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| *What will they be learning, why and in what order?* |
|  | **Term 1 - Motor competence – Fundamental Movement Skills** | **Term 2 –** **Healthy Participation** | **Term 3 –** **Outdoor adventurous play** |
| **Bridge/ Foundation knowledge required** | Students will build on skills and knowledge learnt during primary school PE lessons. Students will build on their ability to perform a range of Fundamental Movement Skills. Students will build on their ability to control their body effectively, manipulate objects and develop locomotor skills.  | Students will build on skills and knowledge learnt during primary school PE lessons. They will be aware of the relationship between exercise and health and the benefits of regular physical exercise. Students will be able to identify opportunities to be active within their everyday lives which in turn will promote a healthier lifestyle.  | Students will build on skills learnt during primary school PE lessons. Students will explore Outdoor Adventurous Play. They will be able to climb on and off a range of different equipment, manipulate a range of different objects and increase their fitness levels.  |
| **Key Learning Experience / Skills** | Students will build on their ability to control their body, control objects and further develop locomotor skills. This unit will focus on activities which further develop general functional movement skills and coordination. Students will be encouraged to produce confident and controlled motor movements within competitive scenarios. As a result, this will further develop the students’ abilities to coordinate and control their bodies effectively.  | Students will begin to understand the relationship between exercise and health as well as being aware of the considerable benefits of regular physical exercise. Students will begin to develop an understanding of what makes a healthy lifestyle. Students will know how to prepare for safe and effective PE. Students will know how to enrich their own health related activities outside of school through identification of opportunities to be active. Students will gain an understanding of the importance of personal hygiene. Students will receive positive learning experiences and engage with PE on a consistent basis.  | Students will experience various different elements of outdoor adventurous play. This will include climbing on and off different types of equipment safely, navigating using a compass and experiencing longer distance walks to increase fitness levels. Students will also be able to use a map in order to find particular objects within school boundaries. Students will be able to cooperate and communicate when working as part of a small team.  |
| **Assessment**How will you assess the impact of teaching? | This element will be assessed through teacher observations, self-assessments and regular mini-plenaries. KS3 Assessment sheets will be used to assess students against various criteria for each sport.  | This element will be assessed through teacher observations, self-assessments and regular mini-plenaries. KS3 Assessment sheets will be used to assess students against various criteria for each sport. | This element will be assessed through teacher observations, self-assessments and regular mini-plenaries. KS3 Assessment sheets will be used to assess students against various criteria for each sport. |
| **CIAG Links** | Hand and Eye Coordination to perform manual roles/jobs.  | Pe Teacher, Personal Trainer, Nutritionist, Dietician, Healthcare roles, fitness scales to access certain jobs.PSHE links.  | Health and safety, Outdoor Education instructor.  |
| **British Values**  | Mutual Respect, Tolerance of others and following rules, laws of each game. Democracy - Encouraging team decisions and collective input during activities or games.Tolerance - Adapting activities to ensure participation for all, regardless of background or beliefs. | Mutual Respect, health & safety regulations, following instructions. Democracy - Promoting fair participation where everyone's voice is heard. Individual Liberty - Promoting personal goals, fitness targets, and self-improvement. | Mutual Respect, Tolerance of others and following rules.Individual Liberty - Promoting personal goals, fitness targets, and self-improvement. |
| **Cross Curricular Link Numeracy** | Counting, multiplying, timing, moving in a clockwise and anti-clockwise direction.  | **Cross Curricular Link- Literacy** | Food Technology – Eat Well Plate. Science – Living a Healthy Lifestyle, effects of exercise on the body.  |
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| ***The Hub Vision – A School that provides all students with exciting opportunities that build confidence, develop social skills and promote academic achievement*** |

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