

Physical Education – Boys

Autumn Term	
Content	<ul style="list-style-type: none"> ➤ Games –(Football/Hockey/Rugby) ➤ Table Tennis or Badminton or Gymnastics ➤ Cross country/ Fitness ➤ Orienteering ➤ Baseline testing activities
Range of Activities	<ul style="list-style-type: none"> • Plan and lead simple practices • Independent learning and working as a team • Different types of passing and receiving a ball • Marking an opponent & getting free from opponent • Basic tactics to create scoring opportunities/outwit an opponent • Small sided games /moving towards full games • Rules of the game and basic officiating • Take part in inter-form competition, repeat actions and sequences of movement • Learn different ways of rolling, balancing and travelling • Identifying and solving problems to overcome challenges of an adventurous nature • Self & peer assessment by seeing how their work is similar to and different from others' work, and use this understanding to improve their own performance • Independent, pair and group tasks • Peer assessment: compare and comment on skills, techniques and ideas used • Repeat actions, phrases and sequences of movement • Independent and partner tasks • Basic map reading and orienteering skills
Unit Assessments	<ul style="list-style-type: none"> • Practical performance • Demonstration of skill • Verbal account of relevant strategies or tactics and rules
Spring Term	
Content	<ul style="list-style-type: none"> ➤ Games –(Football/Hockey/Rugby) ➤ Table Tennis or Badminton or Gymnastics ➤ Basketball ➤ Table Tennis or Badminton or Gymnastics
Range of Activities	<ul style="list-style-type: none"> • As above • As above • Take part in inter-form competition
Unit Assessments	<ul style="list-style-type: none"> • Practical performance • Demonstration of skill • Verbal reflection of their own and peer attainment • Ability to devise effective sequences
Summer Term	
Content	<ul style="list-style-type: none"> ➤ Athletics ➤ Striking & Fielding (cricket/softball/rounders) ➤ Athletics ➤ Striking & Fielding (cricket/softball/rounders)
Range of Activities	<ul style="list-style-type: none"> • Introduce and develop techniques for running, jumping or throwing events. • Develop their mental determination to succeed • Perform in a broad range of different athletic events • Introduce basic bowling, fielding and batting skills • Measuring distance, speed and height • Perform in individual and team events • Develop their physical strength, stamina, speed and flexibility to cope with the demands of different events • Compare personal best scores or times with national data in an award scheme • Take part in inter-form competition • Basic tactics and rules of the game
Unit Assessments	<ul style="list-style-type: none"> • Practical performance • Demonstration of skill • Athletic Award scheme

How to help your child :

- Encourage your child to attend extra-curricular activities
- Ensure your child has the correct kit for each PE lesson
- Encourage your child to take part in regular physical activity
- Reinforce the benefits of a healthy active lifestyle
- If possible encourage your child to practise individual skills
- Encourage them to research activities to gain a better understanding of rules and techniques

Your Child's Progress

Level 3	<p>To achieve a level 3 you must be able to:</p> <ul style="list-style-type: none"> • Select and use your skills, actions and ideas appropriately • Select skills, actions and ideas and apply them with coordination and control • Show you understand tactics and composition by starting to vary how you respond • See how your work is similar to and different from other students' work • Use this comparison to improve your own performance • Give reasons for why <ul style="list-style-type: none"> o warming up before an activity is important o physical activity is good for your health
Level 4	<p>To achieve a level 4 you must be able to:</p> <ul style="list-style-type: none"> • Link your skills, techniques and ideas together and use them accurately and appropriately • Show your performance has precision, control and fluency • Show an understanding of tactics and composition • Compare and comment on skills, techniques and ideas used in your own and other students work • Use the information from your evaluation to improve performance • Explain and use basic safety rules in preparing for exercise • Describe what effect exercise has on your body • Know and describe how exercise is valuable to your fitness and health
Level 5	<p>To achieve a level 5 you must be able to:</p> <ul style="list-style-type: none"> • Select and combine skills, techniques and ideas together and use them accurately and appropriately • Consistently show your performance has precision, control and fluency • Use what you know about strategy, tactics and composition when performing • Analyse and comment on skills and techniques • Explain how these are used in your own and other students work • Change and refine skills and techniques to improve your performance • Explain how the body reacts during different types of exercise • Warm up and cool down appropriately for different activities • Explain why regular, safe exercise is good for your fitness and health
Level 6	<p>To achieve a level 6 you must be able to:</p> <ul style="list-style-type: none"> • Select and combine your skills, techniques and ideas • Apply your skills in ways that suit the activity and consistently show precision, control and fluency • Plan and perform your work individually and with other students' using what you know about strategy, tactics and composition • Use what you know about your own and other students' strengths and weaknesses to improve your performance • Analyse and comment on skills, techniques, ideas and composition and how these are used in your own and other students' work • Suggest ways to improve all aspects of performance • Explain how to prepare for and recover from activities • Explain how different types of exercise helps your health and fitness • Describe how you might get involved in other types of activities and exercise
Level 7	<p>To achieve a level 7 you must be able to:</p> <ul style="list-style-type: none"> • Select and combine you advanced skills, techniques and ideas • Adapt your skills accurately and appropriately to the demands of the activity • Consistently show precision, control, fluency and originality in your performance • Use what you know about advanced tactics and compositional ideas and apply these to your own and other students' work • Modify your performance in relation to changing circumstances and other performers • Analyse and comment on your own and other students' work as an individual and team member • Show your understanding of how skills, tactics, composition and fitness relate to a quality performance • Plan ways to improve your own and other students' performance • Explain the principles of practice and training and apply them effectively to your own performance • Explain the benefits of regular, planned activity on health and fitness • Plan your own appropriate exercise and activity programme