



# Physical

# Year 7

# Psychological



### Intent

- Pupils have opportunities to be active for sustainable periods during curricular and extracurricular hours.
- Encourage children to feel physically confident with range of physical components.
- Can link and analyse different physical skills to perform movements adapted to a range of sporting activities and dance.

### Implementation

- All pupils offered 2 hours of curricular physical education and sport. All pupils encouraged to participate in extracurricular activities.
- Pupils taught range of activities (through 2 alternative sports/ activities each half term) to develop range of physical components.
- Physical and technical skills approach to teaching through repetition and transition to games based activities where necessary.

### Impact

- Pupils know and feel benefits of regular sustained exercise, making it a regular part of their daily life.
- Physical health links to whole school positive mental health ethos.
- Physical skills are refined and used in game based competition.

### Intent

- Allow chance for pupils to experience a range of emotions to build character during competition.
- Develop understanding of more complex tactics eg using individual and team strengths and weaknesses.
- Use their knowledge to make decisions relevant to a healthy lifestyle and attempt to lead that healthy lifestyle and promote that lifestyle,

### Implementation

- Children will face different challenges through increased competition and work through them with guidance.
- Students forced to make individual tactical decisions to outwit opponents and offered chance to lead others tactically.
- Monitoring of activity levels (in and out of school) and cross curricular links to Food Technology and PSHE to promote healthy eating and positive mental health.

### Impact

- Pupils become more rounded individuals and make better psychological decisions in all academic areas and have methods in place to deal with mental challenges.
- Developed individual thinking and independence to promote independent thinking in all aspects of learning.
- Whole school promotion of children leading healthy lifestyles and promoting them.

### Intent

- Use physical activity to communicate and collaborate effectively with different social groups through play and competition.
- Can successfully evaluate their own performance and know how to make progress.
- Have the confidence to face challenges of competition and perform in front of their peers in a variety of disciplines.

### Implementation

- All pupils offered chance to socially interact with children of different gender, race, ability through play and competition.
- Regular varied means of assessment through self and peer assessment related to success criteria.
- Teachers encourage children to perform, praise used effectively to model positive social behaviour.

### Impact

- Social interaction is vital for children's development. Social challenges continue in KS3.
- Pupils know areas of strength and weakness and know how to progress.
- Challenge pupils to test their social confidence to prepare them effectively for later life challenges.

### Intent

- Become physically confident to use variety of technical skills.
- Link different technical skills to perform movements adapted to range of activities.
- Know how to improve technical skills.

### Implementation

- Lessons taught with physical and technical skills focus through repetition of those skills.
- Ensure technical skills are practised and mastered before game play is introduced.
- Pupils are able to recognize technical flaws and act independently to make progress.

### Impact

- More complex skills introduced and linked from KS2. Some skills require specialist equipment.
- Pupils will learn to know their own body, its technical limitations and how they can use it in variety of sport and dance.
- Progress of technical skills is made and transitioned to competitive environment.

# Social

# Year 7

# Technical

