

Medium Term Plan

Subject: PE

Subject Leader: Miss Arnold

We offer a broad and balanced P.E curriculum, which gives our pupils experiences of many different sports. Our aim is to be physically active for sustained periods of time and we encourage our children to take part in competitive sports and to lead healthy active lifestyles.

Please note: Information on sequence of individual lessons can be found within Mr. Sigley's schemes of work for each unit identified here.

Year group	Autumn	Spring	Summer
Nursery	<p>Physical Development <u>Gross Motor Skills ELG</u> - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; giving things a try & taking risks. - Move energetically, such as running, jumping, dancing, hopping, skipping, slithering, rolling and climbing. -shows increasing control over any size object in pushing, patting, throwing and catching or kicking it.</p> <p><u>Fine Motor Skills ELG</u> - Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; - Use a range of small tools, including scissors, paint brushes and cutlery; with some or little support and guidance - Begin to show accuracy and care when drawing using circles and lines to represent objects.</p>		
	<p><u>Topic related: Me and my world</u> Autumn 1 1. Listening games (stop & go)</p> <p>Autumn 2 1. People who help us 2. Winter & Christmas</p>	<p><u>Topic related: Rumble in the jungle</u> Spring 1 1. Growing 2. Mini beasts 3. Jungle</p> <p>Spring 2 1. Jungle 2. Improve: agility, Balance, catching and throwing</p>	<p><u>Topic related: Land ahoy</u> Summer 1 1. Transport 2. Pirates</p> <p>Summer 2 1. Pirates 2. Under the sea</p>
Reception	<p>Physical Development <u>Gross Motor Skills ELG</u> - confidently negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance, control and coordination when playing; develop on the skills already embedded, become more independent in exploration of these skills, challenge themselves. - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing for: longer periods of time, further distances, higher jumping or climbing goals and longer dance routines.</p> <p><u>Fine Motor Skills ELG</u> - Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; - Use a range of small tools, including scissors, paint brushes and cutlery, completely independently, controlled and to manipulate materials to their desire outcome. - Begin to show accuracy and care when drawing, in-depth drawings including different features and specific aspects of their drawing. They can represent their own independent ideas, thoughts and feeling through their drawings.</p>		
	<p><u>Topic related: My world and Beyond</u> Autumn 1 1. People who help us 2. Space</p> <p>Autumn 2 1. Winter 2. Christmas</p>	<p><u>Topic related: Step into a story</u> Spring 1 1. Spring 2. Super heroes</p> <p>Spring 2 1. Improve: agility, Balance, catching and throwing.</p>	<p><u>Topic related: All creatures Great and small.</u> Summer 1 1. Swimming 2. Dinosaurs</p> <p>Summer 2 1. Swimming 2. The Circus</p>

