PE

Curriculum Principles

**By the end of their secondary education at Dixons Brooklands Academy students will have gained many attributes from Physical Education;**

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| * Have the ability to excel in a broad range of physical activities
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| * Be physically active for sustain periods of time
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| * Engage in competitive sports activities
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| * Lead healthy active lifestyles.
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**At Dixons Brooklands Academy the PE department aims to use the 3 pillars of progression to meet the breadth and ambition of the National Curriculum.**

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| 1. **Skill acquisition (hands)** – knowledge and range of movements that become increasingly sport and physical active specific.  |
| 2.**Tactical awareness (heads)** – knowledge of the conventions of participation in different sports and physical activities.  |
| 3. **Emotions/interactions (hearts)** – knowledge of leadership and ability to interact with others. |

**At DBK we aim for students to;**

• have developed a secure foundation of fundamental movement skills which allow students to develop and apply their motor competence to a wide range of sports.

• have developed knowledge in a wide range of sports including rules, strategies and tactical decision-making skills that can be applied successfully into either competitive situations or situations that apply pressure to students decision making.

• know the physical, mental and social benefits of healthy lifelong participation in physical activity and have considered the negative impacts of following a sedentary lifestyle.

• have, if they continue their study to examination PE at key stage 4, developed their knowledge in a wide range of sporting contexts outside of performing including understanding how the body works and its response to exercise, along with barriers and solutions to sports participation.

***Our uniting ‘sentence’ is:*** *Physical Education at Dixons Brooklands Academy inspired a love for sport, and health, and gave students the tools to fulfil a health and active lifestyle in future life.*

**Assessment**

Our students are assessed over 10 sports across the academic year, 2 sports each term. Our students are given a percentage for each sport based on the three different pillars of assessment, Skill Acquisition, Tactical awareness and Emotions/Interactions. The overall percentages will be averaged each term, so an accurate percentage can be given to parents, guardians and students in regards to the overall grade for the different sports done. This takes into consideration the depth and breathe of our curriculum at DBK.

The assessment used develops through 5 different stages, those achieving the higher percentages are those securing competency with the three different areas, ‘Consistently displaying more advanced abilities’ in comparison to those at stage one showing ‘Limited Development of the Basics FMS’. Students being graded in the early stages will be able to perform a basic skills in isolation with limited success in a game situation or conditioned practice. Student being graded in the excellence stage will be able to perform complex skills with success nearly all the time while under pressure in a game situation or conditioned practice.

**In order to achieve a true understanding of PE, topics have been intelligently sequence based on the following rationale:**

• The knowledge and skills selected are to prepare students for examination PE at KS4, providing them with the correct knowledge to succeed, as well as providing them with the correct skills and techniques to perform in competitive environments, within school and outside of school. In order to meet the aims of the NC we aim to develop students’ knowledge, understanding and applications of motor competence, rules, strategies, tactics and their understanding of healthy participation in PA. Throughout KS3 students will develop their motor competence to build on and apply fundamental motor skills into sport specific practices. Lesson are carefully planned and sequenced to provide students with confidence (low stake tasks / discussions about prior experience) in order to develop their motor competence in the long term.

• By completing a variety of sports within the categories of, net and wall games, invasion games and striking and fielding games. Students will develop skills and techniques with focuses on using that knowledge to perform in competitive situation. These units will give all pupils the knowledge required to live an active lifestyle in the future.

• Tactical awareness; Rules, strategies and tactical principles will be introduced and will be applied in a competitive environment. The main focus will be to improve students decision making based on the rules or tactics for each specific sport. This will be done through competitive and conditioned practices. Motor competence and rules, strategies and tactics are mutually taught. With the main focus being motor competence in Year 7. Students will be introduced to rules, strategies and tactics from Y7 but not assessed on their application of them until Y9. This gives student adequate time to develop their motor competence without the pressure of applying tactics to their performance. This does not mean students will not be taught rules, strategies and tactics as they are a fundamental part of sport.

 • KS3 students will develop the skill, knowledge and confidence to understand healthy participation in PA in and outside of the classroom environment. Students will be taught the benefits exercise can have on the body. How exercise can affect heart rate and how fitness can not only positively impact sporting performance but also general health and well-being. The aim is to develop their knowledge and understanding of healthy participation so they can apply it to their journey towards a healthy, active lifestyle.

