

George Stephenson High School Secondary Scheme of Work: Key Stage 3 & 4 Core Physical Education

Unit	Key Progression Indicators Knowledge, Understanding and Skills
Fitness - Athletics, Cross Country, Fitness	<ul style="list-style-type: none"> - Social - Identifying opportunities to develop students' ability to work with others, perform to the best of their ability and - Physical – Students given opportunities to develop their skill appreciation for a range of activities. - Observational – Students develop their ability to analyse and evaluate performance, giving effective corrective feedback. - Resilience – Students develop their ability to persevere and deal with challenging situations. - Thoughtful – Students develop their knowledge to think of solutions to problems they face when performing.
Team Games - Netball, Football, Rugby, Basketball, Tchoukball, Kinball, Futsal, Dodgeball, Volleyball, Benchball, Handball	
Aesthetics – Gymnastics, Dance, Trampolining	
Striking and Fielding – Cricket, Rounders, Softball, Longball,	
Net Games – Badminton, Tennis, Table Tennis	

PE Calendar

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
BOYS	Team Games/Fitness				Team Games/Fitness				Net Games/Team Games/Fitness			Fitness/Team Games/Net Games	
GIRLS	Team Games				Team Games				Fitness/Aesthetics			Fitness/Aesthetics	

	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
BOYS			Net Games/Aesthetics/ Team Games			Net Games/Aesthetics/ Team Games			Net Games/Team Games		
GIRLS			Aesthetics			Aesthetics			Net Games/Fitness		

	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35
BOYS	Net Games/Team Games			Fitness (Athletics) & Striking and Fielding					Fitness (Athletics) & Net Games (Tennis)		
GIRLS	Net Games Fitness			Fitness (Athletics) & Net Games (Tennis)					Fitness (Athletics) & Striking and Fielding		

	Week 35	Week 36	Week 37	Week 38	Week 39
BOYS	Fitness (Athletics) & Net Games (Tennis)				
GIRLS	Fitness (Athletics) & Striking and Fielding				

Key Stage 3 Assessment in PE



You are able to demonstrate **basic skills, techniques and decision making** when performing and **need to now do these on a more consistent basis**. You are learning how to work with others in different situations and need to **develop ways to face challenge**.

Working Towards Expected Progress

You are identifying **how to take up a leadership role and take responsibility for your own performance and conduct** in lessons.

S.P.O.R.T.

You are able to **demonstrate a consistently competent level of skill application and understanding of technique** in lessons. You generally **work well with others** and sometimes **show an ability to take on levels of responsibility** in lesson.

Expected Progress

You are **developing ways in which you can face challenge and often take responsibility** for your own progress and conduct in lessons. You **know how to improve in every aspect of the S.P.O.R.T. framework**.

You are **demonstrating an increasingly high level of skill and a solid understanding of applying tactics and strategies** in a range of activities and you **apply these consistently** in lessons. You can **work well as part of a team and take on responsibility when needed, showing maturity and confidence** when doing so.

Above Expected Progress

Your **conduct, effort and application** in lessons is of a consistently good nature. You show a good understanding of **how to improve all aspects of the S.P.O.R.T. framework**.



SOcial **P**hysical **O**bserving

Resilience & Responsibility **T**hinking



**WORKING TOWARDS
EXPECTED PROGRESS**

EXPECTED PROGRESS

ABOVE EXPECTED PROGRESS

SOCIAL

- *Learning how to work with others.*
- *Developing the skills to give your opinions and ideas.*
- *Learning how to work as part of a group.*

- *Work well with others.*
- *Consider the feelings of others.*
- *Appreciate different opinions and ability levels.*
- *Behave in a sensible manner.*

- *Excellent sportsmanship*
- *Always work well with others.*
- *Consistently set a good example*
- *Give opinions and ideas.*
- *Listen to others.*

PHYSICAL

- *Show some enthusiasm for activities.*
- *Developing your fitness levels.*
- *Learning the positive effect of physical activity.*
- *Starting to participate for longer periods.*
- *Showing some skill development.*

- *Consistently good effort in all lessons.*
- *Show a knowledge of the importance of physical activity.*
- *Can work at a high intensity throughout lessons.*
- *Taking an active interest in developing your skill level.*

- *Enthusiastic and eager to improve.*
- *Show a consistently high level of personal fitness.*
- *Understand the importance of physical activity.*
- *Participate for long periods.*
- *Show excellent progress in your skill development.*

OBSERVING

- *Can identify what you are doing well.*
- *Can try to replicate a good performance.*
- *Say what you need to do to improve.*

- *Can identify a good performance.*
- *Can give good feedback to peers to help improvement,*
- *Use success criteria to improve performance.*

- *Offer detailed corrective feedback.*
- *Use success criteria effectively.*
- *Identify areas for improvement.*
- *Act upon feedback.*

**RESILIENCE &
RESPONSIBILITY**

- *Contribute to leadership activities.*
- *Understand how to warm up.*
- *Bring correct kit in.*
- *Learn how to perform leadership roles.*
- *Show some perseverance when challenged.*

