

Physical Education



The Birley Academy
A L.E.A.D. Academy

Subject content

Year 7

Year 8

Year 9

Year 10

Year 11

Broad range of sports and activities

Students develop their physical literacy skills throughout each year. Sports and activities are revisited and skills and knowledge are developed through the teaching of each one.

Gaelic football, Rugby, Futsol, football, fitness, netball, basketball, dance, trampolining, t-tennis, golf, yoga, athletics, cricket and sport education

Students take ownership of their learning and choose what pathways they wish to develop

Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games

Students develop the application of key skills. This includes throwing, catching, moving and understanding games

Students implement these skills in game style scenarios

Students are able to show elements of mastery within their practice

Students develop their knowledge and understanding of tactics and strategies

Exposure to professional clubs and sporting organisations. Links and pathways created to ensure progression

Links to RFU, FA, T-Tennis clubs and Birley GC. Students are encouraged to continue their development outside of school

Professional coaches work with students within lessons where possible

Opportunities to work with professional coaches and community clubs continue as part of our extra-curriculum offer

Healthy lifestyles

Students learn the relation between exercise and being a healthy individual

Students learn how different types of fitness are needed for different sports

Students learn how the body will adapt overtime to the training imposed on it

Students link the different methods of training to the specific sport that they are participating in

Students can explain why a type of training is suitable for a particular sport

Being able to evaluate performance

Students learn how to evaluate their own performance in different activities

Students learn how to evaluate how others perform in different activities

Students learn how to evaluate their own performance and make recommendations about how to perform better in different activities

Students learn how to evaluate their own performance in two chosen sports

Sports leadership opportunities

Students are able to lead warm ups and be team captains in all team sports

Students officiate and manage in lessons

Students have an opportunity to become a sports leader and gain a qualification

Students have the opportunity to gain a nationally recognised qualification in Sports Leadership