**KS4 PE is developed through a number of examination classes:**

• At KS4 core PE the activities are aimed to develop high quality athletes that can demonstrate and apply basic, core and advanced physical skills; a range of tactical proficiencies; a deep understanding of rules and regulation principles and an ability to apply all of these correctly in a range sport-specific competition.

In KS4 students are given more autonomy over their learning allowing them to focus on selected sports / activities they aim to master (e.g. Football, Badminton) to enable them to apply this in their own healthy active lifestyle. There is a greater emphasis on rules, strategies and tactics at KS4 as student should have developed their FMS and motor competence during KS3 and now be applying these competences to game / competitive situations. At KS4 student also have the opportunity to study GCSE PE, BTEC TECH Sport and BTEC TECH Dance allowing students autonomy over their preferred examination subject.

• The curriculum has been sequenced to allow students to gradually build a depth of physical skill through the application of this procedural and substantive knowledge in a wide range of sporting contexts.

**Our PE curriculum will address social disadvantage by addressing gaps in students’ knowledge and skills**:

• Due to the nature of our surrounding area, and communities, our curriculum is designed around the most disadvantaged learner in our community. We are careful not to assume any prior general knowledge or access to physical activity and sport as students arrive from local primary schools. All students are taught a rigorous curriculum which extends beyond the expectations set by the national curriculum for PE. Although students are taught in groups, we have the same high expectations of all students and we do not narrow the curriculum based on prior attainment. All students are taught from the same scheme of work, with the same skills and techniques taught, but in different ways, to different learners, so that everyone has access to the same powerful knowledge, but some activities may be supplemented or modelled as required for individual or small groups of students.

• Teachers spend extended periods of time, prioritising disadvantaged students and those from identified underrepresented groups, ensuring that they are implementing effective and preventative strategies for these learners, ensuring highly tailored teaching methods are personalised. Using methods such as peer coaching, targeted questioning, scaffolding, or breakout groups for those students.

**PE has many contributing factors to our students at DBK:**

**At KS4 our belief is that home learning should be interleaved revision of powerful knowledge that has been modelled and taught in lessons. This knowledge is recalled and applied through a range of low stakes quizzing and practice PSA tasks.**

 • Throughout Physical education at DBK lessons incorporate a variety of different activities which are imperative for students to develop their physical, social and mental health. The high levels of activity that our students will take part in will help to have a life-long impact on students’ lives and development.

 • Students confidence and ability to lead are challenges which are presented to our students throughout the curriculum and extra- curricular activities. All lessons will require students to communicate with others and at times work in teams and groups with leadership roles. Our lessons are created in a way to support the development of students, to create confident and young leaders.

• Mental health issues across young and older people is on the rise, and it is important to ensure that students understand the benefits of exercise on the mind. Resilience, determination and self-esteem are just some of the many psychological factors that can be imperative to a person's mental health. It is well researched that exercise can have positive effects on a person's mental well-being and the PE curriculum has high expectations and challenging activities will push students out of their comfort zones and careful scaffolding of successes and next steps will help students to improve their self-esteem.

• Within our community cultural barriers can be seen throughout, and throughout PE we work to break down these cultural barriers that exist within society and sport. Working together in mixed ability groups and learning to understand differences, in backgrounds, gender, religion and disability. During BTEC classes students looks at the barriers to participation for these different user groups, and the methods to overcome these. The variety of activities on our curriculum ensure success for all no matter a students gender, culture or disability with new age Curling and Boccia lessons given to students n all year groups each year.

**PE develops cultural capital across many areas, as well as preparing students for success throughout examination PE:**

• Our links with our sponsor the Manchester United Foundation provides additional experiences for the pupils including trips to leadership and sporting events. These all help to provide students with career goals and give them the aspiration to work hard to achieve these. These trips and topics covered whilst studying the course help to improve student’s employability skills.

• The PE Department offers many extra-curricular clubs after school and are available to all students to develop their skill set, understanding of the game/activity and socialise with peers. As part of this, students are given multiple opportunities to represent the academy at local competitions.

