

# Physical Education

## Team Byrchall - Sport for Life

- Promoting and celebrating success
- Encouraging all to lead a healthy, active lifestyle
- Giving any ability the chance to participate and engage
- Motivating all members of the school community
- Helping talented performers further develop
- Developing fair play and sportsmanship in students

'Team Byrchall – Sport for Life' encourages lifelong participation in sporting activity. The Team Byrchall ethos helps students to build confidence and security in PE, which in turn impacts on the high volume of students who are involved in extra-curricular activities both in and out of school.

## PHYSICAL

- To promote an appreciation of physical movement through observation and analysis.
- To develop the student's ability to plan and compose movement sequences in a wide variety of activities.
- To develop the capacity to create and express ideas through the media of planning, performing and evaluating movement.
- To utilise modern technology to analyse physical performance and movement.
- To encourage the appreciation of and the ability to monitor physical fitness.
- To encourage students to remember, adapt and apply knowledge, skills and concepts in a variety of movement related activities.
- To promote the development of movement coordination, confidence and the acquisition of a range of motor skills.

## PERSONAL

- To allow for students to work cooperatively and develop interpersonal and communication skills.
- To encourage responsible attitudes towards safety and develop a working knowledge of safe practice in all activities.
- To educate students with regard to health, hygiene and fitness.
- To give students the opportunity to discover and to use appropriately the facilities available locally.
- To develop a healthy attitude towards competition.
- To provide through all activities the highest form of enjoyment.

Autumn	Spring	Summer
Theory Injuries Analysis of Performance Coursework (Controlled Conditions) Trial Exam Preparation Prac Personal Survival/Swimming (As Part of Intervention Sessions) Football Netball Handball Trampolining	Theory Revision of: 4 Body Systems Health & Skill Related Fitness Training Methods/Principles Diet for Sport Prac Judo Orienteering Table Tennis Fitness	Theory 6 Mark Questions Drugs in Sport Benefits/Reasons for Taking Part Final Exam Prep  Prac Practical Exam Prep Anticipated Date for Practical Moderation is late March 17 (tbc)

**Homework Revision Requirements**

- Homework should be set for Key Stage 4 students and marked in accordance with school and departmental policy.
- Students should always write homework in homework diaries.
- The teacher keeps records of homework set and completed. All homework set should also be on the VLE.
- Homework monitoring will take place via the department's monitoring policies, VLE and by student diary checks.
- Students who do not complete homework on time will be given another opportunity to do so (9am next day). If they still fail to complete the work set, then they will be subject to departmental discipline procedures and school rewards and sanctions policy.
- Students who regularly do not complete homework tasks will be referred to the PE management team. This will result in home contact or referral to Head of Year or mentor. Any home contact will be noted in GCSE personal teacher intervention files.
- Students who do not complete homework will be placed on departmental detention. This will ensure that a letter goes home to parents to inform them of the problem. This will be done at class teachers' discretion.

Unit	Duration (lessons)	Learning Objectives/Outcomes
Training methods / principles	8	<ul style="list-style-type: none"> <li>• Students to review of examination technique</li> <li>• Students to peer / self-assess knowledge and understanding on work covered to date</li> <li>• Students to be introduced to the Principles and Methods of Training method</li> </ul>

		<ul style="list-style-type: none"> <li>• Introduction to principles of training, defining each component and their meaning</li> <li>• Students to develop understanding of progression and overload</li> <li>• Students to be introduced to training threshold</li> <li>• Students to interpret data and draw their own threshold</li> <li>• To identify the link between training threshold and Overload</li> </ul>
A of P Coursework Assignment	9	<ul style="list-style-type: none"> <li>• Students to create 6 week training plan under controlled conditions <ul style="list-style-type: none"> <li>○ Taking into account previous work on Principles / methods</li> <li>○ Students to be able to analyse tactics and individual skill to identify strengths and weaknesses</li> </ul> </li> </ul>
Risk Assessment	3	<ul style="list-style-type: none"> <li>• Students to become aware of safety issues that affect sports coaching and delivery</li> <li>• Suggest methods and practises to reduce risk within sport</li> <li>• Link risks with particular sport and suggest ways of limiting</li> <li>• Link risk assessment to training – in particular warm-up / cool down</li> </ul>
Revision	12	<ul style="list-style-type: none"> <li>• Revise and recap all elements of theory course.</li> </ul>