

Physical Education

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Year 7 Physical Education

Content of study	Students will build on and embed the physical development and skills learned in Key Stages 1 and 2, and become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. Students will understand what makes a performance effective and how to apply these principles to their own and others' work. Students will develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity. This is promoted in lessons and through the extensive extra-curricular programme on offer that is adjusted each term in response to district competitions as well as catering for varying interests.
What are the aims and objectives of this year?	The PE Department recognises and values the importance of Physical Education and aims to develop a fun, high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sports and other physically-demanding activities. Students are taught to: • use a range of tactics and strategies to overcome opponents in direct competition through team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis) • develop their technique and improve their performance in other competitive sports (for example, athletics and gymnastics) • take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group • analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best • take part in competitive sports and activities outside school through community links or sports clubs. Through enrichment activities and intra- & inter-school competitions, we aim to raise the profile of Physical Education and expose our students to sports they may never have had the opportunity to engage with. Students will receive 2 x lessons of PE a week, one being a lesson that is games based and will allow students to apply their knowledge & skills in a more competitive environment.

What previous knowledge is required?	In Key Stage 2 pupils were taught to: • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best
How will this content help with future learning?	The GCSE Physical Education course will appeal to students if you: • Have a keen interest in sport and recreation and always look forward to your PE lessons • Take part in sport/recreation outside of class time • Want to follow a course that develops knowledge and understanding through practical involvement • Want to know more about the benefits of sport and exercise • Want to improve your own performance in a range of sports roles • Want to study a course that is active and that you will enjoy that will provide the foundations for GCSE PE and/or Level 2 BTEC Sport
Resources	Other resources can be obtained from the listed links below: • National Curriculum: National Curriculum - Physical education key stages 3 and 4 (publishing.service.gov.uk) • Secondary (KS3) PE Activities - Youth Sport Trust • Physical Education lessons for Key Stage 3 students - Oak National Academy (thenationalacademy)
Links to the national curriculum/specific ation	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf
Assessments	Teaching should ensure that, when evaluating and improving performance, connections are made between developing, selecting and applying skills, tactics, and fitness and health. Acquiring and developing skills Pupils should be taught to: - Refine and adapt existing skills - Develop them into specific techniques that suit different activities and perform these with consistent control. Selecting and applying skills and tactics Pupils should be taught to: - Use principles to plan and implement strategies, compositional and organisational ideas in individual, pair, group and team activities - Modify and develop their plans - Apply rules and conventions for different activities.

Analyse and evaluate to improve performance

Pupils should be taught to:

- a. Be clear about what they want to achieve in their own work, and what they have actually achieved
- b. Take the initiative to analyse their own and others' work, using this information to improve its quality.

Knowledge and understanding of fitness and health

Pupils should be taught:

- a. How to prepare for and recover from specific activities
- b. How different types of activity affect specific aspects of their fitness
- c. The benefits of regular exercise and good hygiene
- d. How to go about getting involved in activities that are good for their personal and social health and well-being.

CORNWALLIS ACADEMY PE DEPARTMENT

7C PROGRAMME OF STUDY

7C PE PROGRAMME OF STUDY 2022-2023

Monday Period 3

TERM	7C/Sp1 Boys LS	7C/Sp2 Boys JU	7C/Sp3 Girls JMO
1	Football- FLD	Football- FLD	Basketball- SPH
2	Rugby- FLD	Rugby- FLD	Netball- MUGA
3	Basketball- SPH	Basketball- SPH	Gymnastics- GYM
4	Handball- SPH	Handball- SPH	Rugby- FLD
5	Athletics- FLD	Athletics- FLD	Athletics- FLD
6	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD

Thursday Period 4b

TERM	7C/Sp1 Boys DSM	7C/Sp2 Boys JU	7C/Sp3 Girls LH
1	Badminton- SPH	Health & Fitness- GYM	Football- FLD
2	Football- FLD	Badminton- SPH	Health & Fitness- GYM
3	Health & Fitness- GYM	Football- FLD	Badminton- SPH
4	Lacrosse- FLD	Lacrosse- FLD	Handball- SPH
5	Athletics- FLD	Athletics- FLD	Athletics- FLD
6	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD

Range and Content:

Students must participate in at least four (4) of the following:

Dance
Gymnastics
Striking & Fielding
Invasion Games
Swimming
Net & Wall Games
Athletics
OAA
Health & Fitness

Location/Facility Codes:

SPH: Sportshall **FLD:** Field
Gym: Activity Room **MUGA**

CORNWALLIS ACADEMY PE DEPARTMENT

7D PROGRAMME OF STUDY

7D PE PROGRAMME OF STUDY 2022-2023

Tuesday Period 4b

TERM	7D/PE1 Boys JU	7D/PE2 Girls JMO	7D/PE3 Girls LH
1	Badminton- SPH	Gymnastics- GYM	Football- MUGA
2	Health & Fitness- GYM	Lacrosse- FLD	Badminton- SPH
3	Lacrosse- FLD	Badminton- SPH	Gymnastics- GYM
4	Football- FLD	Health & Fitness- SPH	Health & Fitness- SPH
5	Athletics- FLD	Athletics- FLD	Athletics- FLD
6	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD

Thursday Period 2

TERM	7D/PE1 Boys LS	7D/PE2 Girls JMO	7D/PE3 Girls LH	7E/PE1 Boys TK	7E/PE2 Boys JU	7E/PE3 Girls TJ
1	Football- FLD	Netball- MUGA	Netball- MUGA	Football- FLD	Football- FLD	Netball- MUGA
2	Basketball- SPH	Football- FLD	Football- FLD	Basketball- SPH	Basketball- SPH	Football- FLD
3	Rugby- FLD	Basketball- SPH	Basketball- SPH	Rugby- FLD	Rugby- FLD	Basketball- SPH
4	Handball- SPH	Lacrosse- FLD	Lacrosse- FLD	Handball- SPH	Handball- SPH	Lacrosse- FLD
5	Athletics- FLD	Athletics- FLD	Athletics- FLD	Athletics- FLD	Athletics- FLD	Athletics- FLD
6	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD

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Health & Fitness

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CORNWALLIS ACADEMY PE DEPARTMENT

7E PROGRAMME OF STUDY

7E PE PROGRAMME OF STUDY 2022-2023

Tuesday Period 2

TERM	7E/PE1 Boys JMO	7E/PE2 Boys JU	7E/PE3 Girls CED
1	Badminton- SPH	Health & Fitness- GYM	Football- FLD
2	Health & Fitness- GYM	Rugby- FLD	Badminton- SPH
3	Football- FLD	Badminton- SPH	Health & Fitness- GYM
4	Lacrosse- FLD	Lacrosse- FLD	Gymnastics- GYM
5	Athletics- FLD	Athletics- FLD	Athletics- FLD
6	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD

Thursday Period 2

TERM	7E/PE1 Boys TK	7E/PE2 Boys JU	7E/PE3 Girls TJ	7D/PE1 Boys LS	7D/PE2 Girls JMO	7D/PE3 Girls LH
1	Football- FLD	Football- FLD	Netball- MUGA	Football- FLD	Netball- MUGA	Netball- MUGA
2	Basketball- SPH	Basketball- SPH	Football- FLD	Basketball- SPH	Football- FLD	Football- FLD
3	Rugby- FLD	Rugby- FLD	Basketball- SPH	Rugby- FLD	Basketball- SPH	Basketball- SPH
4	Handball- SPH	Handball- SPH	Lacrosse- FLD	Handball- SPH	Lacrosse- FLD	Lacrosse- FLD
5	Athletics- FLD	Athletics- FLD	Athletics- FLD	Athletics- FLD	Athletics- FLD	Athletics- FLD
	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD	Strike & Field- FLD

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