

Physical Education - Girls

	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content	Netball Fitness or Badminton	Games - (Football/ Hockey/ Rugby) Fitness or Badminton	OAA- Outdoor and Adventurous Activities Gymnastics	Basketball Dance	Athletics Rounders	Athletics Rounders
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 		<ul style="list-style-type: none"> 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 Basic map reading & orienteering skills 	<ul style="list-style-type: none"> Peer assessment compare and comment on skills, techniques and ideas used Repeat actions, phrases and sequences of movement Research rock & roll and use as a stimulus Basic choreographing skills Performing skills Independent and partner tasks Take part in inter-form competition 	<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 	<ul style="list-style-type: none"> 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 Verbal account of relevant strategies or tactics and rules 	<ul style="list-style-type: none"> Practical performance. Demonstration of skill Verbal account of relevant strategies tactics and rules 	<ul style="list-style-type: none"> Practical performance Demonstration of skill Verbal reflection of their own and peer attainment Ability to devise effective sequences 	<ul style="list-style-type: none"> Practical performance Demonstration of skill Verbal reflection of their own and peer attainment Ability to devise effective sequences 	<ul style="list-style-type: none"> Practical performance Demonstration of skill Athletic Award scheme 	<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 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 your child 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 your child 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 your child 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 your child 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 your child 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