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|  | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** | **Week 7** | **Week 8** | **Week 9** | **Week 10** | **Week 11** | **Week 12** | **Week 13** |
| **Cycle 1** | **W/C 28/8** | **W/C 04/09** | **W/C 11/09** | **W/C 18/09** | **W/C 25/09** | **W/C 02/10** | **W/C 09/10** | **W/C 16/10** | **W/C 06/11** | **W/C 13/11** | **W/C 20/11** | **W/C 27/11** | **W/C 04/12** |
| **Training days + 1 pupil day** |  |  |  |  |  |  |  |  |  | **Data days 23/11 + 24/11** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cycle 2** | **W/C 11/12** | **W/C 18/12** | **W/C 08/01** | **W/C 15/01** | **W/C 22/01** | **W/C 29/01** | **W/C 05/02** | **W/C 19/02** | **W/C 26/02** | **W/C 04/03** | **W/C 11/03** | **W/C 18/03** | **W/C 08/04** |
|  |  |  |  |  |  | **Training day 09/02** |  |  | **Data days 07/03 + 08/03** |  |  |  |
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| **Cycle 3** | **W/C 15/04** | **W/C 22/04** | **W/C 29/04** | **W/C 06/05** | **W/C 13/05** | **W/C 20/05** | **W/C 03/06** | **WC 10/06** | **W/C 17/06** | **W/C 24/06** | **W/C 01/07** | **W/C 08/07** | **W/C 15/07** |
|  |  |  | **May bank holiday 06/05** |  |  |  |  |  |  | **Data day 19/07** |  |  |
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**Long Term Plan KS3**

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|  | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** | **Week 7** | **Week 8** | **Week 9** | **Week 10** | **Week 11** | **Week 12** | **Week 13** |
| **Cycle 1** | **W/C 28/8** | **W/C 04/09** | **W/C 11/09** | **W/C 18/09** | **W/C 25/09** | **W/C 02/10** | **W/C 09/10** | **W/C 16/10** | **W/C 06/11** | **W/C 13/11** | **W/C 20/11** | **W/C 27/11** | **W/C 04/12** |
| **Training days + 1 pupil day** |  |  |  |  |  |  |  |  |  | **Data days 23/11 + 24/11** |  |  |
| Girls- NetballRugby UnionBoys-FootballBasketball | Girls- NetballRugby UnionBoys-FootballBasketball | Girls- NetballRugby UnionBoys-FootballBasketballGirls- NetballRugby UnionBoys-FootballBasketball | Girls- NetballRugby UnionBoys-FootballBasketball | Girls- NetballRugby UnionBoys-FootballBasketball | Girls- NetballRugby UnionBoys-FootballBasketball | Girls- NetballRugby UnionBoys-FootballBasketball | Girls- NetballRugby UnionBoys-FootballBasketball | Girls-BadmintonGymnasticsBoys-Rugby UnionDance | Girls-BadmintonGymnasticsBoys-Rugby UnionDance | Girls-BadmintonGymnasticsBoys-Rugby UnionDance | Girls-BadmintonGymnasticsBoys-Rugby UnionDance | Girls-BadmintonGymnasticsBoys-Rugby UnionDance |
| **Cycle 2** | **W/C 11/12** | **W/C 18/12** | **W/C 08/01** | **W/C 15/01** | **W/C 22/01** | **W/C 29/01** | **W/C 05/02** | **W/C 19/02** | **W/C 26/02** | **W/C 04/03** | **W/C 11/03** | **W/C 18/03** | **W/C 08/04** |
|  |  |  |  |  |  | **Training day 09/02** |  |  | **Data days 07/03 + 08/03** |  |  |  |
| Girls-BadmintonGymnasticsBoys-Rugby UnionDance | Girls-BadmintonGymnasticsBoys-Rugby UnionDance | Girls-DanceFootballBoys-BadmintonGymnastics | Girls-DanceFootballBoys-BadmintonGymnastics | Girls-DanceFootballBoys-BadmintonGymnastics | Girls-DanceFootballBoys-BadmintonGymnastics | Girls-DanceFootballBoys-BadmintonGymnastics | Girls-BasketballTable TennisBoys-HandballShort Tennis | Girls-BasketballTable TennisBoys-HandballShort Tennis | Girls-BasketballTable TennisBoys-HandballShort Tennis | Girls-BasketballTable TennisBoys-HandballShort Tennis | Girls-BasketballTable TennisBoys-HandballShort Tennis | Girls-Rounder’sShort TennisBoys-Table TennisRugby League |
| **Cycle 3** | **W/C 15/04** | **W/C 22/04** | **W/C 29/04** | **W/C 06/05** | **W/C 13/05** | **W/C 20/05** | **W/C 03/06** | **WC 10/06** | **W/C 17/06** | **W/C 24/06** | **W/C 01/07** | **W/C 08/07** | **W/C 15/07** |
|  |  |  | **May bank holiday 06/05** |  |  |  |  |  |  | **Data day 19/07** |  |  |
| Girls-Rounder’sShort TennisBoys-Table TennisRugby League | Girls-Rounder’sShort TennisBoys-Table TennisRugby League | Girls-Rounder’sShort TennisBoys-Table TennisRugby League | Girls-Rounder’sShort TennisBoys-Table TennisAthletics | Girls-Rounder’sShort TennisBoys-Table TennisAthletics | Girls-Rounder’sShort TennisBoys-Table TennisAthletics  | Girls-AthleticsSoftballBoys-CricketAthletics | Girls-AthleticsSoftballBoys-CricketAthletics | Girls-AthleticsSoftballBoys-CricketAthletics | Girls-AthleticsSoftballBoys-CricketAthletics | Girls-AthleticsSoftballBoys-CricketAthletics | Girls-AthleticsSoftballBoys-CricketAthletics | Girls-AthleticsSoftballBoys-CricketAthletics |

