

EASTBURY SUBJECT CURRICULUM

Subject	Physical Education
Year Group	9 – 11 Core
Overview	<p>In Years 9 - 11, activities provide students with the opportunity to develop their skills, knowledge and understanding in sports. A health related exercise block in Year 9 which helps them to understand the importance of health, fitness and exercise by teaching about different types of exercise/training for the various components of fitness, fitness testing and basic nutrition. We hope that this will encourage students to lead a healthy active lifestyle and participate in sport throughout school and long after they have left. Increased theoretical content and use of tactics/strategies within practical lessons will also benefit students who are thinking of opting for or who currently take GCSE PE.</p> <p>At KS4 students will be working towards the following Attainment Target: <i>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.</i></p> <p>Students will use and develop a variety of tactics and strategies in team and individual games, while developing their technique and performance. Students will take part in further outdoor and adventurous activities which present intellectual and physical challenges and encourage pupils to work in a team, building on trust and developing skills to solve problems.</p> <p>As in previous years, our aim is for all students to have a positive and enjoyable learning experience in physical education and sport. Lessons are designed to encourage a maximum uptake in participation with a focus on achievement for all. Whilst we actively support competition and excellence, we also recognise that for many, sport is about the taking part.</p> <p>While students are given ample opportunity to self-manage and learn independently in years 7 and 8, in Years 9-11 there are more opportunities for students to lead sessions and activities to their peers, evaluating their own and other's leadership and performances. They can also work towards a key skills reward chart.</p>

Term by term	
Autumn	<p>Boys activity blocks (8 lessons each): Activities: football, rugby, basketball, health related exercise, badminton, trampolining, OAA</p> <p>Girls activity blocks (8 lessons each): Activities: netball, football or rugby, basketball, trampolining, health related exercise, badminton, OAA</p>
Spring	
Summer	<p>Boys activity blocks (8 lessons each): athletics, handball and cricket/softball, handball</p> <p>Girls activity blocks (8 lessons each): athletics, rounders and 1 from volleyball, cheerleading, cricket</p>
Homework	Students will be asked to research and learn key terms (such as the muscles and components of fitness), as well as the rules of each sport. Some students will be given the opportunity to plan sessions that they will deliver to their peers.
Additional information	<p>In addition, students are actively encouraged to engage with the extensive and successful extra-curricular programme with competitive and recreational clubs running before school, at break and lunch times and after school.</p> <p>Those on the Sports Excellence Programme lead a variety of activities across the borough at sports events and in primary schools and also have the opportunity to attend training days and courses for a number of sports and then use these skills to lead appropriate sessions. For their involvement and commitment to the programme, students can be rewarded with sports trips, attendance at sporting events and visits from British athletes.</p>
Useful resources	<p>www.bbc.co.uk/sport www.skysports.com www.thefa.com www.rfu.com www.englandnetball.co.uk www.englandbasketball.co.uk www.badmintonengland.co.uk http://etta.co.uk/ www.british-gymnastics.org www.volleyballengland.org www.englandathletics.org www.ecb.co.uk www.roundersengland.co.uk</p>