Y1	<p>Autumn 1 – Multi Skills Objectives:</p> <ul style="list-style-type: none"> • Throw and catch showing a degree of competency, in isolation and in varied environments. • Show an awareness of how the body changes/functions during exercise. • Development in FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). <p>Autumn 1 – Invictus Objectives:</p> <ul style="list-style-type: none"> • Demonstrate changes of direction, speed & level. • Show an awareness of how the body changes/functions during exercise. • With guidance participate displaying respect, fair play and working well with others. <p>Autumn 2 - Gymnastics Objectives:</p> <ul style="list-style-type: none"> • Demonstrate changes of direction, speed & level. • Show an awareness of how the body changes/functions during exercise. • Perform and repeat sequences of movements. <p>Autumn 2 - Swimming Objective:</p> <ul style="list-style-type: none"> • Show proficiency in one stroke when swimming. 	<p>Spring 1 – Dance Objectives:</p> <ul style="list-style-type: none"> • Demonstrate changes of direction, speed & level. • Perform and repeat sequences of movements. • Development in FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). <p>Spring 1 HRE Objectives:</p> <ul style="list-style-type: none"> • Show an awareness of how the body changes/functions during exercise. • Perform and repeat sequences of movements. • Development in FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). <p>Spring 2 — Multi Skills Objectives:</p> <ul style="list-style-type: none"> • Throw and catch showing a degree of competency, in isolation and in varied environments. • Show an awareness of how the body changes/functions during exercise. • Development in FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). <p>Spring 2 –Orienteering Objectives</p> <ul style="list-style-type: none"> • Repeat and Perform sequences of movements • Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team • With guidance participate displaying respect, fair play and working well with others 	<p>Summer 1 – Football Objectives:</p> <ul style="list-style-type: none"> • Development in FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). • Use FUNdamentals of movement to achieve success, individually and as a team. • With guidance participate displaying respect, fair play and working well with others. <p>Summer 1 & 2– Athletics Objectives:</p> <ul style="list-style-type: none"> • Show an awareness of how the body changes/functions during exercise. • Development in FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). • Use FUNdamentals of movement to achieve success, individually and as a team. <p>Summer 2 -Striking & Fielding Objectives:</p> <ul style="list-style-type: none"> • Throw and catch showing a degree of competency, in isolation and in varied environments. • Use FUNdamentals of movement to achieve success, individually and as a team. • With guidance participate displaying respect, fair play and working well with others.
Y2	<p>Autumn 1 - Swimming Objective:</p> <ul style="list-style-type: none"> • Swim 25m unaided, proficient in a stroke. 	<p>Spring 1 - Gymnastics Objectives:</p> <p>Use changes of direction, speed & level during performance</p>	<p>Summer 1 – Football Objectives:</p> <ul style="list-style-type: none"> • Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop,

	<p>Autumn 1 - Multi Skills Objectives:</p> <ul style="list-style-type: none"> Show an awareness of how the body changes/functions during exercise. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). <p>Autumn 2 - Dance Objectives:</p> <ul style="list-style-type: none"> Link two or more actions to perform a sequence showing control and co-ordination. Demonstrate changes of direction, speed & level during performances or in competitive environments. Perform and repeat sequences of movements. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). <p>Autumn 2 HRE Objectives:</p> <ul style="list-style-type: none"> Show an awareness of how the body changes/functions during exercise. Perform and repeat sequences of movements. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). 	<p>Understand how the body changes during exercise Plan, perform and repeat sequences of movements</p> <ul style="list-style-type: none"> Link two or more actions to perform a sequence showing control and co-ordination. Demonstrate changes of direction, speed & level during performances or in competitive environments. Show an awareness of how the body changes/functions during exercise. Perform and repeat sequences of movements. <p>Spring 1 - Multi Skills Objectives:</p> <ul style="list-style-type: none"> Show an awareness of how the body changes/functions during exercise. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). <p>Spring 2- Handball Objectives;</p> <ul style="list-style-type: none"> Throw and catch displaying a range of techniques Competent in the FUNdamentals of movement Use FUNdamentals of movement to be successful in competitive environments <p>Spring 2- Orienteering Objectives;</p> <ul style="list-style-type: none"> Repeat and Perform sequences of movements Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team With guidance participate displaying respect, fair play and working well with others 	<p>Weight on Hands, Balance & Coordination).</p> <ul style="list-style-type: none"> Use FUNdamentals of movement to employ simple tactics in varied environments. With guidance participate displaying respect, fair play and working well with others. <p>Summer 1 – Tennis Objectives;</p> <p>Summer 2 - Athletics Objectives;</p> <ul style="list-style-type: none"> Show an awareness of how the body functions/changes during exercise Displays development in FUNdamentals of movement Uses FUNdamentals to achieve success in competitive environments. <p>Summer 2 – Striking & Fielding Objectives:</p> <ul style="list-style-type: none"> Use FUNdamentals of movement to employ simple tactics in varied environments. With guidance participate displaying respect, fair play and working well with others. <p>Additional Units.</p> <p>– Invictus Objectives:</p> <ul style="list-style-type: none"> Demonstrate changes of direction, speed & level during performances or in competitive environments. Show an awareness of how the body changes/functions during exercise. With guidance participate displaying respect, fair play and working well with others. <p>–</p>
Y3	<p>Autumn 1 – Netball Objectives:</p> <ul style="list-style-type: none"> Throw and catch displaying control and accuracy, in isolation and varied environments. 	<p>Spring 1 - Dance Objectives:</p> <ul style="list-style-type: none"> Move in a clear, fluent and expressive manner. 	<p>Summer 1 – Athletics Objectives</p> <ul style="list-style-type: none"> Demonstrate changes of direction & speed during competition

- Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination).
- Use FUNdamentals of movement to employ simple tactics in varied environments.
- Displays an understanding of respect, fair play and working well with others.

Autumn 1 -Multi Skills

Objectives:

- Throw and catch displaying control and accuracy, in isolation and varied environments.
- Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination).
- Use FUNdamentals of movement to employ simple tactics in varied environments.

Autumn 2- Gymnastics

Objectives:

- Demonstrate changes of direction, speed & level during performances or in competitive environments.
- Move in a clear, fluent and expressive manner.
- Plan, perform and repeat sequences of movements.

Autumn 2- HRE

Objectives:

- Demonstrates an understanding of how the body changes/functions during exercise.
- Plan, perform and repeat sequences of movements.
- Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination).

- Plan, perform and repeat sequences of movements.
- Displays an understanding of respect, fair play and working well with others.

Spring 1 - Tag Rugby

Objectives:

- Throw and catch displaying control and accuracy, in isolation and varied environments.
- Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination).
- Use FUNdamentals of movement to employ simple tactics in varied environments.

Spring 2 – Orienteering

Objectives

- Plan, perform and repeat sequences of movements in a group
- Use FUNdamentals of movement to employ simple tactics in competitive environments
- Displays an understanding of fair play, respect and working well with others

Spring 2- Cricket

Objectives;

- Throw and catch displaying control and accuracy, in isolation and varied environments.
- Use FUNdamentals of movement to employ simple tactics in varied environments.
- Displays an understanding of respect, fair play and working well with others.

- Demonstrates an understanding of how the body changes/functions during exercise.
- Competent in FUNdamentals of movement

Summer 1 – Basketball

Objectives

- Throwing and catching demonstrating a ranger of techniques
- Competent in the fundermental movements
- To use the FUNdermental movement to be successful in competitive environment

Summer 2 – Swimming

Objective:

- Swim 25m unaided, Can demonstrate proficiency in a range of strokes.

Summer 2- Rounders

Objectives;

- Throw and catch displaying with accuracy, in isolation and varied environments
- Use FUNdamentals of movement to employ simple tactics in competitive environments
- Displays an understanding of fair play, respect and working well with others

Additional Units;

Handball

Objectives:

- Throw and catch displaying control and accuracy, in isolation and varied environments.
- Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination).
- Use FUNdamentals of movement to employ simple tactics in varied environments.

Autumn 1 – Football**Objective**

- Utilise changes of direction, speed & level during performances/competition to succeed
- Select and utilise appropriate tactics and techniques to cause problems for opponents
- Displays an understanding of fair play, working well with others and leading a small group

Autumn 1 - Netball**Objectives:**

- Select and utilise appropriate tactics and techniques to cause problems for opponents.
- Displays an understanding of fair play, working well with others and leading a small group.
- Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control).

Autumn 2 – Swimming**Objective:**

- Swim 25-50m unaided, demonstrates proficiency in a range of strokes at the surface and below.

Autumn 2 - Gymnastics**Objectives:**

- Utilise changes of direction, speed & level during performances/competition to succeed.
- Displays an understanding of fair play, working well with others and leading a small group.
- Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements.

