

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.

The Department hopes to develop a stimulating environment where students work in a safe, informed, skilful and creative manner, towards achieving many of the following aims:

- To actively support and positively contribute to the school's overall philosophy.
- To provide for the development of communication, planning and organisational skills through structured problem solving learning situations.
- To develop a positive working environment which takes into account each individual's special needs and student's differing rates of progress.
- To enable and encourage students to evaluate their work and the work of others.
- To develop the student's ability to assess themselves and others.
- To enable students to follow programmes that may lead to further study.

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.

	Grouping/ Rotation	Autumn	Spring	Summer
Year 7AB	1Boys	Table Tennis / Rugby	Fitness / Gym / Football	Athletics / Frisbee
	2 Boys	Rugby / Table Tennis	Fitness / Football / Gym	Athletics / Softball
	1 Girls	Netball / Gym	Fitness / Hockey / Dance	Athletics / Trampolining
	2 Girls	Gym / Netball	Fitness / Dance / Hockey	Athletics / Rounders
Year 7CD	1Boys	Rugby/Gymnastics	Fitness/Football/Table Tennis	Athletics/Softball/Ultimate Frisbee
	2 Boys	Gymnastics/Football	Fitness/Table Tennis/Rugby	Athletics /Softball/Short Tennis
	1 Girls	Netball/Dance	Fitness/Hockey /Gymnastics	Athletics/Rounders
	2 Girls	Dance/Netball	Fitness/Gymnastics /Hockey	Athletics /Rounders

- 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.

Physical Education & Dance

Unit	Duration (lessons)	Learning Objectives/Outcomes
Table Tennis	8	<ul style="list-style-type: none"> • Safe use of equipment • Basic grip (European) • Intro of backhand push • Recap backhand push rally • Backhand push footwork intro • Introduction of forehand drive • Development of K&U of scoring system in TT • To implement backhand and forehand combination / shot selection • Develop K&U of when to use different shots • Introduction of forehand push service • K&U of service rules for development into gameplay • Development of service technique in isolation and gameplay • Development of shot selection within competitive situation • Assessment lesson to summative assess performance • Recap of all major skills / rules from unit • Formative assessment will have taken place throughout
Rugby	8	<ul style="list-style-type: none"> • Tackling technique • Tackling in game situations, basic Rugby League rules • The play of the ball • Scoots and drives from the ruck area, develop rugby game understanding • Passing technique, 2v1 situations • Using passing skills in game situations, further develop game understanding, basic moves • Kicking technique (grubber, chip,) • Summative assessment – Competitive game situations

Dance	8	<ul style="list-style-type: none"> • Use images of Rock and Roll dance to create stills – learn basic steps and holds • Add jive footwork step with arms – pairs to include into routine • Take pairs and create small groups – create entrance/start to dance • Teach toe heel step and students work on different combinations – add into routine. MID-POINT ASSESSMENT • Add Canon section • Add a travelling section – discuss style • Create and ending/exit
Netball	8	<ul style="list-style-type: none"> • Short passing (chest & bounce) • Long Passing (overhead & shoulder) • Footwork part one • Footwork part two & Introduction to positions • Attacking skills: Dodging (sprint & feint) • Attacking skills: Interceptions & recap positions of play • Defending skills: Man to man marking • Positions of play & responsibilities on court • Shooting • Shooting development and match play
Hockey	8	<ul style="list-style-type: none"> • Introduction of basic dribble, ready position and stop • Recap dribble, ready position and stop. Introduce push pass • Recap push pass and introduce open stick dribbling varying direction • Recap dribbling, introduce square pass left and right, open stick • Introduce reverse stick control. Reverse stick pull back into square pass right • Introduction of block tackle and safe tackling back. 1 v 1 game • Recap tackling. Possession games 2 v 2 • Introduce 'slap hit'. Introduce small games, apply skills covered
Gymnastics	8	<ul style="list-style-type: none"> • Develop the correct landing technique, equipment familiarisation • Develop tuck, star, and straight jumps • Add jump half turn, straddle and pike jump develop a jump sequence in threes • Develop squat and straddle on vaults • Develop the straddle over and squat through vaults • Best gymnastics vaults and jumps for summative assessments

Football	8	<ul style="list-style-type: none"> • Game Introduction – play a variety of conditioned SSG – Initial Assessment • Develop individual movement with the ball (dribbling and turning 1v1 skills) • Short Passing technique and use in game situations • Long Passing technique and application in game situation • Finishing techniques in a variety of different game situation • Defending 1v1 technique and application in game situations • Combination play in small sided games
Fitness	8	<ul style="list-style-type: none"> • Understanding of different training methods • How to develop cardiovascular fitness through continuous training • CV Fitness testing and use of normative data to asses performance • Developing circuit training to develop different components of fitness • Interval training through cross country running
Athletics	8	<ul style="list-style-type: none"> • To introduce students to the correct sprinting technique • To continue to develop students understanding of correct running technique • To introduce students to relay changeover with a focus on the down sweep action • To introduce students to shot putt technique, focusing on stance, grip preparation and execution • To introduce students to the Fosbury Flop technique • Develop students' ability to observe and feedback on performance • To introduce students to basic jumping technique