, both verbally and non-verbally and develop their interactional skills.

How do we bridge from the Key Stage 2 National Curriculum for Physical Education as students move from year 6 to 7?

The Physical Education Department develops upon the KS2 National curriculum. It builds students' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school.

How do we assess our students' performance in Physical Education as they move across years 7-9? How do we track the progress of our students' learning and skill development across years 7-9?

Students are assessed formatively and informatively. Observations are continuous throughout all lessons. Feedback is paramount. A formative assessment session at the end of each activity is made for each individual student which is tracked and monitored against their target grade.

Alder Grange Physical Education Department incorporates GCSE grades throughout all Key stages.

Grade collections will report if a pupil's progress shows that they are **'on track'** for achieving both the **'expected standard'** at the end of years 7 to 9 and their own **personal GCSE target**. If a pupil continues to make the necessary progress towards the end of year **'expected standards'** then they will be **'on track'** to meet the **national expectation at GCSE** which is **grade 5**.

Games Course Summaries

Through a variety of activities all students are encouraged to develop skills, performance and develop social skills of teamwork and co-operation. Students are encouraged to be creative, take on roles other than the performer and develop their understanding of why PE and physical activity are important in a healthy active lifestyle.

KS2-KS3 transition

Pupils will continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement. Pupils will enjoy communicating, collaborating and competing with each other. They will have developed an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should have been taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance, for example through athletics and gymnastics
- perform dances using a range of movement patterns
- 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.

KS3

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games such as badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis
- develop their technique and improve their performance in other competitive sports such as athletics and gymnastics
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

Year 7

Pupils will learn to combine and perform a variety of skills with fluency and consistent accuracy and quality. Continual development and refinement of the necessary skills will contribute to producing an improved performance. Pupils will develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to use basic principles of play when selecting and applying tactics. Opportunities to referee/coach pupils will develop communication, leadership and decision making skills. Pupils will be able to highlight the possible health benefits gained from taking part in exercise and discuss the need to stay healthy and active. Pupils will evaluate their own and others strengths and weaknesses and suggest areas for improvement.

Year 8

Pupils will learn to choose, combine and perform a variety of skills with accuracy and control. Pupils will further develop their ability. Teamwork and problem solving will be developed. Pupils will learn to use the fundamental principles of selecting and applying tactics. Pupils will further develop the skills necessary to outwit opponents. Pupils will make effective evaluations of strengths and weaknesses in their own and others performance. Pupils will prepare for and recover from exercise safely and effectively.

Year 9

Pupils will learn to choose, combine and perform more advanced skills applying fluency, a greater accuracy and higher quality of technique. Pupils will learn to use advancing principles of when selecting and applying tactics. Pupils will further develop the skills necessary to outwit opponents. Pupils will learn to use principles of performance in planning tactics and strategies. Pupils will be able to adapt strategies, taking account of their own strengths and weaknesses and changing

conditions and situations. Pupils will be able to use information gained from analysis of performance to influence and improve performances. Pupils will be able to take the initiative and decide how to develop and improve their own progress and that of others. Pupils will learn to prepare for and recover from exercise safely and effectively. Pupils will recognise the benefits to their health of regular exercise and the benefits of being active.

KS4

Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Pupils should be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games such as badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis
- develop their technique and improve their performance in other competitive sports such as athletics and gymnastics, or other physical activities such as dance
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

Years 10-11

Pupils are expected to demonstrate very good advanced skills and techniques within their physical activities. Pupils have a clear understanding of the rules when taking part in lessons and have a very good application of strategies and tactics and positional sense as appropriate for the activities.

In activities which allow for improvisation, touch and deception pupils demonstrate this at a very good level with their performance demonstrating a very good level of maturity.