Spring 1 - Dance**Objectives:**

- Create movements that convey a clear stimulus, refining these movements into sequences.
- Displays an understanding of fair play, working well with others and leading a small group.
- Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements.

Spring 1 – HRE**Objectives:**

- Demonstrates a developed understanding of how the body changes/functions during exercise.
- Displays an understanding of fair play, working well with others and leading a small group.

Spring 2-orienteeing**Objectives;**

- Utilise changes of direction, speed & level during performances/competition to succeed
- Displays an understanding of fair play, working well with others and leading a small group
- Change running styles according to distance, with the intention of beating personal best's

Spring 2- Hockey**Objectives:**

- Utilise changes of direction, speed & level during performances/competition to succeed.
- Select and utilise appropriate tactics and techniques to cause problems for opponents.
- Displays an understanding of fair play, working well with others and leading a small group.

Summer 1 – Handball**Objectives;**

- Select and utilise appropriate tactics and techniques to cause problems for opponents
- Displays an understanding of fair play, working well with others and leading a small group
- Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control).

Summer 1 – Tennis**Objectives:**

- Utilise changes of direction, speed & level during performances/competition to succeed.
- Select and utilise appropriate tactics and techniques to cause problems for opponents.
- Displays an understanding of fair play, working well with others and leading a small group.

Summer 2 – Athletics**Objectives:**

- Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control).
- Change running styles according to distance, with the intention of beating personal best's.

Summer 2-Cricket**Objectives;**

- Select and utilise appropriate tactics and techniques to cause problems for opponents
- Displays an understanding of fair play, working well with others and leading a small group
- Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control).

Additional Units**Parkour****Objectives:**

- Utilise changes of direction, speed & level during performances/competition to succeed.

			<ul style="list-style-type: none"> • Demonstrates a developed understanding of how the body changes/functions during exercise. • Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements.
Y5	<p>Autumn 1 – Netball Objectives;</p> <ul style="list-style-type: none"> • Display an understanding of fair play, working well with others and leading a medium sized group • Field, defend and attack tactically by anticipating the direction of play • Utilise new skills in competitive situations, as an individual or part of a team <p>Autumn 1- Parkour Objectives;</p> <ul style="list-style-type: none"> • Uses knowledge of the relationship between the body and exercise to improve various fitness components • Utilise new skills in competitive situations, as an individual or part of a team <p>Autumn 2-HRE Objectives:</p> <ul style="list-style-type: none"> • Uses knowledge of the relationship between the body and exercise to improve all fitness components. • Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles). <p>Autumn 2 – Dance Objectives:</p> <ul style="list-style-type: none"> • Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely. • Display an understanding of fair play, working well with others and leading a large group. • Utilise new skills in competitive situations, as an individual or part of a team. 	<p>Spring 1 - Gymnastics Objectives:</p> <ul style="list-style-type: none"> • Uses knowledge of the relationship between the body and exercise to improve all fitness components. • Create complex, demanding and well executed sequences containing a variety of gymnastic components. • Display an understanding of fair play, working well with others and leading a large group. <p>Spring 1 -Tag Rugby Objectives:</p> <ul style="list-style-type: none"> • Display an understanding of fair play, working well with others and leading a large group. • Field, defend and attack tactically by anticipating and reacting to the direction of play. • Utilise new skills in competitive situations, as an individual or part of a team. <p>Spring 2- Cricket Objectives:</p> <ul style="list-style-type: none"> • Display an understanding of fair play, working well with others and leading a large group. • Field, defend and attack tactically by anticipating and reacting to the direction of play. • Utilise new skills in competitive situations, as an individual or part of a team. <p>Spring 2- Orienteering Objectives;</p> <ul style="list-style-type: none"> • Display an understanding of fair play, working well with others and leading a medium sized group. • Utilise new skills in competitive situations, as an individual or part of a team 	<p>Summer 1 - Swimming Objective:</p> <ul style="list-style-type: none"> • Swim 50m fluently with controlled strokes (breast stroke, front and back.) <p>Summer 1 – Basketball Objectives;</p> <ul style="list-style-type: none"> • Select & utilise appropriate tactics & techniques • Displays an understanding of fair play, working well with others • Can adapt throwing technique to ensure success in a variety of activities <p>Summer 2 – Athletics Objectives:</p> <ul style="list-style-type: none"> • Uses knowledge of the relationship between the body and exercise to improve all fitness components. • Utilise new skills in competitive situations, as an individual or part of a team. • Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles). <p>Summer 2-Rounders Objectives;</p> <ul style="list-style-type: none"> • Display an understanding of fair play, working well with others and leading a medium sized group • Field, defend and attack tactically by anticipating the direction of play • Utilise new skills in competitive situations, as an individual or part of a team). <p>Additional Units.</p> <p>Football Objectives:</p> <ul style="list-style-type: none"> • Display an understanding of fair play, working well with others and leading a large group.

