

## Physical Education (Core)

### Intent:

The Physical Education Department at BBG Academy is dedicated to providing as many sporting opportunities for our students as possible. At BBG Academy we strive to create a sports rich environment that provides pupils with the right environment to be comfortable to express themselves in a wide range of sports. Our aim is to give students the tools to enable a passion for sport and physical activity that will lead them to lifelong participation. While at BBG Academy, pupils will learn about the different components of physical fitness and they will gain the skills needed to ensure good health in this area throughout their life. At BBG, we also place a huge emphasis on the core values of sport and believe that these values can help develop students outside of the sporting arena. At BBG, in general, we look to teach our pupils about the code of conduct, etiquette, discipline, teamwork, fair play and resilience.

## Physical Education (Core) – Key Stage 3

### Implementation:

Term	Year 7			Year 8			Year 9		
	Topic	Knowledge	Skills	Topic	Knowledge	Skills	Topic	Knowledge	Skills
Term 1	<b>Boys</b> Rugby Badminton	<b>Head</b> Understand the coaching points for key skills in a range of activities.	<b>Heart</b> Outstanding attitude to learning, asks questions and shows a willingness to learn, may extend learning beyond the classroom, offers ideas in group discussion, will confidently and effectively lead a small group, attempts to lead a big group with some effectiveness, will show resilience when out of comfort zone.	<b>Boys</b> Health and fitness Rugby Badminton	<b>Head</b> Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities.	<b>Heart</b> Outstanding attitude to learning, asks questions and shows a willingness to learn, may extend learning beyond the classroom, offers ideas in group discussion, will confidently and effectively lead a small group, attempts to lead a big group with some effectiveness, will show resilience when out of comfort zone.	<b>Boys</b> Health and Fitness Rugby Volleyball	<b>Head</b> Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities.	<b>Heart</b> Outstanding attitude to learning, asks questions and shows a willingness to learn, may extend learning beyond the classroom, offers ideas in group discussion, will show resilience when out of comfort zone.
	<b>Girls</b> Netball Dance	Understand rules, positions and tactics in a range of activities. I can lead an effective warm-up to the whole class and ensure that they are prepared for the physical demands of that lesson. I can identify problems with my peers or my own technique and can give teaching points to correct these mistakes.	I can accurately explain the advantages, to myself and others, of following an active and healthy lifestyle in terms of physical, mental and social wellbeing. I can analyse the performance of myself and my peers to improve skills, techniques and/or fitness levels.	<b>Girls</b> Health and Fitness Netball Football	I can accurately explain the advantages, to myself and others, of following an active and healthy lifestyle in terms of physical, mental and social wellbeing. I can analyse the performance of myself and my peers to improve skills, techniques and/or fitness levels.	<b>Hands</b> I can demonstrate, with consistent accuracy and success, skills and techniques across a	<b>Girls</b> Health and Fitness Netball Football	I have knowledge of different training methods and I can give specific and accurate feedback to performers' sporting needs. I can display excellent understanding and suggest ways how skills, strategies and tactics can affect	<b>Hands</b> I can demonstrate, with consistent precision, control and fluency, an extensive range of appropriate skills and techniques in challenging activities. I consistently make effective decisions

Term	Year 7			Year 8			Year 9		
	Topic	Knowledge	Skills	Topic	Knowledge	Skills	Topic	Knowledge	Skills
			variety of sports in competitive activities. I can apply complex ideas and tactics to activities and games.			activities. I consistently make effective decisions and can apply a range of ideas, solutions and tactics in challenging activities.		the quality of performance.	and can apply a range of ideas, solutions and tactics in challenging activities.
Term 2	<b>Boys</b> Football Dance Handball OAA  <b>Girls</b> Badminton Handball Rugby Gymnastics	<b>Head</b> Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities. I can identify and describe many of the short term and long-term effects of exercise on my physical, mental and social well-being. I can identify problems with my peers or my own technique and can give teaching points to correct these mistakes.	<b>Heart</b> Shows excellent communication with teacher and peers. Will confidently and effectively lead a small group, attempts to lead a big group with some effectiveness.  <b>Hands</b> I can demonstrate, with consistent accuracy and success, skills and techniques across a variety of sports in competitive activities. I can apply complex ideas and tactics to activities and games.	<b>Boys</b> Football Handball Trampolineing Hockey  <b>Girls</b> Trampolineing Badminton Rugby Handball	<b>Head</b> Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities. I can lead and officiate matches showing a good understanding of the rules. I can analyse the performance of myself and my peers to improve skills, techniques and/or fitness levels.	<b>Heart</b> Shows excellent communication with teacher and peers, will confidently and effectively lead a small group, attempts to lead a big group with some effectiveness. Will show resilience when out of comfort zone.  <b>Hands</b> I can demonstrate, with precision, control and fluency, an extensive range of appropriate skills and techniques in challenging activities. I consistently make effective decisions and can apply a	<b>Boys</b> Badminton Football Trampolineing Handball  <b>Girls</b> Rugby Hockey Badminton OAA	<b>Head</b> Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities. I can lead others in activities/warm-ups and be able to individually set up skills practices and enhance student's learning.	<b>Heart</b> Shows excellent communication with teacher and peers, will confidently and effectively lead a small group, attempts to lead a big group with some effectiveness.  <b>Hands</b> I can demonstrate, with consistent precision, control and fluency, an extensive range of appropriate skills and techniques in challenging activities. I consistently make effective decisions and can apply a range of ideas, solutions and tactics in challenging activities.

