



EDGBARROW SCHOOL PHYSICAL EDUCATION JOURNEY

YEAR 7 – CREATING A LOVE OF PHYSICAL EDUCATION

Assessment in PE

ME in PE

Physical ME

Social ME

Thinking ME

Healthy ME

Personal ME

The Value of PE

Teaches self-discipline

Involves physical fitness

Develops leadership qualities

Improves academic performance

Develops communication skills

Contributes to good mental health

Improves self-confidence & self-esteem

Values in PE

Personal Excellence

Respect & Teamwork

Inspiration

Determination &

Resilience

Equality & Fair play

Concept Curriculum

Personal Development

The Value of Physical Education

Self Worth

Resilience

Interpersonal Skills

Fixtures in Year 7

- Rugby
- Netball
- Football
- Hockey

- Badminton
- Tennis
- Cricket
- Rounders
- Athletics



SUMMER TERM



Tennis – Lots of ways to represent tennis. Join Allstars tennis or participate in lessons and learn the core skills of serving, volleys, and forehand and backhand

Cricket - Learn the core skills of fielding (throwing and catching), Batting and bowling. Represent the school in fixtures.



Rounders - Learn the core skills of fielding (throwing and catching), Batting and bowling. Represent your tutor group at interform or the school in fixtures.



Athletics - Create Personal bests in a range of events for you to compete in during sports day. You can represent Edgbarrow at District athletics.



Health and Fitness (HRE) – test your levels of fitness. Work to maximum levels and begin to understand what makes a healthy, active lifestyle.



Badminton – Lots of ways to participate in clubs after school and at lunch. Learn the core skills of serving, overhead and underhand shots.



Gymnastics – Learn a range of core skills that can be applied individually or in small groups. Work together to choreograph routines on or off apparatus.



SPRING TERM



Basketball – Dribbling, Shooting and passing are just a few of the core skills you will develop. Clubs available after school and lunchtimes



Hockey – Develop your hand eye coordination and learn the core skills of dribbling, passing and shooting. Represent Edgbarrow in local tournaments



Football – Football season starts after Christmas. Improve the core skills of passing, shooting and defending. Opportunities to represent tutor group in Interform and the School in fixtures



Dance – learn a new style of dance. Learn to collaborate ideas in small groups and develop confidence to perform in front of others

AUTUMN TERM



Fundamental skills – This is when you will be set in PE. This is your chance to show off your skills to the PE department.



Rugby – Rugby starts straight away with local festivals being held in Bracknell Forest. Learn the complex rules and how to tackle safely and effectively



Netball – Tournaments start straight away. Represent your form at Interform. Learn the skills of dodging, marking, shooting and passing.



EDGBARROW SCHOOL PHYSICAL EDUCATION JOURNEY

YEAR 8 – DEVELOPING & BROADENING SPORTING EXPERIENCES

Assessment in PE

ME in PE

Physical ME
Social ME
Thinking ME
Healthy ME
Personal ME

The Value of PE

Teaches self-discipline
Involves physical fitness
Develops leadership qualities
Improves academic performance
Develops communication skills
Contributes to good mental health
Improves self-confidence & self-esteem

Values in PE

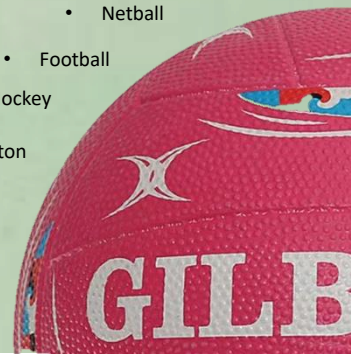
Personal Excellence
Respect & Teamwork
Inspiration
Determination & Resilience
Equality & Fair play

Concept Curriculum

Health and Wellbeing
Mental Health and Wellbeing
Physical Health and Wellbeing
Social Health and Wellbeing
Diet and Nutrition

Fixtures in Year 7

- Rugby
- Netball
- Football
- Hockey
- Badminton
- Tennis
- Cricket
- Rounders
- Athletics



SUMMER TERM

Cricket - a very intricate sport in which you have learned the basics. In Year 8 develop the advanced batting and bowling skills to outwit your opponents.