			<ul style="list-style-type: none"> Field, defend and attack tactically by anticipating and reacting to the direction of play. Utilise new skills in competitive situations, as an individual or part of a team. <p>Handball Objectives:</p> <ul style="list-style-type: none"> Display an understanding of fair play, working well with others and leading a large group. Field, defend and attack tactically by anticipating and reacting to the direction of play. Utilise new skills in competitive situations, as an individual or part of a team.
Y6	<p>Autumn 1 Swimming Objective:</p> <ul style="list-style-type: none"> Swim 100m fluently with controlled strokes (breast stroke, front and back.) <p>Autumn 1 - Handball Objective</p> <ul style="list-style-type: none"> Display an understanding of fair play, working well with others and leading a medium sized group Field, defend and attack tactically by anticipating the direction of play Utilise new skills in competitive situations, as an individual or part of a team). <p>Autumn 2 – Gymnastics Objectives:</p> <ul style="list-style-type: none"> Uses knowledge of the relationship between the body and exercise to improve all fitness components. Create complex, demanding and well executed sequences containing a variety of gymnastic components. Display an understanding of fair play, working well with others and leading a large group. <p>Autumn 2 – HRE (Mr. Sigley) Objectives:</p> <ul style="list-style-type: none"> Uses knowledge of the relationship between the body 	<p>Spring 1 - Dance Objectives:</p> <ul style="list-style-type: none"> Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely. Display an understanding of fair play, working well with others and leading a large group. Utilise new skills in competitive situations, as an individual or part of a team. <p>Spring 1- Parkour Objectives;</p> <ul style="list-style-type: none"> Uses knowledge of the relationship between the body and exercise to improve various fitness components Utilise new skills in competitive situations, as an individual or part of a team <p>Spring 2- Orienteering Objectives</p> <ul style="list-style-type: none"> Display an understanding of fair play, working well with others and leading a medium sized group). Utilise new skills in competitive situations, as an individual or part of a team 	<p>Summer 1 – Football Objectives;</p> <ul style="list-style-type: none"> Display an understanding of fair play, working well with others and leading a medium sized group Field, defend and attack tactically by anticipating the direction of play Utilise new skills in competitive situations, as an individual or part of a team <p>Summer 1- Tennis Objectives;</p> <ul style="list-style-type: none"> Uses knowledge of the relationship between the body and exercise to improve various fitness components Field, defend and attack tactically by anticipating the direction of play Utilise new skills in competitive situations, as an individual or part of a team <p>Summer 2-Athletics Objectives</p> <ul style="list-style-type: none"> Uses knowledge of the relationship between the body and exercise to improve various fitness components Utilise new skills in competitive situations, as an individual or part of a team Utilise knowledge of technique to perform at an optimum level in

