

# Physical Education

## PE skills & knowledge

## 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. Each year has a focus around the core skills of each activity taught in KS3 DESCRIBE (Y7), EXPLAIN (Y8) and EVALUATE (Y9) core skills across the sports and activities taught in KS3. Each block lasts for 8 lessons.  
**Rugby, Gymnastics, football, fitness, netball, dance, trampolining, 1-tennis, athletics, cricket, Rounders and sport education.**

Students take ownership of their learning and choose what pathways they wish to develop in either Sport Studies or Health and Social Care. Core students make decisions on which activities they wish to participate in.

**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 **mini game style scenarios.**

Students are able to show elements of **mastery** within their practice and have opportunity to develop tactics and strategies in game scenarios.

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 the RFU, RFL FA, 1-tennis clubs and Sheffield City ABC. 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 upon it.

Students link the different methods of training to the specific sport and recommend methods for improvement.

Students can explain what current contemporary issues are involved in sport and the impact they have.

**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 critically evaluate their own performance in two chosen sports.

**Sports leadership opportunities**

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

Students officiate and manage in lessons.

Students have an opportunity to become a sports leaders and deliver activities to KS3 and primary schools.

Students have the opportunity to lead and deliver sporting opportunities for KS3 or feeder primary schools.