

Year:7 Subject: Physical Education

IMPLEMENTATION

<p>INTENT (including key concepts and skills)</p>	<p>Outwitting Games Context: Football/Rugby/Netball/Basketball/Hockey/Handball Prior Learning Isolated skills/static drills Small sided conditioned Games. Key Vocabulary: Pass, dribble, shoot, mark, teamwork, attack, defend warm up and cool down, pulse raiser, stretching, mobility, dynamic, rehearsal Cultural Capital Team work and leadership opportunities. Healthy active lifestyles</p>	<p>Health and Fitness Context Prior Learning Different components of fitness used during small sided games Key Vocabulary: Cardiovascular endurance, muscular endurance, muscular strength, speed, power, flexibility, agility, balance, coordination, warm up, cool down, heart rate. Cultural Capital Healthy active Lifestyles, Diet and nutrition</p>	<p>Racket Sports Context: Badminton/Tennis Prior Learning Isolated skills/drills Short tennis conditioned practice. Key Vocabulary: Scoring, serve, point, forehand back hand Specific vocab relating to injury sprain, strain, Cultural Capital Competition, winning and losing, caring for others.</p>	<p>Aesthetics Context: Gymnastics/Dance/Trampolining/Fitness Prior Learning KS2 travel, movement and balance. Moving to rhythm and beat. KS2 healthy body. Key Vocabulary: Motif, performance, aesthetics, progressive overload Frequency, intensity, time, type, Cultural Capital Active, healthy choices, Body and mind.</p>	<p>Striking & Fielding Context: Rounders/Softball/Cricket Prior Learning Basic throwing and catching and conditioned games Key Vocabulary: Striking, barrier, fielding, umpire, bowler, back stop, humorous, tibia fibula, vertebrae, hinge ball and socket, pivot, saddle Cultural Capital Traditional sports, origins and differences.</p>	<p>Athletics Context: Track Events/Field events Prior Learning KS2 sportshall athletics, sprinting, throwing and jumping. Key Vocabulary: Sprint, pace, speed, strength, power, distance Hydration, carbohydrates, protein, fat Cultural Capital Diet and nutrition – making positive choices.</p>
<p>Skills Skills in isolation, conditioned practice and different games</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>X</p>
<p>Full Context Students must demonstrate their ability to apply the core skills/techniques, specific to their position where appropriate, in the full context</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>X</p>
<p>IMPACT</p>	<p>Assessment: Performance, leadership, leading warm ups Progression to KS4: Tactics and strategies, full sided games. GCSE & VCERT PE – Warm up & Cool down</p>	<p>Assessment: Performance, leading warm ups, fitness testing results, comparing to normative data Progression to KS4: GCSE & VCERT PE Knowledge and understanding of health and fitness, benefits of training and exercising. Components of fitness, Principles and methods of training, fitness testing</p>	<p>Assessment: Performance, leadership, injury treatments Progression to KS4: Doubles, competitive games. GCSE & VCERT PE – Reducing the risk of Injury</p>	<p>Assessment: Performance, leadership, methods of training Progression to KS4: Choreographing sequences and routines, personal exercise plans GCSE PE & VCERT – Principles of Training,</p>	<p>Assessment: Performance, leadership, anatomy and physiology Progression to KS4: Tactics and strategies, full sided games. GCSE & VCERT PE – Anatomy & Physiology,</p>	<p>Assessment: Performance, leadership, diet plans Progression to KS4: Age related equipment in field events GCSE & VCERT PE – Nutrition</p>

Cultural Capital is the body of knowledge a student needs so that they can flourish in the future and not be left behind. LTM = Long Term Memory.

Year:8 Subject: Physical Education

IMPLEMENTATION

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<p style="text-align: center;">INTENT (including key concepts and skills)</p>	<p>Invasion Games Context: Football/Rugby/Netball/Basketball/Hockey/Handball Prior Learning Isolated skills/developed drills conditioned games. Some competition & tactics/strategies Key Vocabulary: Rules, tactics, evasion, invasion, formation, blood and oxygen flow, dynamic, active, passive Cultural Capital Team work and leadership opportunities. Healthy active lifestyles</p>	<p>Health and Fitness Context Prior Learning Different components of fitness that are used in sports and activities they play Key Vocabulary: Training methods, Continuous training, fartlek, interval, circuit, weight training, plyometric training Cultural Capital Healthy active Lifestyles, Diet and nutrition,</p>	<p>Racket Sports Context: Badminton/Tennis Prior Learning Isolated skills/drills Short tennis conditioned practice. Full court games Key Vocabulary: Movement, court, smash, drop shot, disguise, fake, posture, scoliosis, kyphosis, lordosis Cultural Capital Competition, winning and losing, caring for others.</p>	<p>Aesthetics Context: Gymnastics/Dance/Trampolining /Fitness Prior Learning Developed travel, movement and balance. Moving to rhythm and beat. Balancing in pairs and groups Key Vocabulary: Tension, extension, quality, assessment, evaluation, Flexibility, cardiovascular, Respiratory, endurance, agility, balance Cultural Capital Active, healthy choices, Body and mind.</p>	<p>Striking & Fielding Context: Rounders'/Softball/Cricket Prior Learning Develop practices and competitive full rounders' games Key Vocabulary: Contraction, isotonic, isometric, cardiac, hamstring, quadriceps, biceps, triceps, pectorals Cultural Capital Traditional sports, origins and differences.</p>	<p>Athletics Context: Track Events/Field events Prior Learning Use of proper specialised equipment, Developed practices, competition and measuring and timing Key Vocabulary: Malnutrition, vitamins, minerals, supplements Cultural Capital Diet and nutrition – making positive choices.</p>
<p>Skills Skills in isolation, conditioned practice and different games</p>	X	X	X	X	X	X
<p>Full Context Students must demonstrate their ability to apply the core skills/techniques, specific to their position where appropriate, in the full context</p>	X	X	X	X	X	X
<p style="text-align: center;">IMPACT</p>	<p>Assessment: Performance, leadership, leading warm ups Progression to KS4: Tactics and strategies, full sided games. GCSE PE – Principles of Training</p>	<p>Assessment: Performance, leading warm ups, fitness testing results, comparing to normative data, completing of different training methods Progression to KS4: GCSE & VCERT PE – Knowledge and understanding of health and fitness, benefits of training and exercising. Components of fitness, Principles and methods of training & fitness testing</p>	<p>Assessment: Performance, leadership, injury treatments Progression to KS4: Doubles, competitive games. GCSE PE – Reducing the risk of Injury</p>	<p>Assessment: Performance, leadership, methods of training Progression to KS4: Choreographing sequences and routines, personal exercise plans GCSE PE – Principles of Training,</p>	<p>Assessment: Performance, leadership, anatomy and physiology Progression to KS4: Tactics and strategies, full sided games. GCSE PE – Anatomy & Physiology,</p>	<p>Assessment: Performance, leadership, diet plans Progression to KS4: Age related equipment in field events GCSE PE – Nutrition</p>

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