

## Core Physical Education and Sport at Eggbuckland

Our aim for our core PE programme is that all students in Years 7-11:

- Undertake a range of sports and activities which are outstandingly taught and which promote an understanding of how exercise helps physical and mental health.
- Improve techniques, tactics and interpersonal teamwork skills so they can take part as participants, coaches or officials and are more likely to maintain an active lifestyle in the future.
- Have the opportunity for enrichment and extension through Positive Play, Extra-curricular Clubs and our Sports Academy.
- Experience a well-structured learning environment in which they feel safe and develop social and cultural understanding.
- Receive careers information and the opportunity to take relevant qualifications which inspire students to follow a Health and Sport occupation.

### Core PE Curriculum

The table below outlines the range of activities and key learning for a typical student. Different programmes and stages of progression are tailored depending on ability, prior experience and facility availability. In Year 7-9 there are 2 lessons per week and Yr10/11 have 1 lesson per week.

Groups are set by ability where possible to better support enrichment and extension. Some students will move between sets for a particular activity depending on ability or experience.

New activities introduced after Year 7 will start at the Foundation stage.

| Year     | Stage                                    | Activities   | Key Terms   | Understanding of Health and Fitness   |
|----------|--|--|---|---|
| <b>7</b> | <b>Foundation</b><br>Skills and Rules    | Multi-skills: move, coordinate, balance.<br>Invasion: rugby, football, handball, netball.<br>Net/wall: badminton, short tennis<br>Aesthetics: dance and gymnastics<br>Striking and Fielding: cricket, rounders<br>Athletics  | Movement<br>Space<br>Technique Throw<br>Pass Catch Run<br>Jump Tackle   | Physical Fitness:<br>Muscular Strength<br>Flexibility<br>Aerobic Endurance<br>Speed     |
| <b>8</b> | <b>Development</b><br>Apply and Select   | Invasion: rugby, football, handball, netball<br>Net/wall: badminton, short tennis<br>Aesthetics: dance and gymnastics<br>Striking and Fielding: cricket, rounders<br>Outdoor: orienteering introduction<br>Athletics   | Tactics<br>Choreography<br>Timing<br>Positioning<br>Exploiting<br>Weakness                                    | Skill-related Fitness:<br>Agility<br>Balance<br>Coordination<br>Power<br>Reaction Time  |
| <b>9</b> | <b>Evaluate</b><br>Improving performance | Invasion: rugby, football, handball, netball.<br>Net/wall: badminton, table tennis.<br>Aesthetics: dance and/or gymnastics.<br>Striking and Fielding: cricket, rounders<br>Athletics<br>Outdoor: orienteering development<br>Possible new sports: Table Tennis, Volleyball, Basketball | Think – Do – Improve<br><br>Plan - Perform - Review<br><br>Player, Performer, Coach, Manager, Analyst, Leader | Health and Safety:<br><br>Be able to lead a group warm up and practical group activity. |
|          | <b>Qualifications for the Future</b>     | BTEC Sport option taster – Unit 1<br>Fitness for Sport   |   |   |

|           |  |  |   |   |
|-----------|--|--|---|---|
| <b>10</b> | <b>Consolidation and Extension</b><br><br><b>Benefits for health</b> | Invasion: rugby, football, handball, netball, basketball.<br>Net/wall: badminton, table tennis.<br>Aesthetics: dance and/or gymnastics.<br>Striking and Fielding: cricket, rounders<br>Outdoor: orienteering extension<br>Athletics  | Principles of Training and Exercise: FITT<br>Frequency<br>Intensity<br>Time<br>Type | Be able to explain how Components of Fitness link to performance in each sport. |
| <b>11</b> | <b>Recreation</b><br><br>Options for enjoyment and fitness           | Optional activities for participation and enjoyment<br>Invasion: football, netball, basketball, rugby.<br>Net/wall: badminton, table tennis, short tennis, volleyball.<br>Striking and Fielding: rounders and softball variations.<br>Body and Mind: physical and mindfulness activities | Learn, play and participate.  | Be able to explain the benefits of exercise for long term health.               |

## Sports Academy

Students in Year 8, 9 and 10 have the opportunity to stretch talents by applying for our Sport Academy. Our aim is to provide specific coaching and fitness development to extend a player's technique, tactical understanding and fitness so they have ability to perform at a Plymouth and regional level.

Students undertake a formal application process which involves a practical assessment and interview. It is expected that successful students are external club members and show a commitment to general college sport as well as the potential to act as Ambassadors and Sports Leaders within Plymouth sports events.

Teams may be entered in Plymouth District Netball Leagues and County and National Cup Football competitions.

Format:

1 core curriculum lesson per week.

1 specific individual and team coaching lesson

1 health and fitness to improve performance and which incorporates necessary statutory PSHE aspects.

| Current academies | Male     | Female   |
|-------------------|----------|----------|
| Year 8            | Football | Netball  |
| Year 9            | Football | Football |
| Year 10           | Football | Netball  |

## Online Learning

To enable students to continue to stay active or to stay engaged with Pe and sport whilst at home we have designed 4 stages of online learning. All material is available through the college website or on Sharepoint.

 [AA Online Home Learning](#)

Stage 1: Improving Components of Fitness: personal exercise. PE and Activate/Sobey Fitness instruction and exercise videos to follow and Training Log to record activity.

Stage 2: Circuit Training with PE staff: instructional video and training log.

Stage 3: Online exercise with Joe Wicks

Stage 4: Sports knowledge and understanding: sport based written puzzles and activities so that students who are ill or injured can still keep their mind active.

## Extra-curricular Sport

We aim to provide a range of activities and clubs so that students can stay active, improve performance and also compete in inter-school competition. Provision changes through the year depending on staff availability and inter-school competition.

Sports Clubs: technical practice sessions open to all students from which school teams or performances are selected. All teams are entered in Plymouth School competitions and some entered at county and national level.

Positive Play: open recreational play based in our sports hall during each lunchtime.

An example of our Autumn Term 1 provision is below. This will change focus in Terms 2 and 3 towards health, aesthetic and net/wall activities to provide a breadth of opportunity.

| <b>Autumn 2021</b>                  | <b>M</b>          | <b>T</b>   | <b>W</b>   | <b>Th</b>   | <b>F</b>                   |
|-------------------------------------|-------------------|--|--|---|----------------------------|
| <b>Break<br/>Astro</b>              | Yr 8/9            | Yr 10/11   | Yr 7   | Yr 8/9  | Yr 7                       |
| <b>Lunch<br/>Astro</b>              | Yr<br>10/11       | Yr 8/9   | Yr 10/11   | Yr 10/11  | Yr 8/9                     |
| <b>Lunch<br/>Sportshall</b>         | Yr<br>7/8/9       | Yr 10/11   | Yr 7/8/9   | Yr 7/8/9  | Yr<br>10/11                |
| <b>After-school<br/>3:15 – 4:15</b> | Staff<br>Training | 7/8/9/10/11<br>Netball<br>HEM AKS<br><br>7 Boys<br>Football<br>MHW<br><br>8/9/10<br>Rugby<br>ACP | Plymouth<br>Argyle Girls<br>Football<br>HEM<br><br>Cross-Country<br>League Races<br>AKS<br><br>Joola Junior<br>Tabletennis<br>4.30pm | 8 Boys<br>Football<br>MHW<br><br>7/8 Rugby<br>ACP | Staff<br>Astro<br>Football |