



## PLUME ACADEMY - LEARNING OVERVIEW

|         |                    |
|---------|--------------------|
| Year    | Nine               |
| Subject | Physical Education |

### Prior Learning

***The Year 9 programme of study in PHYSICAL EDUCATION builds on a child's key stage two experience by*** aiming to improve health and well-being, promote active participation and help all students fulfil their potential. We aim to ensure that children's experience of Physical Education is positive and motivating. In Year 9, we offer a greater range of activities that look to stretch and develop students both practically and through application of theoretical knowledge. Students' pathways become more tailored to the needs of the group. Focus is given to refining practical skills, selecting and applying in a game/ performance and also on preparing students for the potential opportunity of a PE examination pathway. We also aim to develop the confidence and skills to equip students for lifelong enjoyment and participation in physical activity.

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

The intent of PE at Plume is to expose students to a range of activities to promote lifelong participation at varying levels to lead a healthy active lifestyle and to provide opportunities for students to excel in sport.

We aim to engage ALL young people in physical activity. 'ME in PE' is an approach which combines personal development with physical activities in a more focused manner. Our core aims will focus around:

| Physical Skills  | Thinking/ Cognitive Skills   | Social Skills   | Personal Skills   |
|--|--|---|---|
| <ul style="list-style-type: none"> <li>• Acquiring and developing skills</li> <li>• Selecting and applying skills</li> <li>• Physical fitness</li> </ul> | <ul style="list-style-type: none"> <li>• Knowledge and understanding</li> <li>• Tactics</li> <li>• Decision making, Analysis and Evaluation</li> <li>• Creativity</li> </ul> | <ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Motivating and influencing others</li> <li>• Communication</li> <li>• Respect</li> </ul> | <ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Determination</li> <li>• Resilience</li> </ul> |

A high-quality PE curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.



**Curriculum Implementation – What my child will be learning?  
2 lessons a week**

**The Learning Journey, and activities included, will vary depending on the class your son/ daughter is in. Over the course of the year – all groups will experience a wide range of activities.**

All Pupils should be taught to:

- Use a range of tactics and strategies to overcome opponents in competition through team and individual games
- Develop their technique and improve their performance in a range of competitive sports
- Perform routines/ sequences using advanced techniques within a range of styles and forms
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, developing skills to solve problems, either individually or as a group
- Analyse performances compared to previous ones and demonstrate improvements

Take part in competitive sports and activities

|        |             |   |
|--------|-------------|---|
| Term 1 | Half Term 1 | Badminton<br>Football<br>Netball<br>Trampolining<br>Table Tennis<br>Orienteering<br>Health Related Exercise           |
|        | Half Term 2 | Basketball<br>Rugby<br>Aussie Rules<br>American Football<br>Invasion Games<br>Health Related Exercise<br>Trampolining |
| Term 2 | Half Term 3 | Table Tennis<br>Cross Country<br>Handball<br>Health Related Exercise<br>Orienteering<br>Badminton<br>Volleyball       |
|        | Half Term 4 | Trampolining<br>Invasion Games<br>Volleyball<br>Badminton<br>Table Tennis<br>Health Related Exercise<br>Badminton     |
| Term 3 | Half Term 5 | Athletics<br>Striking and Fielding Games  |
|        | Half Term 6 | Athletics<br>Striking and Fielding Games<br>Lifetime Sports   |



### Curriculum Impact – How will progress be assessed?

- Students assessed in each activity across the year. These mainly run on a half termly basis.
- Grades are given for each activity (A-E) at the end of each half term.
- The assessment grades for each activity cover all four strands: “Physical, Thinking, Social and Personal Me”
- In each progress review phase, activities will be averaged to give an overall grade.
- Grades will be determined by applying the assessment grid matrix across the length of the activity.

### Super-Curricular Opportunities – Extending Learning

| <b>Useful supporting resources:</b>  | <b>If a student is really passionate about this subject, they could:</b>   | <b>As a parent/carer, I can assist my child in this subject by:</b>   |
|--|--|---|
| <p>Take part in competitive sports outside curriculum time. We offer an extensive extra-curricular programme updated on a termly basis.</p> <p>After attending clubs, students may be selected for Academy fixtures against other schools.</p> <p>Mentoring for G&amp;T students</p> <p>Opportunity to access PGL Outdoor &amp; Adventurous Trip and/ or ski trip.</p> | <p>Speak to a member of the PE Team to find out about school-club links.</p> <p>Nominate themselves to be a Sports Captain – giving students a voice and enhancing their ownership of physical activity</p> <p>Wider Reading: All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s).</p> <p>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> |