- *Bring the correct kit to all lessons.*
- *Contribute to leadership roles, showing initiative and creativity.*
- *Persevere when challenged.*
- *Learning how to solve problems*

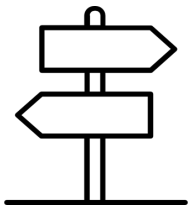
- *Volunteer willingly for leadership roles.*
- *Exhibit excellent behaviour.*
- *Lead an effective warm up.*
- *Persevere when challenged.*
- *Always in correct kit.*

THINKING

- *Suggest how to improve performance.*
- *Help others to improve.*
- *Think about tactics and strategies to outwit opponent.*

- *Reflect on performance and learn from mistakes.*
- *Have an idea on how to improve performance.*
- *Devise tactics and strategies to improve.*

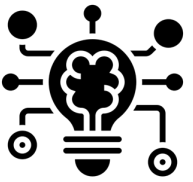
- *Always learn from mistakes.*
- *Offer solutions to problems.*
- *Share ideas with others.*
- *Resolve and manage conflict.*
- *Identify strengths and areas for development.*



FIND MY WAY

Use positive body language

LINK MY LEARNING



Recognise other peoples experiences and skills

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SOCIAL

Offer an idea or opinion

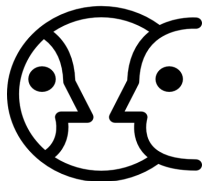
Actively listen to others

Talk confidently and appropriately to other people

Demonstrate excellent sportsmanship

Work effectively with peers to be successful

See things from other peoples perspective



PAUSE AND REFLECT



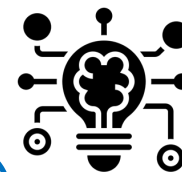
LEARN WITH AND FROM OTHERS



FIND MY WAY

Complete tasks with effort and enthusiasm

LINK MY LEARNING



Understand the importance of exercising to physical and mental wellbeing

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PHYSICAL

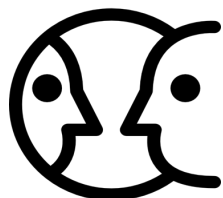
Show the ability to exercise over a prolonged period of time.

Develop your skill level in a range of different activities

Demonstrate skills in competitive situations.

Understand the benefits of being physically active

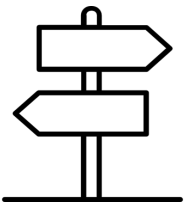
Exhibit a good level of personal fitness.



PAUSE AND REFLECT

LEARN WITH AND FROM OTHERS





FIND MY WAY

LINK MY LEARNING



Identify a good performance and try and replicate it

Identify areas in your own performance that could be improved

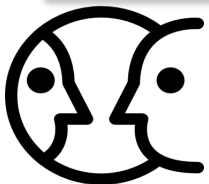
OBSERVING

Offer effective corrective feedback to peers

Identify when others may need assistance in lessons

Effectively use success criteria to assess performance

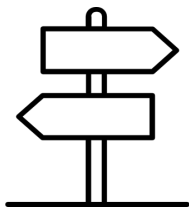
Encourage others



PAUSE AND REFLECT

LEARN WITH AND FROM OTHERS



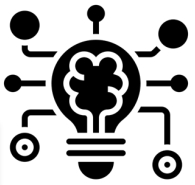


FIND MY WAY

Correct PE kit and footwear

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LINK MY LEARNING



Volunteer for leadership roles

Persevere and accept challenge

RESILIENCE

&

RESPONSIBILITY

Set high standards of behaviour

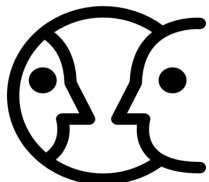
Lead a warm up/ practice

Contribute in lessons

Respect the rules

Take practical steps to improve e.g. practice, seek advice, explore options, act on feedback, attend extra sessions.

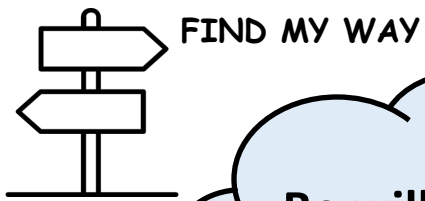
Encourage others



PAUSE AND REFLECT

LEARN WITH AND FROM OTHERS





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Be willing to learn from mistakes

Value and respect differences

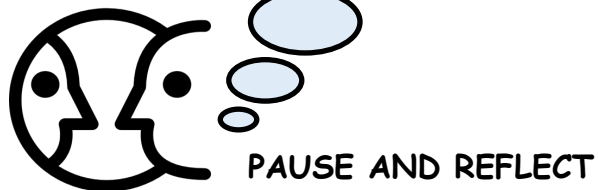
Offer suggestions on how to improve your performance

Observe and listen attentively

Share information, ideas, suggestions and problems

Try to resolve or manage conflict

Recognise your strengths and areas for development



THINKING