

PE is a vital part of school life at Lammas and as a department, our intent is to provide an, inclusive, broad and balanced PE curriculum that allows for students to develop their confidence and ability whether it be through enhancing existing skills, learning new skills or building character to perform in competitive sport adhering to the Lammas values.

Through our lessons our students will understand the importance of leading a healthy active lifestyle educating them so they reap the benefits of physical, mental and social well-being as they develop into successful young adults.

In addition we believe participating in sporting activity is a key element and proud tradition of our school and therefore provide a great emphasis on providing opportunities to play and compete in sport through morning, lunchtime and after school clubs which involve inter-house and inter-school competitions locally and further afield. We actively engage and encourage in providing students with club links in the local community to develop their chosen sport further.

## TLS Physical Education Curriculum

Alevels, Sport Science, BTEC Sports Coaching and development qualifications University; Sport science, management, development coaching, psychology Refereeing qualifications PGCE; Physical Education n Teacher Sport science - advance in sporting equipment Media in sport; TV, presenter,

Key theme the **Body and Me: Energy systems** 

-Coursework -Revision techniques

completed

**Key theme** Health and Safety: Fair play

and team work -Further Thinking -Understand new

techniques to

**Key theme Healthy** Lifestyle: managing work and exercise

understanding of the

knowledge from -GCSE

Key theme the **Body and Me:** neuromuscular system

Lead in sporting events as part of unit 4 -Gain work experience -Completion of units 4 and 18 and case study

**Key theme Health** and safety: Fair play and team work

-Life beyond Lammas -Completion of Unit 6,

knowledge and understanding for case study

-Completion of Unit

**Key theme Healthy** Lifestyle: managing work and exercise -Analyse and Evaluate -Meet deadlines set for all

#### **Key theme Healthy** Lifestyle:

Importance of sleep -Physiology and Anatomy Identify/ define and explain key concepts of the muscular/skeletal system -Identify/define and explain key concepts of the cardio

-Understand systems effect

#### Key theme Health and safety: being prepared clothing, drink

-Physical Training

-Apply fitness components to their use in sports -Analyse the need for differing methods of training -Evaluate the validity of fitness testing

### Key theme the Body and

Cardiac system -Movement Analysis

-Describe how planes and

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#### **Key theme Healthy** Lifestyle: managing

-Detailed analysis of own

-Detailed training programme to improve weakness in sport

-Evaluation to improve skill weakness

#### **Key theme Health** and Safety: sportsmanship

explaining knowledge Students to be able to recall AO1 marks

knowledge to sport -Evaluate/ Justify long mark 6/9 mark Lower VI

#### Key theme the **Body and Me: Respiratory system**

-Gain knowledge of all possible sports on AQA syllabus

-Understand what questions are asking of them

-Be confident entering the exam period

#### Key theme the Body and Me: Musculoskeletal system

-Peer assessment feedback to improve peer

-Understand improvements needed to gain greater success

#### Key theme Health and Safety: complying to the rules and regulations

-Skill Components of fitness -Identify components of fitness applying to their need within

-Understand and perform how different training methods can improve fitness

#### **Key theme Healthy** Lifestyle: importance of cardiovascular fitness

-Application of skills in conditioned practices

-Embed skills learnt conditioned practices

-Apply the right skill/ technique to gain success

#### Key theme the Body and Me: Muscular system

-Improve personal goals

- Develop performance to improve

-Understand what is needed to

**Key theme** Health and Safety: Importance of warm up and cool down leadership within

performance -Working as a team

-Build confidence as an individual tasks

#### **Key theme Healthy Lifestyle:** understand nutrition and healthy eating

-Building and Embedding physical development and skills

#### **Key theme Health and Safety:** Using equipment safely

-Decision making within performance

-Transfer of skills developing ability

-Overcome challenges to gain

#### Key theme the Body and Me: Skeletal system

-Building a resilience in performance

-Set individual targets for success -Understand own performance to identify where improvement needs to be made

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#### **Key theme Healthy Lifestyle:** staying active

-Implementing new knowledge and skills

-Demonstrate new advanced skills to improve performance -Improve in game decision

making

