

Physical Education

Learning Journey

Year 7 Developing basic skills;

Year 8 Developing and applying;

Year 9 Applying skills and developing tactics and strategies

At KS3, students participate in the following activities on rotation throughout the Autumn/Spring term and Summer term:

- Games activities: Rugby, Hockey, Football, Basketball for boys, Netball for Girls
- Gymnastics
- Swimming/Waterpolo and lifesaving
- OAA- Cross country/orienteering
- Fitness
- Swimming
- Dance
- Athletics
- Cricket
- Tennis
- Rounders

Why we teach it this way

The curriculum at KS3 ensures students have the opportunity to learn a broad range of specific skills across a variety of different sports and activities. Students are encouraged to work together to develop teamwork and leadership skills as well as developing a baseline physical fitness to enable them to gain success in the activities undertaken. They also work on their own resilience and mental capacity to succeed.

The range of activities have been chosen in order to give them the ability to develop a wide range of skills and attitudes enabling them to confidently and competently take part in the excellent extra-curricular opportunities at IGS and progress to joining clubs in the local community of which the school has fantastic links with.

Year 10 Participation/Leadership and application of skills from KS3 to develop lifelong learning

Knowledge and Content

Students participate in the following activities on rotation throughout the Autumn/Spring term and summer term:

- Games activities: Rugby, Hockey, Football, Futsal, Volleyball, Basketball for boys, Netball for Girls
- Badminton
- Handball
- Gymnastics
- Swimming
- OAA- Cross country/orienteering
- Fitness/Squash
- Swimming: water polo
- Dance/ exercise to music
- Cricket
- Tennis

- Rounders

Why we teach it this way

The curriculum in year 10 ensures students have the opportunity to apply the broad range of specific skills learnt in year 9 to competitive situations and full sided games across a variety of different sports and activities chosen.

Students are taught leadership skills taking more responsibility for their own learning.

Students are encouraged to work together to harness teamwork and leadership skills as well as develop their own physical fitness further. They will have more understanding of their own and others resilience and mental capacity to succeed.

The range of activities have been chosen in order to give them the ability to develop a wide range of skills and attitudes enabling them to confidently and competently take part in the excellent extra-curricular opportunities at IGS and develop a love a of physical activity, so they continue physical activity and sport throughout life.

Year 11

Application of skills to develop lifelong love and participation in sport and recreation

Subject Knowledge and content

Students **opt** into the following activities the Autumn and Spring term completing a 6-week block on the chosen activities:

- Games activities: Football, Basketball, Dodgeball, Netball
- Badminton
- Fitness: Body Pump, Fitness gym,
- Squash
- Bowling
- Swimming: Water polo
- OAA: Cross Country, Climbing

Why we teach it this way

The curriculum in year 11 ensures students have the opportunity to take responsibility for their own learning allowing them to opt into a series of sports and activities of their choice.

This will ensure they are motivated to succeed at the same time as giving them their own personal pathway in sport and physical activity.

Students are encouraged to work together to harness teamwork and leadership skills as well as develop their own physical fitness further. They will have more understanding of their own and others resilience and mental capacity to succeed.

The range of activities on offer have been chosen in order to give them the ability to develop a wide range of skills and attitudes enabling them to confidently and competently take part in the excellent extra-curricular opportunities at IGS and develop a love a of physical activity so they continue physical activity and sport throughout life.