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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 upon skills and knowledge learnt during the earlier stages of KS3. Students will continue to develop their Fundamental Movement Skills through participating in team sports which require short and sharp movements. They will be required to perform with increased levels of independence and confidence, whilst working as part of an effective team. | Students will build upon their knowledge of fitness gained in the earlier stages of KS3. They will be expected to use a range of equipment with increased levels of confidence and competence and will continue to develop skills learnt during year 7 and 8. | | | Students will build upon skills and knowledge learnt during the earlier stages of KS3. They will have the opportunity to participate in a range of sports with increased levels of independence, demonstrating the ability to work safely, the understanding of different techniques and the ability to critique technique. |
| **Key Learning Experience / Skills** | Students will be able to work as part of an effective team distributing roles within a team which suit each individual’s skill set.  This unit of work will continue to build on students’ ability to manipulate and coordinate their bodies effectively when under pressure. Students will experience a wide range of sports including Basketball, Hockey, Tag Rugby and Football.  They will learn how to pass the ball effectively, tackle, defensive techniques/tactics, attacking techniques and tactics as well as shooting.  Students will be able to assess their peers’ techniques and explain what they are doing well and what can be developed to improve further. Students will be able to perform each technique with increased levels of confidence and competence when under pressure, whilst showing a better understanding of tactics when in a game scenario. They will also have the opportunity to officiate and show a deeper understanding of the rules and laws of each sport. | Students will build upon their understanding of the relationship between health and exercise as well as the considerable benefits of regular physical exercise, nutrition and hygiene.  Students will be able to independently prepare themselves for exercise. When exercising students will be able to perform a range of body weight exercises using the correct technique with increased levels of confidence and competence.  Students will also be able to use a range of specialist gym equipment safely whilst using the correct techniques.  With increased levels of independent, students will be able to create their own training programmes for different methods of training highlighting their strengths and weaknesses.  Students will also have a good understanding of different training methods, Heart Rate and training thresholds. | | | Students will build upon their skills and knowledge learnt from this unit of lessons during earlier stages of KS3.  With increased levels of independence, students will be able to effectively participate in a range of outdoor adventurous play activities which focus on using a range of different equipment, within a range of different sports. Students will be expected to understand the different techniques, scoring systems and rules used within each discipline/sport. They will be able to well independently and as part of a team, adopting different roles to suit the needs of their team. Students will also have the opportunity to further increase their fitness levels through consistent levels of participation. |
| **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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