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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 continue to build on skills and knowledge learnt during year 7. Students will continue to develop their ability to manipulate their body effectively whilst carrying out a range of different movements and Fundamental Movement Skills. Students will build on their ability to manipulate objects effectively, work as part of an effective team whilst developing locomotor skills.   | Students will build upon their knowledge and skills learnt during year 7. They will have the underpinning knowledge around the relationship between exercise and health and the benefits of exercise. Students will be able to build upon healthy habits created through regular exercise. This will allow students to create healthy habits for life and allow students to portray a healthier lifestyle.   | Students will continue to develop skills learnt during year 7. Students will continue to explore Outdoor Adventurous Activities and will be able to control their bodies on a range of different equipment. This will in turn improve their ability to manipulate a range of different objects whilst improving their navigation skills and fitness levels.  |
| **Key Learning Experience / Skills** | Students will continue to develop their body management skills, object control skills and locomotor skills. This unit will focus on refined Functional Movement Skills and coordination. Students will continue to produce confident and controlled motor movement. This unit will allow students to maintain secure foundations for movement which can be built upon in future years. Students will be able to roll, jump, hop and catch with increased levels of independence and confidence. | Students will understand the relationship between exercise and health as well as the considerable benefits of regular physical activity and good nutrition. Students will prepare for and participate in 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 whilst following and maintaining a healthy diet. Students will know the importance of personal hygiene. Students will receive positive learning experiences and engage with PE on a consistent basis. Students will be able to work competently both individually and as an effective team member.  | Students will be effective participants in various different elements of outdoor adventurous play. This will include climbing on and off different types of equipment, navigating using a compass and maps as well as having opportunities to take up roles as a team leader. Students will also take part in longer distance walks to continue to increase fitness levels.  |
| **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. 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.Highlighting the importance of supporting peers, regardless of ability.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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