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	Topic	Knowledge	Skills	Topic	Knowledge	Skills	Topic	Knowledge	Skills
Term 3						range of ideas, solutions and tactics in challenging activities.			
	<p><b>Boys</b> Health and Fitness Gymnastics Athletics Table Tennis Cricket</p> <p><b>Girls</b> Health and Fitness OAA Athletics Rounders Table Tennis</p>	<p><b>Head</b> Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities. I can identify and describe many of the short term and long-term effects of exercise on my physical, mental and social well-being. I can identify problems with my peers or my own technique and can give teaching points to correct these mistakes.</p>	<p><b>Heart</b> Offers ideas in group discussion. Outstanding attitude to learning, asks questions and shows a willingness to learn. Shows excellent communication with teacher and peers. Will confidently and effectively lead a small group, attempts to lead a big group with some effectiveness.</p> <p><b>Hands</b> I can demonstrate, with consistent accuracy and success, skills and techniques across a variety of sports in competitive activities. I can apply complex ideas and tactics to activities and games.</p>	<p><b>Boys</b> Basketball OAA Cricket Athletics Table Tennis</p> <p><b>Girls</b> Table Tennis OAA Gymnastics Athletics Rounders</p>	<p><b>Head</b> Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities. I can analyse the performance of myself and my peers to improve skills, techniques and/or fitness levels.</p>	<p><b>Heart</b> Will show resilience when out of comfort zone. Shows excellent communication with teacher and peers.</p> <p><b>Hands</b> I can demonstrate, with precision, control and fluency, an extensive range of appropriate skills and techniques in challenging activities. I consistently make effective decisions and can apply a range of ideas, solutions and tactics in challenging activities.</p>	<p><b>Boys</b> Table Tennis OAA Hockey Athletics Cricket</p> <p><b>Girls</b> Trampolining Handball Table Tennis Rounders Athletics</p>	<p><b>Head</b> Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities. I can critically evaluate the quality of my own and others' tactics and skills when performing across many different activities.</p>	<p><b>Heart</b> Shows excellent communication with teacher and peers, will confidently and effectively lead a small group. will show resilience when out of comfort zone.</p> <p><b>Hands</b> I can demonstrate, with consistent precision, control and fluency, an extensive range of appropriate skills and techniques in challenging activities. I consistently make effective decisions and can apply a range of ideas, solutions and tactics in challenging activities.</p>

## Physical Education (Core) – Key Stage 4

Term		Year 10		
		Topic	Knowledge	Skills
Term 1	<b>Boys</b> Health and Fitness Rugby Basketball	<b>Head</b> I have an extensive knowledge and understanding of the components of fitness, principles of training and effects of exercise and how these factors can improve performance. I can plan and lead a safe and effective coaching session. Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities.	<b>Heart</b> Outstanding attitude to learning, asks questions and shows a willingness to learn, may extend learning beyond the classroom, offers ideas in group discussion, will show resilience when out of comfort zone.  <b>Hands</b> I can demonstrate, with outstanding precision, control and fluency, an extensive range of appropriate skills and techniques in exceptionally complex and challenging activities. I consistently make effective decisions and can consistently apply a range of ideas, solutions and tactics in very challenging activities.	
	<b>Girls</b> Health and Fitness Netball Football			
Term 2	<b>Boys</b> Football Alternative games Trampolining Badminton	<b>Head</b> I can evaluate my own and others' performances and give detailed feedback using technical and tactical advice as to how changes of strategies, skills, tactics, techniques and fitness can affect the quality and outcome of the performance. Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities.	<b>Heart</b> Shows excellent communication with teacher and peers, will confidently and effectively lead a small group, attempts to lead a big group with some effectiveness. Will show resilience when out of comfort zone.  <b>Hands</b> I consistently make effective decisions and can consistently apply a range of ideas, solutions and tactics in very challenging activities.	
	<b>Girls</b> Trampolining Hockey Rugby Handball			
Term 3	<b>Boys</b> Hockey Cricket Athletics	<b>Head</b> I have an extensive knowledge and understanding of the components of fitness, principles of training and effects of exercise and how these factors can improve performance. I can evaluate my own and others' performances and give detailed feedback using technical and tactical advice as to how changes of strategies, skills, tactics, techniques and fitness can affect the quality and outcome of the performance. Understand the coaching points for key skills in a range of activities. Understand rules, positions and tactics in a range of activities.	<b>Heart</b> Outstanding attitude to learning, asks questions and shows a willingness to learn, may extend learning beyond the classroom, offers ideas in group discussion, will show resilience when out of comfort zone. Will confidently and effectively lead a small group  <b>Hands</b> I can demonstrate, with outstanding precision, control and fluency, an extensive range of appropriate skills and techniques in exceptionally complex and challenging activities	
	<b>Girls</b> Badminton Rounders Athletics			