



## PLUME ACADEMY - LEARNING OVERVIEW

Year	10 - Core PE
Course	Physical Education

### Prior Learning

The subject builds on your child's key stage 3 experience in Physical Education by looking at each of the sports previously delivered in more depth. They will continue to build on their skill application and tactical awareness in all sports delivered in key stage 3, as well as maintaining and promoting a lifelong participation in sport and physical activity.

### Curriculum Intent – What are the curriculum aims?

The purpose of core Physical Education at key stage 4 aims to help develop individuals within a number of areas of Physical Education as well as promoting a healthy lifestyle. The first aim is to promote and ensure students value the importance of having a lifelong participation in sport and physical activity. Core Physical Education will also look to ensure that students know and can implement a healthy lifestyle physically, mentally, and socially. Students are expected to show and develop their ability to make tactical and strategic decisions in a wide range of sports. There will also be opportunities for students to widen their knowledge in regards to exit routes into the local community.

### Curriculum Implementation – What will my child will be learning?

Term 1	Half Term 1	<p>The activities students will partake in will be dependent on the pathway in which each student will choose to take. Each pathway will include an implementation of each of the following:</p> <ul style="list-style-type: none"> <li>• <b>Active Participation or competitiveness</b> – this will be implemented through the student partaking in traditional team sports, this will be a variety of sports such as: football, rugby, rounders, cricket etc.</li> <li>• <b>Physical well-being</b> – students will have opportunity to use the fitness suite which they will have access to use a variety of cardiovascular machines, weighted assisted machines, and free weights. There will also be an inclusion of well-being exercises/activities such as yoga and HIIT workouts.</li> <li>• <b>Exposure to alternate activities</b> – throughout core key stage 4 Physical Education students will have opportunities to participate in alternate activities. This may include: bench ball, dodge ball, archery, foot golf,</li> </ul>
	Half Term 2	
Term 2	Half Term 3	
	Half Term 4	
Term 3	Half Term 5	
	Half Term 6	



		<p>American football, rock climbing, Australian rules football etc.</p> <ul style="list-style-type: none"> <li>• <b>Independent learners</b> – students will be provided with independent tasks and activities which they will be required to complete, such as orienteering.</li> </ul>
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**Curriculum Impact – How will progress be assessed as I learn?**

Within core Physical Education there is no formal assessments which the students will be required to complete. However, students will receive regular feedback during lessons, this will be received in a number of ways such as: peer analysis, self-assessment and teacher feedback. This will often be based on the student’s ability to perform isolated skills or their performance of these skills when applied to a game situation.

**Super-Curricular Opportunities – Support and Extending Learning**

<b>Useful study resources</b>	<b>If a student is really passionate about this subject...</b>	<b>As a parent/carer, I can assist my child in this subject by:</b>
<p>Take part in competitive sports and activities outside curriculum time.</p> <p>We have an extensive extra-curricular programme which is updated on a termly basis. After attending clubs, students may be selected to represent Plume Academy in fixtures against other schools.</p> <p>Termly interform competitions where students can represent their form in year group competitions.</p>	<p>Speak to a member of the PE Team to find out about school-club links. Also, speak to a member of the PE department or the school’s career advisor, about potential routes that could be taken to work within the sporting industry.</p> <p>Nominate themselves to be a Sports Captain – giving students a voice and enhancing their ownership of physical activity delivery to ensure that activities are appropriately tailored to their needs.</p> <p>Wider Reading: All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material. Sports biographies and ‘day in the life of’ programs give an excellent insight into the world of the elite athlete.</p>	<p>Create a sporting habit for life - Physical activity contributes to both good physical and mental development. It has a wide range of physical and emotional benefits.</p> <p>Developing regular physical activity behaviours in childhood is crucial as we know that children who are active are more likely to become active adults and continue to reap the benefits of an active lifestyle throughout their life course.</p>