



PLUME ACADEMY - LEARNING OVERVIEW

Year	Seven
Subject	Physical Education

Prior Learning

The Year 7 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. Throughout Key Stage 3 PE, we offer a range of activities that look to stretch and develop students both practically and through application of theoretical knowledge.

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

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 they do) vary slightly depending on the group. However, all students will have the opportunity to develop their skills in a range of different sports over the academic year.

Term 1	Half Term 1	Basketball Rugby Netball Invasion Games Health Related Exercise Cross Country
	Half Term 2	Trampolining Football



Term 2	Half Term 3	Table Tennis Cross Country Orienteering
	Half Term 4	Health Related Exercise Athletics Invasion Games Handball Basketball
Term 3	Half Term 5	Athletics Striking and Fielding Games
	Half Term 6	Athletics Striking and Fielding Games Competitive activities

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

Useful supporting resources:	If a student is really passionate about this subject, they could:	As a parent/carer, I can assist my child in this subject by:
<p>Take part in competitive sports/ activities outside curriculum time. We offer an extensive extra-curricular programme updated on a termly basis.</p> <p>After attending clubs, students may be selected to represent Plume Academy in fixtures against other schools.</p> <p>Mentoring for G&T students</p> <p>Opportunity to access PGL Outdoor & 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>