

Physical Education Y9

Aims:

To promote and encourage an active and healthy lifestyle amongst children by teaching the basic skills, concepts and associated fitness requirements of a variety of sports activities, as laid down by the requirements of the national curriculum.



Topics Covered:

All students study a range of sports in Y9 which include:

- | | | | |
|-----------------|----------------|--------------|--------------|
| * Football | * Netball | * Hockey | * Rugby |
| * Basketball | * Tennis | * Cricket | * Rounders |
| * Athletics | * Dance | * Gymnastics | * Fitness |
| * Cross Country | * Trampolining | * Aerobics | * Volleyball |

Teaching Groups:

Students have 2 lessons per week. 1 games and 1 PE. PE lessons are single gender and mixed ability. For games lessons pupils are set on ability. Only the top set will be a mixed gender group the rest will be single gender.

Assessment:

Students are assessed at the start and end of each activity. The assessments are in line with GCSE standards.

Students grades are worked out by taking an average of their best 3 sports throughout the year.

How Parents and Carers can help:

- * Ensuring that students are properly equipped with King Edward VII school PE kit for lessons.
- * Encouraging students to take an active part in our extra-curricular activities programme.
- * Parents with a particular expertise who are willing to assist with our extra-curricular programme are encouraged to contact the PE department.



Pre GCSE

Y9 pupils can also opt to do a pre GCSE course. This course is designed to help prepare students for GCSE PE. It is 2 lessons a week, (one practical and one theory) where students learn basic anatomy and physiology and how sporting performance can be developed through various training methods. The practical sessions are aimed at developing the skills necessary for meeting the high standards expected at GCSE. It is expected that students who take this course are regular attenders at extracurricular sport.

Physical Education Y8

Aims:

To promote and encourage an active and healthy lifestyle amongst children by teaching the basic skills, concepts and associated fitness requirements of a variety of sports activities, as laid down by the requirements of the national curriculum.



Topics Covered:

All students study a range of sports in Y8 which include:

- | | | | |
|-----------------|----------------|--------------|------------|
| * Football | * Netball | * Hockey | * Rugby |
| * Basketball | * Tennis | * Cricket | * Rounders |
| * Athletics | * Dance | * Gymnastics | * Fitness |
| * Cross Country | * Trampolining | * Volleyball | |

Teaching Groups:

Students have 2 lessons per week. 1 games and 1 PE. PE lessons are single gender and mixed ability. For games lessons pupils are set on ability. Only the top set will be a mixed gender group the rest will be single gender.

Assessment:

Students are assessed at the start and end of each activity. The assessments are in line with GCSE standards.

Students grades are worked out by taking an average of their best 3 sports throughout the year.

How Parents and Carers can help:

- * Ensuring that students are properly equipped with King Edward VII school PE kit for lessons.
- * Encouraging students to take an active part in our extra-curricular activities programme.
- * Parents with a particular expertise who are willing to assist with our extra-curricular programme are encouraged to contact the PE department.



Physical Education Y7

Aims:

To promote and encourage an active and healthy lifestyle amongst children by teaching the basic skills, concepts and associated fitness requirements of a variety of sports activities, as laid down by the requirements of the national curriculum.



Topics Covered:

All students study a range of sports in Y7 which include:

- | | | | |
|-----------------|------------|--------------|------------|
| * Football | * Netball | * Hockey | * Rugby |
| * Basketball | * Tennis | * Cricket | * Rounders |
| * Athletics | * Dance | * Gymnastics | * Fitness |
| * Cross Country | * Handball | * Volleyball | |

Teaching Groups:

Students have 2 lessons per week. 1 games and 1 PE. PE lessons are single gender and mixed ability. For games lessons pupils are set on ability. Only the top set will be a mixed gender group the rest will be single gender.

Assessment:

Students are assessed at the start and end of each activity. The assessments are in line with the new GCSE standards.

Student's grades are worked out by taking an average of their best 3 sports throughout the year.

How Parents and Carers can help:

- * Ensuring that students are properly equipped with King Edward VII school PE kit for lessons.
- * Encouraging students to take an active part in our extra-curricular activities programme.
- * Parents with a particular expertise who are willing to assist with our extra-curricular programme are encouraged to contact the PE department.



