Falconer School

Curriculum Intent:

We are committed to providing a personalised curriculum which allows students to grow in confidence, build resilience and realise their full potential; equipping them with the skills and knowledge needed for future success.

Course Information			
Year: 7		**Subject: PE**	
Subject	Physical education	**Subject Lead contact information**	Jeffrey Fisher Jfisher@faconer.herts.uk
Exam Board		**Specification code**	

Subject Content

We provide pupils the chance to engage in a wide range of sports and physical activities which will inspire them to lead healthy, active lives after they leave Falconer School. In addition through curricular and extra-curricular activities, pupils are developing their social, communication and independence skills, resulting in them being confident, resilient and independent young people who are prepared for adulthood.

Differentiation

Differentiation is the way the teacher adapts the lesson to provide the right kind of challenge to each student. This allows each student to access the same sport, at their own level. Some examples of differentiation used in P.E. are:

- Ability groups
- Cooperative learning groups
- Rules and conditions in games to support the learner
- Strategic placement of Teaching Assistant
- Modify the equipment
- More or less time for the task
- Chunking lesson
- Focus on skills and drills and not on competitive games
- Linking lessons to student's interests
- Giving responsibility to students, such as being captain or referee

Autumn 1	**<u>Football</u>** The aim is to get the students involved with team sport, a focus on building relationships with peers, in an encouraging positive atmosphere. Students will learn and develop new skills and techniques by participating in skill games. Once the students have developed key skills such as passing, ball control and tackling they will then be put into games. Games will have varied rules in place to challenge students. **<u>Key Vocabulary</u>** Free kick, yellow card, red card, foul, throw, cross, shot, pass, header, goal, shoot.
Autumn 2	**<u>Health and fitness</u>** Students will be taught the rules within the gym and how to use the equipment safely. This term is based around students understanding the importance of a healthy lifestyle. The students will take part in a six week programme based around progressive overload, The use of progressive overload is used to increase student's self-confidence. Students will also compete against each other and try and get better scores in each exercise they do. Students will also take part in the bleep test, Illinois agility test and the 30 metres sprint. **<u>Key Vocabulary</u>** Squat, box jump, sit up, press up, shoulder tap, plank, lunge, progressive overload.

Spring 1	**<u>Rugby</u>** The aim is to get the students involved with team sport, a focus on building relationships with peers, in an encouraging positive atmosphere. Students will learn and develop new skills and techniques by participating in skill games. Once the students have developed key skills such as passing, catching and tackling they will then be put into games. Games will have varied rules in place to challenge students. **<u>Key Vocabulary</u>** Catch, spin pass, push pass, tag, try, offside, conversion, penalty, drop kick
Spring 2	**<u>Basketball</u>** The basketball term will be focussed on improving fitness, hand eye coordination and movement into space. The skills students will be taught are push pass, bounce pass, overhead pass, shooting and dribbling. Once students have a basic skill level, they will be put into skill and conditioned games. **<u>Key Vocabulary</u>** Push pass, bounce pass, overhead pass, basket, pivot, layup.
Summer 1	**<u>Tennis/Handball</u>** Students will be taught tennis will smaller group sizes and handball with the full year group. This is a term that we will be focussing on improving hand eye coordination. Tennis we will be looking at forehand and backhand techniques. Handball will be looking at jump shooting and passing. Once students have a basic skill level, they will be put into skill and conditioned games. **<u>Key Vocabulary</u>** Forehand, backhand, net, doubles, singles, points, game, match, set.
Summer 2	**<u>Cricket and Hockey</u>** Students will be taught the cricket rules and the different positional roles. Students will play games with different rules to keep each student engaged. The skills taught in this term; • How to correctly hit a ball • How to bowl a ball • Blocking/catching tennis balls. Hockey: Students will be taught the rules of hockey and the different positional roles. Students will play games with different rules to keep each student engaged. Students will learn how to stop a ball with their stick, pass, flick, shoot and tackle. Once students have basic skills, they will play skill games and conditioned games. **<u>Key Vocabulary</u>** Bowler, batsmen, bowl, shot, pass, flick, block, catch, bowled, out, throw.
Assessment Details	
Students will be assessed at the end of each sport. Students will be put into two teams and play a match. I will assess the students on the criteria listed above.	

What can I do to support my child at home?

Students to join outside clubs in a range of sports, this will help bring a higher level of skill to sessions and will build on the current sessions of P.E. Students can also practice techniques taught in P.E lessons at home or in a park to progress further, this will help if they choose P.E as a subject.

Recommended resources

YouTube, watching sporting events, RFU website, Olympics Website.

Teaching Staff Contact Details

Name	Role	Email	Tel
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