**Long Term Plan Y10 (BTEC TECH SPORT)**

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|  |  | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** | **Week 7** | **Week 8** | **Week 9** | **Week 10** | **Week 11** | **Week 12** | **Week 13** |
| **Cycle 1** |  | **W/C 28/8** | **W/C 04/09** | **W/C 11/09** | **W/C 18/09** | **W/C 25/09** | **W/C 02/10** | **W/C 09/10** | **W/C 16/10** | **W/C 06/11** | **W/C 13/11** | **W/C 20/11** | **W/C 27/11** | **W/C 04/12** |
|  | **Training days + 1 pupil day** |  |  |  |  |  |  |  |  |  | **Data days 23/11 + 24/11** |  |  |
| DoubleComponent 1 |  | Introduction to Component 1/ Classifications of sport. | Outdoor activities/Physical Fitness activities | Provision of Physical activity/ Sectors | Participants with disabilities/Long term health issues. | Barriers/Methods to overcoming barriers. | PSA Scenario 1A. YOU DO. | Different types of sports clothing and footwear Benefits and Limitations | Sports specific and safety equipment benefits and limitations | Facilities/ Officiating | The benefits and limitations of equipment  | PSA Scenario 1B. YOU DO. | Types of activities in a pulse raiser/Choosing the correct pulse raiser |
| SingleComponent 1 |  | Benefits of taking part in exercise | Practical | Physical activity needs of participants | Barriers to Participation | Practice assessment/ I do | 1B Different types of sports clothing and footwear | Sports specific and safety equipment | Modified equipment and facilities | Technology | PSA Scenario 1B. I DO. | **Planning a warm-up** | Response of the cardiorespiratory system to a pulse raiser |
| **Cycle 2** |  | **W/C 11/12** | **W/C 18/12** | **W/C 08/01** | **W/C 15/01** | **W/C 22/01** | **W/C 29/01** | **W/C 05/02** | **W/C 19/02** | **W/C 26/02** | **W/C 04/03** | **W/C 11/03** | **W/C 18/03** | **W/C 08/04** |
|  |  |  |  |  |  |  | **Training day 09/02** |  |  | **Data days 07/03 + 08/03** |  |  |  |
| DoubleComponent 1 | Response of the musculoskeletal system to a pulse raiser | Response of the cardiorespiratory and musculoskeletal system to a mobiliser | Response of the cardiorespiratory and musculoskeletal system to preparation stretches | Adapting warm ups for different categories of participants | Delivering a warm-up to prepare participants for **physical activity** | Organising a warm up/ Supporting participants in a warm-up | **PSA Preparation** | **PSA Preparation** | **PSA Preparation** | **PSA Completion** | **PSA Completion** | **PSA Completion** | **Component 2 Introduction** |
| SingleComponent 1 | Types of activities in a mobiliser | Types of activities in preparation stretches | Adapting a warm-up for different categories of participants and **different types of physical activities** | Adapting the warm up to make it specific to a physical activity | **Practical** | Planning your warm up | **PSA Preparation** | **PSA Preparation** | **PSA Completion** | **PSA Completion** | **PSA Completion** | **PSA Completion** | Components of fitness |
| **Cycle 3** |  | **W/C 15/04** | **W/C 22/04** | **W/C 29/04** | **W/C 06/05** | **W/C 13/05** | **W/C 20/05** | **W/C 03/06** | **WC 10/06** | **W/C 17/06** | **W/C 24/06** | **W/C 01/07** | **W/C 08/07** | **W/C 15/07** |
|  |  |  |  | **May bank holiday 06/05** |  |  |  |  |  |  | **Data day 19/07** |  |  |
| DoubleComponent 2 | Components of fitness | **Skill related fitness** | Aerobic Endurance training methodsPractical | Speed training methods | Flexibility Training methods | Free weights training methods | **PSA 2A practice**  | **Types of skill/Types of practices**  | **Skills and techniques for sports performance** | **Responsibility of officials**  | **Rules and Regulations** | **PSA Practice Task: YOU DO** |  |
| SingleComponent 2 | **Physical Components**  | **Mini Assessment components of fitness**  | Practical | Practical | Practical | **Recap lesson** | Component 2b introduction  | **Practical** | **Strategies**  | **Role of the Official** | **PSA Practice Task- I DO** | **Practical** |  |