Rounders - a popular summer sport. You will have learned the basics in Year 7. Develop your batting, bowling and fielding skills in year 8.

Softball - First time playing softball in Year 8. Use the core skills learned from Rounders to develop the core skills of softball with the larger bat and ball.

Athletics - Having set PB's in Year 7, see if you can beat them by developing the basics into more advanced skills.

Tennis - put the core skills learned into practice in both singles and doubles tennis to develop the advanced skills.

Fitness - start to understand how your body works and how you can improve your levels of fitness.

Badminton - having learned the basics of badminton put into practice some advanced skills for both singles and doubles. Badminton is a popular choice at GCSE.

Volleyball - Moving on from core and simple skills, develop some of the more technical shots in volleyball such as the dig and spike.

SPRING TERM

Football - In preparation for the football season, start to develop the advanced skills required to beat opponents and work as part of a successful team.

Orienteering - Put the basic skills learned in Year 7 of map reading and moving around the school to challenge yourself against others to competitively complete an orienteering course.

Gymnastics - having mastered the fundamental skills of gymnastics in rolling, locomotion and flight, start to put this together with apparatus and in small groups.

Basketball - having mastered the core skills begin to put into practice with the complex rules and gameplay

Netball - develop the core skills learned from Year 7 into more advanced skills and use these to outwit your opponents.

Rugby - start to hone in the skills required to be a successful player. Develop those more advanced skills with which you can outwit opponents.

AUTUMN TERM



EDGBARROW SCHOOL PHYSICAL EDUCATION JOURNEY

YEAR 9 – EXPLORING TACTICS AND CONCEPTS IN SPORT

Assessment in PE

ME in PE

Physical ME

Social ME

Thinking ME

Healthy ME

Personal ME

The Value of PE

Teaches self-discipline

Involves physical fitness

Develops leadership qualities

Improves academic performance

Develops communication skills

Contributes to good mental health

Improves self-confidence & self-esteem

Values in PE

Personal Excellence

Respect & Teamwork

Inspiration

Determination &

Resilience

Equality & Fair play

Concept Curriculum

Leadership Skills

Attitudes and Behaviours

Effective Teams

Self-Reflection

Power of Positivity

Fixtures in Year 9

- Rugby
- Netball

• Football

• Hockey

• Badminton

• Tennis

• Cricket

• Rounders

• Athletics



SUMMER TERM

Cricket - batting and bowling order become so important. Play through scenarios of run chases or defending a lead. Select and apply the appropriate shots, deliveries and field positions.

Softball - plan your attack or field to benefit your team. Strike for space to enhance your teams chances of winning.

Lifelong sports - As some of you won't be taking examination PE we want to still promote lifelong physical activity by delivering a range of 'alternative' sports that promote participation.

Rounders - plan your attack or field to benefit your team. Strike for space to enhance your teams chances of winning.

Athletics - Continue to improve those PBs. Track events you can approach with a tactical mindset.

SPRING TERM

Football - face challenges through scenarios where you are needing to apply strategies to overcome. Select and apply different learned tactics when appropriate

Fitness - begin to learn GCSE PE content - how your body adapts and changes.

Table Tennis - A new sport to Year 9, core and advanced skills will be developed whilst promoting tactics and strategies.

Orienteering - begin to tactically plan routes. Apply levels of fitness for the different routes required. Make the sport competitive.

Badminton - start to dictate play by learning appropriate tactics to outwit your opponent through play of depth or width.

Gymnastics - challenge yourself with difficult movement and action with or without apparatus. Provide yourself with a huge sense of self satisfaction. Group and Acro gymnastics.

AUTUMN TERM

Netball - develop set plays through changing scenarios using the skills developed from Year 7 and 8.

Rugby - In a sport of complex rules and skills that have been learned over Year 7 and 8 we can now put into place strategies and set plays to help you overcome opponents.

Basketball - develop set plays through changing scenarios using the skills developed from year 7 and 8.