

PHYSICAL EDUCATION

Team Byrchall - Sport for Life

- Promoting and celebrating success
- Encouraging all to lead a healthy, active lifestyle
- Giving any ability the chance to participate and engage
- Motivating all members of the school community
- Helping talented performers further develop
- Developing fair play and sportsmanship in students

'Team Byrchall – Sport for Life' encourages lifelong participation in sporting activity. The Team Byrchall ethos helps students to build confidence and security in PE, which in turn impacts on the high volume of students who are involved in extra-curricular activities both in and out of school.

PHYSICAL

- To promote an appreciation of physical movement through observation and analysis.
- To develop the student's ability to plan and compose movement sequences in a wide variety of activities.
- To develop the capacity to create and express ideas through the media of planning, performing and evaluating movement.
- To utilise modern technology to analyse physical performance and movement.
- To encourage the appreciation of and the ability to monitor physical fitness.
- To encourage students to remember, adapt and apply knowledge, skills and concepts in a variety of movement related activities.
- To promote the development of movement coordination, confidence and the acquisition of a range of motor skills.

PERSONAL

- To allow for students to work cooperatively and develop interpersonal and communication skills.
- To encourage responsible attitudes towards safety and develop a working knowledge of safe practice in all activities.
- To educate students with regard to health, hygiene and fitness.
- To give students the opportunity to discover and to use appropriately the facilities available locally.
- To develop a healthy attitude towards competition.
- To provide through all activities the highest form of enjoyment.

Unit	Duration (lessons)	Learning Objectives/Outcomes
Fitness (Girls)	8	<ul style="list-style-type: none"> • Heart Rate and Circuit Training • Respiratory System and Aerobics • Mental Health and Bleep Test • Methods of Training and HIIT • Pacing and Distance Running • Diet and Calorie Burning • Short and Long Term Effects of Exercise and Snakes and Ladders Fitness • Assessment Lesson
Hockey	8	<ul style="list-style-type: none"> • Recap dribble, stop and reverse stick control, push pass • Introduce basic formations, games play • Continue to develop basic formations and positional play, basic skills application • Develop square passing, when and where? • Develop passing under pressure and individual role in game • Introduce 'slap' hit. Improve direction change with reverse stick • Apply passing skills in game situation, which pass and why? • Summative assessment lesson – game play skills
Dance	8	<ul style="list-style-type: none"> • Use images of Bollywood dance to create stills – learn basic footwork • Add Horse/limp step with arms – pairs to include into routine • Take pairs and create small groups – create entrance/start to dance • Teach tap step and horizontal circle step – add into routine. MID-POINT ASSESSMENT • Add a prop i.e. scarf • Add a travelling section – discuss style • Create and ending/exit • Final rehearsal and assessment
Fitness (Boys)	8	<ul style="list-style-type: none"> • Continuous 'Aerobic' Training • Timed cross country house distance race. • Fartlek Training – for games players • Interval Training – Improving speed and Power • Team Bleep test – Interval training – Link to heart rates • Circuit training session • Tabata HIIT training • Bleep test assessment
Football	8	<ul style="list-style-type: none"> • Develop individual movement with the ball (dribbling skills) • Apply dribbling to competitive situation • Develop short passing skills • Recap short passing and apply to competitive situation • Develop first touch and control with different body parts • Recap control, apply control to competitive situation

		<ul style="list-style-type: none"> • Develop shooting for power and shooting for accuracy
Athletics	8	<ul style="list-style-type: none"> • To introduce students to the correct sprinting technique & develop their understanding of the acceleration phase • To continue to develop students understanding of correct running technique & re-cap knowledge of pacing and sprint finish • To continue to develop understanding of pacing & introduce movement around the track (use of inside lane) • To introduce students to relay changeover with a focus on the down sweep action • To develop students basic throwing technique and reinforce correct arm action and release of the ball • To introduce students to shot putt technique, focusing on stance, grip preparation and execution • To introduce students to the Fosbury flop technique • To introduce students to basic long jumping technique and to develop knowledge of approach and take off phase
Rounders	8	<ul style="list-style-type: none"> • Introduce throwing and catching skills • Introduce short barrier fielding technique • Introduce the long barrier fielding technique • Introduce striking the ball • Development of relationship between back stop and first base • Introducing responsibility of deep fielder • Positions of play, introduction to base players
Ultimate Frisbee	6-8	<ul style="list-style-type: none"> • Basic grip – spin for throw. • Crocodile catch / Frisbee golf for accuracy. • Intro of rules – 3 step, contact etc. • Grab catch – 1 hand / 2 hand • Transition – change of possession and importance of quick movement. • Forehand throw – technique and when used. • Long passes – relate to fast break and scoring.
Handball	8	<ul style="list-style-type: none"> • Development of dribbling skills and individual possession • Development of dribbling skills in a game situation. • Introduce wrist passing and movement off the ball. • Develop wrist passing and introduce a variety of passing into a game situation. • Introduce set shot and jump shot techniques • Development of set shot and jump shot in a game situation. • Introduce Goalkeeping basics • Summative assessment lessons – review unit
Basketball	8	<ul style="list-style-type: none"> • Expectations and Dribbling Skills. • Develop passing and receiving specific to basketball. • Develop pivoting when receiving the ball. Development of jump stops to support.

		<ul style="list-style-type: none"> Recap pivot and intro of set shot Introduction of jump shot Develop jump shot and intro full court press defence. Develop rebound from jump / set shot and ½ court press in game
Unit	Duration (lessons)	Learning Objectives/Outcomes
Football (Boys)	8	<ul style="list-style-type: none"> Develop first touch and examine cushion and wedge control Examine and recap short passing and movement off the ball Development of dribbling skills and individual possession Introduce long passing skills (driven & lofted) Basic heading – attacking v defending headers Defensive skills – 1v1 – jockeying and tackling Goalkeeping basics – rolling and high balls Summative assessment lessons – review unit
Rugby	8	<ul style="list-style-type: none"> Recap of tackling technique and effective tackling to slow down the play the ball Effective tackling in game situations, recap Rugby League rules Play the ball activities, using these in game situations Passing and support, moves to create space, 3v2 situations Passing and support in game situations Kicking & Receiving (grubber, punt, bomb) Kicking & Receiving in competitive situations Summative assessment – Competitive game situations
Table Tennis	8	<ul style="list-style-type: none"> Recap of safe use of equipment. Recap backhand push and develop footwork for shot. Development of accuracy of backhand shot. Recap forehand serve technique to feed into gameplay. Development of forehand technique. Develop understanding of when and where to play forehand drive. Development of forehand service technique. Introduction of basic backhand. Assessment lesson to summative assess performance. Recap of all major skills/rules from unit. Practise of skills in a competitive situation.
Basketball	8	<ul style="list-style-type: none"> Expectations and Dribbling Skills Develop passing and receiving specific to basketball Develop pivoting when receiving the ball. The Set shot Refine and analyse the set shot. The jump shot The Lay-up Refine and analyse the Lay-up Basic Fast Break (Incorporating a lay-up following an attack) Consolidation of skills and Assessment

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Softball	8	<ul style="list-style-type: none"> • Introduce throwing and catching skills • Introduce short barrier fielding technique • Introduce the long barrier fielding technique • Introduce striking the ball • Development of relationship between back stop and first base • Introducing responsibility of deep fielder • Positions of play, introduction to base players

