



Subject: PE Department

Year Group: 7

Curriculum Intent:

To develop all students physical, emotional and social me's (Health)

College Values:

We have observed that not every student will leave school as an elite athlete. But every student can enjoy learning about themselves and how they can fulfil their potential. We firmly believe that there is a physical activity out there for everyone to enjoy and our curriculum will help develop the whole person and not just their physical attributes.

In Year 7 we want students to be 'respectful participators'. This means that every student takes part in PE lessons, they aim to improve their own physical performance but also respect the ability for others to practice and also get better.

Knowledge and Skills:

PE Department Learning Journey highlights that students will become aspiring physical performers who engage and react in lessons: (Knowledge: Light Grey and Skills: Dark Grey)

In Year 7 students learn the following skills:

- Perform basic sporting skills
- Demonstrate the principles of attack vs defence
- Perform warm ups and cool downs

Students will also develop knowledge in the following areas:

- Muscular System
- Skeletal System
- Fitness Tests
- Components of fitness

Students will be able to participate in 6 different half termly units that may include multiple sporting areas:

- Invasion Games Part 1
- Invasion Games Part 2
- Health and Fitness
- Outdoor Adventurous Activities
- Health and Fitness
- Striking and Fielding
- Athletics



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Assessment:

KS3 and KS4 Core Lessons

Verbal guidance and verbal feedback will be a consistent feature in PE lessons along with visual guidance and visual demonstrations

Assessment booklets are completed after each unit of work, feedback provided in the form of a grade and self, peer and teacher written assessments (KS3 Only).

Written feedback on Google Classroom for KS3 homework will also be provided

Homework:

Homework will be set via show my homework. KS3 students will receive 3 pieces of homework per half term covering one topic area.

Cultural Capital:

Supporting student to develop as healthy human beings that continue to live an active lifestyle within the community. We aim to bring the community closer to school by developing and enhancing club links and increasing the health of the school and communities population. Extra-Curricular sports are available for recreational and competitive opportunities. Competitive fixtures are also played at District, Regional and National Level.

A mix gendered sports tour is offered each year for all ages to experience a different culture and a different experience within either football or handball. We have recently toured to Porto and Manchester.