

# Physical Education AT HORRINGER COURT

In Physical Education we aim to give all pupils a positive experience and confidence in their own ability. Giving pupils the opportunity to experience a range of sports and activities to develop and maintain a healthy body and mental well being in school and in future life.



## BIG IDEAS

Develop and Learn skills in:

- Invasions Games - Rugby, Football, Hockey, Basketball & Netball
- Health Related Fitness
- Gymnastics
- Dance
- Tennis Striking & Fielding - Cricket, Rounders & Softball
- Athletics
- OAA



## CONTENT & SEQUENCING

- Key Stage 2
  - Development of basic skills and techniques
  - Develop knowledge and understanding of basic rules within a range of sports
- Key Stage 3
  - Development and mastery of basic skills & techniques
  - Developing more complex sport related skills
  - Using skills acquired in game situations
  - Understanding and implementing tactics
  - Evaluate and improve performance



## LINKS WITH ENGLISH & MATHS

- Maths
  - Timing
  - Measuring
  - Score Keeping
- English
  - Peer Assessment
  - Communication Processors
  - Technical Terminology



## RETRIEVAL PRACTICE

- Questioning during lessons
- Peer Assessment
- Skill development practices to show understanding and competence of skill
- Small sided games to reinforce learning
- Game Development



## PROGRESS

- Assessment lessons to monitor progress
- Sports revisited yearly
- Clubs offered for all ability and ages
- Fitness tests every term to monitor fitness



## SUPPORT

- Extensive Extra Curricular clubs in all sports
- Inter & Intra School Competitions - Local, County, Regional & National
- Lesson planning designed to meet needs of all pupils
- Sports taught by specialist teachers
- External Club Links