



# Year 7 Physical Education



**What have students at St. Crispin's been taught to understand and be able to do?**

Students have been taught basic rules, regulations, skills strategies and tactics of a variety of individual and team sports and activities. They should be able to select and apply these skills and a tactics to a variety of situations successfully and evaluate their own **PERSONAL DEVELOPMENT** within **PE**.

## Core Knowledge

### Physical ME

Understand how to apply basic skills effectively in a variety of sports

Understand how to apply basic tactics effectively in a variety of sports.

### Cognitive ME

Understand how to devise basic strategies to outwit opponents in a variety of sports

Understand how to sequence movements in a variety of sports and activities.

### Healthy ME

Understand the importance of preparing for and recovering from physical activity

Identify the components of fitness and explain when they are needed in PE

Identify major muscles of the body.

### Social ME

Understand the importance of working in collaboration with others including how to communicate effectively

Understand the importance of applying rules to a variety sports.

## Core Skills

### Physical ME

Uses fundamental simple skills such as throwing, catching, running with some control and success

Performs simple skills in isolation with some control and accuracy

Uses simple tactics, strategies and ideas.

### Cognitive ME

Outlines what is good and bad about a performance

Makes suggestions on how to improve their own and others' performance.

### Healthy ME

Complete short periods of exercise and can sustain effort in an activity without getting tired

Perform a warm-up independently.

### Social ME

Communicates and works collaboratively with others

Can follow simple rules in an activity.



# Year 7 Physical Education continued



What have students at St. Crispin's been taught to understand and be able to do?

Core Knowledge continued	Core Skills continued
<p style="text-align: center;"><b>Affective ME</b></p> <p>Understand how to take care of their own safety and that of others</p> <p>Understand why we do certain activities and expect certain behaviors in PE</p> <p>Demonstrate knowledge of the concept curriculum and how it can benefit their own <b>PERSONAL DEVELOPMENT IN PE</b> and beyond with particular reference to:</p> <p style="text-align: center;">The Value of PE Self-Worth Resilience Interpersonal Skills.</p>	<p style="text-align: center;"><b>Affective ME</b></p> <p>Shows fair play, respect and support for other pupils in the class</p> <p>Controls feelings when winning or losing.</p>

## How has learning been assessed?

Learning is assessed formatively through:

personal study 'quiz' tasks on rules, regulations, basic skills, strategies & tactics

AFL methods in lessons

Teacher observation

ME in PE Framework

Peer assessment

Student engagement is assessed summative through 'exit quizzes' at the end of each concept curriculum unit



## Year 7 Physical Education continued



### What is coming up in the following year?

Students will develop their knowledge and skills of the 5 assessment areas in the ME in PE framework through a broad and balanced curriculum

The concept curriculum will develop student's knowledge of **HEALTH AND WELLBEING** through them experiencing themes based upon:

- Mental Health and Wellbeing
- Physical Health and Wellbeing
- Social Health and Wellbeing
- Diet & Nutrition.