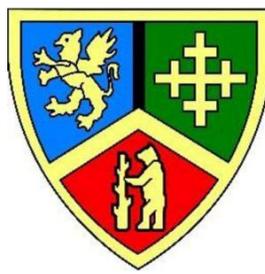


The Polesworth School – Physical Education



Key Stage 3 - Learning Journey

Extra-Curricular

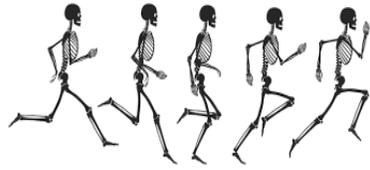
Volleyball
Rugby
Netball
Rounders

Football
Dance
Athletics
Cricket
Tennis

Handball
Badminton
Fitness
Hockey

Theory

In Yr. 7 you will study the components of fitness and learn how they are used in sport. In addition you will look at how data can help a performer. In Yr. 8 you will look at training methods and link to fitness components. Next theory HRF will focus on nutrition



Dance
You will learn how to perform street dance movements and skills. Understand basic choreography to support your performance. In Yr. 8 you will learn the style of Capoeira. Learning key movements and skills, understanding choreographic devices such as motif development, accumulation, mirroring, opposition, and retrograde. In Yr. 9 you will develop an understanding of the style of Contemporary dance. Learning key contemporary principles and technique. Developing dynamics, timing and phrasing.



Rounders
You will learn how to bowl, throw, catch and bat. We will also look at some basic rules and the main pitch lines. In Yr. 8 you will develop batting direction and power, as well as bowling and fielding techniques. You will also look at rules and tactics that will help your performance. In Yr.9 you will explore more advanced techniques of batting, fielding and bowling to help you capitalise on scoring opportunities and put more pressure on your opponents.

Rounders

Handball

You will learn different types of passes and catching in a variety of situations. You will look at using a change of pace or direction to beat an opponent. In Yr.8 you will explore angles of movement to create passing and shooting opportunities and how to keep possession. Yr. 9 will see you apply greater pressure to your skills. You will look at different ways to defend, options you have when you receive a pass and how to use footwork to beat opponents or keep possession.



Athletics

You will learn the basic technique and perform in the 100m, 200m, 400m, 800m, 1500m and hurdles. In addition you will also experience shot putt, javelin, long, triple and high jumps. In Yr. 8 you will further develop your skills of running, jumping and throwing. Be able to adapt your skills to the needs of the event. Recognise that different types of activities require different fitness components and follow health and safety guidance when using equipment. Yr 9 you will strive to improve your PBs as skills become more developed and more advanced. You will be able to use information and gained from analysis of performance to influence and improve their own techniques.



Assessment

As well as your practical skills in each activity, you will also be given the opportunity to develop skills in the following areas.

Problem Solving

You will learn how to work as part of a team, as well as develop the skills of communication, confidence, cooperation and trust. In Yr. 8 you will look at different roles in groups in addition to further developing and challenging your skills of communication, confidence, cooperation and trust.



Volleyball

You will learn how to volley, serve, movement and positioning on the court. These basic core skills will enable you to play a modified version of the game. In Yr. 8 different skills such as the dig, spike, block and dink. In Yr. 9 you will develop and explore different types of volley, serve and dig and apply them in modified versions of the game.



Badminton

You will learn some basic rules and core skills to play the game. You will learn how to serve, develop your footwork, the overhead and backhand clear. In Yr. 8 Footwork Clears Drop shot Net Shot Conditioned rallies Match play. In Yr. 9 Review prior learnt shots Smash Block Matchplay



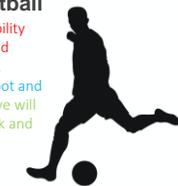
Health Related Fitness

You will learn how to warm up and cool down effectively and how to test and train the different components of fitness used in sport. In Yr. 8 you will look at different types of training methods and how to plan a basic session. In Yr. 9 you will begin to make your sessions more specific to your sport by applying some of the basic principles of training.



Football

You will learn and develop some core skills to improve your ability to perform. You will learn how to pass, control, turn, shield and move with ball. In Yr.8 you will develop your variety of passing including, lofted and driven. Control using different parts of foot and from different heights and how to defend effectively. In Yr.9 we will develop skills further under pressure and look at how to attack and defend as a team unit.



Netball

You will learn some core skills to improve your ability to perform. You will learn how to pass in different ways, receive, land, pivot and dodge. In Yr.8 you will apply greater pressure on your skills with a focus on dodging, marking, intercepting, shooting and rebounding. Yr. 9 you will learn more advanced skills such as turn, half turn, explore a variety of passes such as waist-high and lob and develop tactics and set plays.



X-Country

You will learn pacing and build your stamina so you can complete longer runs successfully. Yr. 8 will focus more on running technique and how to maximise performance. Yr.9 will look at increasing distances covered, aerobic and anaerobic systems and further develop knowledge of pacing in competition.



We aim to develop physically educated, confident active learners who have the knowledge, motivation and inter-personal skills to live a lifelong, healthy and active lifestyle.

You will learn how to pass, catch, run with the ball and tackle. These basic core skills will enable you to play a modified version of the game. In Yr.8 you will learn how to tackle and ruck effectively, support the ball carrier and explore the offside rule. Yr.9 will apply greater pressure on your core skills and explore angles of running, beating an opponent and side step.

Rugby



START

Thinking ME	Self-management
	Active listening
	Responsibility
	Analysis & Evaluation
Physical ME	Decision making
	Skill development
	Performance
Healthy ME	Physical literacy & Development
	Personal health
	Confidence
Social ME	Activity levels
	Communication
	Teamwork
	Leadership
	Resilience
	Confidence
Respect	
Emotional / Empathy	