

Felpham Community College – Key Stage 3 Scheme of Work

Subject: Physical Education	Year: 9	Leader: Mr B Hauxwell
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Autumn Term 1	Activities	Homework (Wk 1 - 7)
Topic: Games Activities Netball & basketball Rugby & Football	Explore different attacking & defensive formations. Experience full sided games. Understand rules, regulations & scoring systems.	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Gymnastics(Vaulting) Trampolining Health Related Exercise – circuit training & endurance activities, Spinning Leadership Badminton	Explore specific vaulting techniques – through, gate, straddle, long box Undertake a 6 week training programme Develop leadership skills such as communication Opportunity to complete an accredited sports leadership award	Focus: A – Evaluating and Improving performance. B – Making informed choices about leading a healthy, balanced and active lifestyle. Assessment Plans: Practical performance assessed – core skills, health & fitness & evaluation skills.
<p>Literacy / Numeracy / ICT - <i>Students will speak in full sentences when they identify, describe and explain key teaching points, rules and tactics to each sporting activity.</i></p> <p><i>Performance data will be collated to calculate percentages which will enable strengths and weaknesses to be drawn.</i></p>		

Autumn Term 2	Activities	Homework (Wk 8 - 15)
Topic: Games Activities Netball & football Rugby Hockey Badminton & trampolining	Explore different attacking & defensive formations. Experience full sided games. Understand rules, regulations & scoring systems.	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Gymnastics(Vaulting) Trampolining Health Related Exercise – circuit training & endurance activities, Spinning Leadership Badminton	Explore specific vaulting techniques – through, gate, straddle, long box Undertake a 6 week training programme Develop leadership skills such as communication Opportunity to complete an accredited sports leadership award	Focus: A – Evaluating and Improving performance. B – Making informed choices about leading a healthy, balanced and active lifestyle. Assessment Plans: Practical performance assessed – core skills, health & fitness & evaluation skills.
<p>Literacy / Numeracy / ICT - <i>Students will speak in full sentences when they identify, describe and explain key teaching points, rules and tactics to each sporting activity.</i></p> <p><i>Performance data will be collated to calculate percentages which will enable strengths and weaknesses to be drawn.</i></p>		

Spring Term 1	Activities	Homework (Wk 16 - 21)
Badminton Tag rugby Football Volleyball Handball	Explore different attacking & defensive formations. Experience full sided games. Understand rules, regulations & scoring systems.	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Trampolining Uni Hoc Leadership Health Related Exercise – circuit training & endurance activities Orienteering/Problem solving	Explore specific vaulting techniques – through, gate, straddle, long box Undertake a 6 week training programme Develop leadership skills such as communication Opportunity to complete an accredited sports leadership award	Focus: A – Evaluating and Improving performance. B – Making informed choices about leading a healthy, balanced and active lifestyle. C – Identifying and solving problems.
		Assessment Plans: Practical performance assessed – core skills, health & fitness & evaluation skills.
Literacy / Numeracy /ICT– Verbal identification of others strengths & weaknesses of performance using full sentences.		

Spring Term 2	Activities	Homework (Wk 22 - 27)
Badminton Tag rugby Football Volleyball Handball	Explore different attacking & defensive formations. Experience full sided games. Understand rules, regulations & scoring systems.	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Trampolining Uni Hoc Leadership Health Related Exercise – circuit training and endurance activities Orienteering/Problem solving	Team gym display work. Plan, design & perform your own circuit (small groups). Develop leadership skills such as communication Opportunity to complete an accredited sports leadership award	Focus: A – Evaluating and Improving performance. B – Making informed choices about leading a healthy, balanced and active lifestyle. C – Identifying and solving problems.
		Assessment Plans: Practical performance assessed - core skills, health & fitness & evaluation skills.
Literacy / Numeracy / ICT – Verbal identification of others strengths & weaknesses of performance using full sentences.		

Summer Term 1	Activities	Homework (Wk 28 - 33)
Topic: Games Activities Softball & cricket Rounders and stoolball	Problem solving during Full sized games. Understanding of rules, regulations & scoring systems. Explore Tournament differences.	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Athletics	Safety & officiating events. Perform at maximum levels. Explore strategies that will improve individual performance (s).	Focus: A – Developing Physical and Mental Capacity B – Making informed choices about
		Assessment Plans: Practical performance assessed - core skills, health & fitness & evaluation skills.
Literacy / Numeracy / ICT – Estimations involving distances & times. Performance analysis using ICT (ipad)		

Summer Term 2	Activities	Homework (Wk 34 – 39)
Topic: Games Activities Softball & Cricket Rounders & stoolball	Problem solving during Full sized games. Understanding of rules, regulations & scoring systems. Explore Tournament differences.	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Athletics	Safety & officiating events. Perform at maximum levels. Explore strategies that will improve individual performance (s).	Focus: A – Developing Physical and Mental Capacity B – Making informed choices about leading a healthy, balanced and active lifestyle. Assessment Plans: Practical performance assessed - core skills, health & fitness & evaluation skills.
Literacy / Numeracy / ICT – Basic multiplication and subtraction of performance data.		

Website / Resources: Google search – jobs in sport www.jobsinsport.co.uk

Extension; Investigate the different jobs/vocations available in the sporting world. Consider the levels of pay and qualification requirements (PFE).