

## **Subject Intentions**



## **KNOWLEDGE LED**

## Key Themes - Me in PE

Year Group

Year 7

Year 8

Year 9

Year 10

Core PE

Year 11

Core PE

## **Physical Me**



Foundational skills building on KS2 -





Applying skills/concepts into tactics/formations/strategy to outwit opponents.



Performing foundational and advanced skills in isolation and in competition.



Competitive Pathway (Games)

Health-related Pathway (Leisure activities/fitness)



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Thinking Me



Articulating how to perform the skills - ABC academic talk.

Officiating.



Creating/implementing tactics & strategies into games/events to outwit opponents.



Analysing the performance of myself and my peers to provide critical feedback.



Make informed choices about selected core PE pathway. Rules and officiating of sports/events.



Make informed choices about selected core PE pathway. Select drills to match weaknesses, calculate HR in order to manage once pupils have left Y11.

Healthy Me (including Social Me & Resilient Me)



Displaying competent levels of physical fitness, resilience and social wellbeing through teamwork.



Displaying competent levels of physical fitness, strategic thinking and social wellbeing through teamwork.



Displaying competent levels of physical fitness, resilience and social wellbeing when providing feedback to peers based on their performances.



**Physical** - Being active/range of activities

Mental - Relieve exam pressures

Social - Teamwork, widen social circles



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**Skill Development** 



Foundation skills/Physcal literacy:

Components of fitness



**Tactics & Strategies:** 

Applying various tactics into competitive situations



Analysis of Performance:

Analysis and articulated feedback (Self/Peer assessment)



Competitive Pathway -Officiating/Rules

Health-related Pathway -Anatomy & Physiology



Competitive Pathway - Drill selection/Improving weaknesses

Hea;th-related Pathway -Anatomy & Physiology