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|  |  | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** | **Week 7** | **Week 8** | **Week 9** | **Week 10** | **Week 11** | **Week 12** | **Week 13** |
| **Cycle 1** |  | **W/C 28/8** | **W/C 04/09** | **W/C 11/09** | **W/C 18/09** | **W/C 25/09** | **W/C 02/10** | **W/C 09/10** | **W/C 16/10** | **W/C 06/11** | **W/C 13/11** | **W/C 20/11** | **W/C 27/11** | **W/C 04/12** |
|  | **Training days + 1 pupil day** |  |  |  |  |  |  |  |  |  | **Data days 23/11 + 24/11** |  |  |
| DoubleComponent 1 | Demonstrating ways to improve participants sporting techniques | Drills and Practices | **PSA Practice 2C** | Recap | Recap | PSA Preparation | PSA preperation | PSA preperation | PSA Completion | PSA Completion | PSA Completion | PSA Completion | Catch up time/Practical |
| SingleComponent 1 | Drills and Practices | Supporting participants | **Recap** | PSA Preparation | PSA Preparation | PSA Preparation | PSA preperation | PSA Completion | PSA Completion | PSA Completion | PSA Completion | Practical | Component 3 overview |
| **Cycle 2** |  | **W/C 11/12** | **W/C 18/12** | **W/C 08/01** | **W/C 15/01** | **W/C 22/01** | **W/C 29/01** | **W/C 05/02** | **W/C 19/02** | **W/C 26/02** | **W/C 04/03** | **W/C 11/03** | **W/C 18/03** | **W/C 08/04** |
|  |  |  |  |  |  |  | **Training day 09/02** |  |  | **Data days 07/03 + 08/03** |  |  |  |
| DoubleComponent 1 | Introduction to component 3 | Basic Principles of training (FITT) | Calculating maximum heart rate | Technology to measure exercise intensity | Reliability, practicality & validity | Interpreting data | Fitness testing-Speed | Fitness testing- Aerobic Endurance  | Fitness testing muscular Strength | Fitness testing- Power | Fitness testing - Coordination | **Practice exam** | **Effects of long-term training** |
| SingleComponent 1 | Components of fitness | Additional principles of training | Exploring the relationship between HR and the RPE scale | Investigating fitness testing to determine fitness levels | Designing an informed consent  | Fitness test methods | Fitness testing- Muscular Endurance | Fitness testing- Body composition | Fitness testing- Agility | Fitness testing- Balance | Fitness testing- Reaction Time | **Providers of fitness testing** |  |
| **Cycle 3** |  | **W/C 15/04** | **W/C 22/04** | **W/C 29/04** | **W/C 06/05** | **W/C 13/05** | **W/C 20/05** | **W/C 03/06** | **WC 10/06** | **W/C 17/06** | **W/C 24/06** | **W/C 01/07** | **W/C 08/07** | **W/C 15/07** |
|  |  |  |  | **May bank holiday 06/05** |  |  |  |  |  |  | **Data day 19/07** |  |  |
| DoubleComponent 2 | **Investigating fitness programming to improve performance** | **Motivational techniques/ Influence of motivation** | **Exam Preperation** | **Exam Preperation** | **Exam Preperation** | **Exam Preperation** |  |  |  |  |  |  |  |
| SingleComponent 2 | **Personal information to aid training** | **Benefits of motivation** | **Exam Preperation** | **Exam Preperation** | **Exam Preperation** | **Exam Preperation** |  |  |  |  |  |  |  |

**Long Term Plan Y11 (BTEC TECH SPORT)**