



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
<p><b>Value of PE Safety &amp; Rules</b></p>	<p>Students will build a connection with PE, understanding the important part it can play in their life now and in the future.</p> <p>Students will understand the importance of ‘Health &amp; Safety’ in PE and the importance of following rules to avoid injury</p>	<p>Health</p> <p>Head / Heart / Hands</p> <p>Attitude to Learning</p> <p>Effort</p> <p>Warm up / Cool Down</p> <p>Rules &amp; Regulations</p> <p>Injury</p>	<p><u>Introduction</u></p> <ul style="list-style-type: none"> <li>Rules &amp; Expectations</li> <li>The Value of PE</li> <li>Positive Approaches to PE</li> </ul> <p><u>Safety</u></p> <ul style="list-style-type: none"> <li>Body—warm up / cool down</li> <li>Rules &amp; Regulations</li> <li>Equipment / Ability / Kit / Surface</li> </ul>	<p>Academic Text: <a href="http://www.theguardian.com/football/2021/aug/02/football-should-consider-eliminating-heading">www.theguardian.com/football/2021/aug/02/football-should-consider-eliminating-heading</a></p> <p>British Values: Rule of Law</p> <p>PHSE: Health &amp; Wellbeing</p> <p>GCSE PE / Sport &amp; Coaching: Definition of health / participation</p>	<p>Research the ‘Value of PE’ - physical / social / mental benefits</p>
<p><b>Teamwork</b></p>	<p>Students will understand the importance of team work and to demonstrate the skills to work successfully in a team.</p>	<p>Teamwork</p> <p>Communication</p> <p>Verbal</p> <p>Non-verbal</p> <p>Problem Solving</p> <p>Sportsmanship</p>	<ul style="list-style-type: none"> <li>Teamwork</li> <li>Communication—verbal / non</li> <li>Problem Solving</li> <li>Trust Building</li> <li>Common Goal</li> <li>Sportsmanship</li> </ul>	<p>Academic Text: : <a href="http://www.brianmac.co.uk/articles/seni13a2.htm">www.brianmac.co.uk/articles/seni13a2.htm</a></p> <p>PHSE—Skills for success</p> <p>Duke of Edinburgh</p> <p>House Challenge</p>	<p>Picture / poster of a successful team</p>
<p><b>Skills in Isolation</b></p>	<p>Students will understand the importance of fundamental movement skills and their importance in PE &amp; Sport.</p> <p>Students will demonstrate a range of skills in isolated practices and explore the transfer of skills from one activity to another</p>	<p>Skills—eg passing, dribbling, shooting</p> <p>Isolation</p> <p>Basic / complex</p> <p>Practice</p> <p>Transfer</p>	<ul style="list-style-type: none"> <li>Fundamental Movement Skills</li> <li>Skills for your sport</li> <li>Skills in isolated practices</li> <li>Basic / Complex Skills</li> <li>Methods of Practice</li> <li>Transfer of Skills</li> </ul>	<p>Academic Text: The Importance of Fundamental Movement Skills (<a href="http://jupiterplay.co.uk">jupiterplay.co.uk</a>)</p> <p>GCSE PE: Skill Classifications / Types of Practice</p> <p>House Challenge</p>	<p>Participation /volunteering in: Extra—curricular sport Community Sport</p>

All topics will be delivered through a rota of physical activities



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<b>Problem Solving</b>	Students will understand what problem solving is and to explore a range of problem solving techniques within sporting contexts.	Problem Solving Creative Thinking Research Skills Decision Making Team Work Active Listening Feedback	<ul style="list-style-type: none"> <li>• Problem Solving</li> <li>• Creative Thinking</li> <li>• Research Skills</li> <li>• Decision Making</li> <li>• Team Work</li> <li>• Active Listening</li> <li>• Feedback</li> </ul>	Academic Text: : <a href="http://www.xdrona.com/blog/problem-solving">www.xdrona.com/blog/problem-solving</a>  PHSE—Skills for success Duke of Edinburgh House Challenge	Design a challenge for a small group to complete.
<b>Resilience</b>	Students will understand what resilience is and how this skill is need to be successful in PE and life	Teamwork Inter-personal Communication Verbal Non-verbal Problem Solving Sportsmanship	<ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Communication—verbal / non</li> <li>• Problem Solving</li> <li>• Trust Building</li> <li>• Common Goal</li> <li>• Sportsmanship</li> </ul>	Academic Text: 9 Ways Olympians Develop Resilience ( <a href="http://innerdrive.co.uk">innerdrive.co.uk</a> ) PHSE—Skills for success Duke of Edinburgh	Case study: where somebody has shown resilience
<b>Endurance &amp; Strength</b>	Students will learn what the components of fitness are and identify the endurance and strength components in their activity	Components of fitness Endurance Strength	<ul style="list-style-type: none"> <li>• Components of fitness</li> <li>• Cardiovascular endurance</li> <li>• Muscular endurance</li> <li>• Muscular strength</li> <li>• Explosive strength (power)</li> <li>• Fitness Testing</li> </ul>	Academic Text: <a href="https://www.medicinenet.com/which_is_better_muscle_strength_or_endurance/article.htm">https://www.medicinenet.com/which_is_better_muscle_strength_or_endurance/article.htm</a>  PHSE— Health & Wellbeing GCSE PE / Sport & Coaching Components of fitness Fitness testing  House Challenge	My Personal Best—show improvement via fitness test

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<b>Diet &amp; Nutrition</b>	Students will learn to make informed decisions about what they consume and the impact it might have on their PE lessons, academic performance and long-term health.	Balanced Diet Macro—nutrients Micro – nutrients Hydration	<ul style="list-style-type: none"> <li>Balanced Diet</li> <li>Carbohydrates</li> <li>Proteins</li> <li>Fats</li> <li>Vitamins / Minerals</li> <li>Water / Hydration</li> <li>Calories / Nutrition</li> <li>Sugar</li> </ul>	Academic Text:: <a href="https://hindrise.org/resources/nutrition-for-children">https://hindrise.org/resources/nutrition-for-children</a> PHSE—Healthy Eating GCSE PE / Sport & Coaching Diet & Nutrition Optimum weight	Complete: Eat well plate
<b>Inter-personal skills</b>	Students will understand about Inter-Personal and how these skills are needed to be successful in PE and life	Communication Leadership Followship Conflict resolution Responsibility Empathy	<ul style="list-style-type: none"> <li>Teamwork</li> <li>Communication</li> <li>Leadership</li> <li>Followship</li> <li>Active Listening</li> <li>Conflict Resolution</li> <li>Responsibility</li> <li>Empathy</li> </ul>	Academic Text: <a href="http://www.myperfectresume.com/career-center/resumes/basics/interpersonal-skills">www.myperfectresume.com/career-center/resumes/basics/interpersonal-skills</a> PHSE—Skills for success SMSC— Resolve conflict Citizenship—skills	Plan and deliver a warm up
<b>My Personal Best</b>	Students will understand what My Personal Best (PB) means and consider its use in sport and life	Personal Best Goal Setting SMART Targets	<ul style="list-style-type: none"> <li>My Personal Best</li> <li>Running Events</li> <li>Throwing Events</li> <li>Jumping Events</li> <li>Goal Setting</li> <li>SMART Targets</li> </ul>	Academic Text: : <a href="https://believeperform.com/goal-setting">https://believeperform.com/goal-setting</a> PHSE—Fitness	House Challenge

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