	<p>and exercise to improve all fitness components.</p> <ul style="list-style-type: none"> Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles). <p>Additional Units Basketball Objectives:</p> <ul style="list-style-type: none"> Display an understanding of fair play, working well with others and leading a large group. Field, defend and attack tactically by anticipating and reacting to the direction of play. Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs. 	<p>Spring 2- Hockey Objectives:</p> <ul style="list-style-type: none"> Display an understanding of fair play, working well with others and leading a large group. Field, defend and attack tactically by anticipating and reacting to the direction of play. Utilise new skills in competitive situations, as an individual or part of a team. 	<p>different types of throw, jump and run</p> <p>Summer 2- Cricket Objectives;</p> <ul style="list-style-type: none"> Display an understanding of fair play, working well with others and leading a medium sized group Field, defend and attack tactically by anticipating the direction of play Utilise new skills in competitive situations, as an individual or part of a team <p>Additional Units Summer 2 - Rounders Objectives:</p> <ul style="list-style-type: none"> Display an understanding of fair play, working well with others and leading a large group. Field, defend and attack tactically by anticipating and reacting to the direction of play. Utilise new skills in competitive situations, as an individual or part of a team.
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Y7 (SMW) Students in Y7 will be taught through Models based Practice and will be assessed through the 'Me in Pe' model. Students will be taught in mixed sex classes in a clear move away from the traditional Multi Activity Approach'

	<p>Term 1a Game Sense Lesson zero/Expectations Students will initially have two lesson of 'team building' activities, followed by a lesson whereby they are taught to complete an individual or small group warm up. This is then followed by ten lessons of 'Game Sense'. This is an instructional model which aims to accomplish the following: -Emphasises game understanding and the development of tactics and strategy. -Assists students in developing technical skills as they recognise and understand their importance in the context of games. -Enhances social and communication skills by presenting small teams and strategic challenges to solve. This unit will address some of the inconsistencies in prior learning.</p>	<p>Term 2a Teaching Dance for Understanding In this unit, students will be immersed in authentic dance experiences. Students will learn an inquiry based model which brings Dance to life through the 6 key phases of TDfU ; Dance as a playful experience Dance Appreciation Developing Connections Creative Exploration Skill Refinement Dance performance</p> <p>Term 2b Sport Education Model (SEM) Students will take part in a Sport Education 'Season' in which they will learn to be a competent player, become a literate player who understands values, rules and rituals and one who is an enthusiastic player who preserves, protects and enhances</p>	<p>Term 3a Direct Instruction In the Y7 athletics unit, students will be learning about the technical models of runs, jumps and throws. Students will be encouraged to learn through a problem solving approach and asked to consider factors which affect distance or time. Students are measured against performance indicators. Within Y7, students are expected to learn about pacing, running quickly and throwing 3 of the 4 athletic implements.</p> <p>Term 3b TGfU Applied to striking games In this unit, students will learn through the pedagogical model of Teaching Games for Understanding. Students will have one lesson of DI and then apply the skills into the TGfU model. Key features of the unit are : 1, Game is introduced 2, Game appreciation 3,</p>
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Term 1b Health based Physical Education

In the second unit, students are taught through a carousel approach and are taught about the importance of a healthy, active lifestyle. Students should aspire to;

- 1) Value a physically active life, becoming habitual, motivated, informed and critical movers.
- 2) Demonstrate a positive attitude to PA through regular participation and effort within and beyond the school.
- 3) Identify PA guidelines (60 mins of moderate to vigorous per day).
- 4) Identify and participate in a range of common light, moderate and vigorous physical activities.
- 5) Explain the effects of PA and an active lifestyle of physical, mental and social well being.
- 6) Identify how and where to take part in PA inside and outside of school.
- 7) Demonstrate safe and effective technique in a range of physical activities.
- 8) Identify common barriers to PA participation and how to overcome these.

the sport culture. They will take part in games-based activities with the following features underpinning the unit; Seasons Affiliation Formal competition Culminating Event Keeping Records Festivity

Tactical Awareness 4, Decision Making 5, Skill Execution 6, Performance