

## Subject area – Physical Education Year 7

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	(B) Rugby & Football (G) Basketball & Swimming	(B) Basketball & Swimming (G) Hockey & Football	(B) Handball & Badminton (G) Swimming & Netball	(B) Swimming & HRF (G) HRF & Badminton	(B) Athletics & Cricket (G) Athletics & Rounders	(B) Athletics & Softball (G) Athletics & Rounders
Assessment	Students will receive a mark between 4 and 1 for each activity (see assessment criteria)	Students will receive a mark between 4 and 1 for each activity (see assessment criteria)	Students will receive a mark between 4 and 1 for each activity (see assessment criteria)	Students will receive a mark between 4 and 1 for each activity (see assessment criteria)	Students will receive a mark between 4 and 1 for each activity (see assessment criteria)	Students will receive a mark between 4 and 1 for each activity (see assessment criteria)
Arts Mark	Students will have the opportunity to experience various roles within sport such as performer, referee, umpire, judge, sports leaders and given the opportunity to improve their knowledge and skills both practically and in these roles.					

<b>Building on prior learning</b>	Students will begin their physical education experience at Crestwood School by undergoing a series of baseline tests. This is to ensure that an accurate assessment and groupings can be developed based on ability and the learning requirements of students. This will enable staff, students and parents to track progress over a 5 year curriculum plan. Students will have the opportunity to recall/use skills learnt from primary school/outside school sports.
<b>Enrichment within the Curriculum</b>	Students will be given the opportunity to participate in a number of sporting trips throughout the year. This will give them the opportunity to watch elite level performers and hopefully give students something to aspire to.
<b>Extracurricular opportunities</b>	There will be a comprehensive school fixture list for a variety of different sports throughout the year. This will range from football, rugby and netball to athletics and taking part in the 'Invictus Games' competitions. There will also be an opportunity for all students to participate in numerous inter school competitions as well as taking part in clubs and practices held at lunchtimes and after school
<b>Positive impacting on personal development (SMSC)</b>	Physical education at Crestwood School is about so much more than being physically active. Our students are given the opportunity to develop a variety of personal skills which will help them throughout their life. Ranging from improving their levels of resilience to developing their communication skills, from being more empathetic to refining performance analysis skills. They will also be educated on how the body works and what they need to do to stay fit and healthy.
<b>Preparing for the next stage of education</b>	Throughout the KS3 curriculum students will be learning key aspects of the BTEC Sport courses via the use of ambitious vocabulary and challenging lesson objectives. Physical education lesson content at Crestwood School is designed so that students can build year on year.
<b>Ways to support your child's learning</b>	<p>Praise for effort rather than being 'clever' shows them that by working hard they can always improve.</p> <p>We are all aware of the many issues we face as a country in regards to obesity and leading sedentary lifestyles. So our main request is that we ask you to support us by <u>promoting physical activity</u> with your child.</p> <p>This can be done in a variety of ways ranging from -</p> <ul style="list-style-type: none"> <li>Join a club/take up a sporting activity with your child.</li> </ul>

	<ul style="list-style-type: none"><li>• Take your child to watch some live sporting events.</li><li>• Watch sport on television with your child.</li><li>• Give your child the opportunity to maintain a healthy and balanced diet.</li><li>• Being positive about leading a physically active and healthy lifestyle.</li></ul>
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