

Sport Phase One Curriculum



Overview:

The PE curriculum gives students an opportunity to explore a range of different sports and activities and develop valuable core skills required for day to day life. Through PE, the students will develop a vast knowledge base of rules and regulations from a range of different sports. Students will take on the role as performer, official and umpire, within Phase 1. This process will enable students to acquire strong leadership skills and increase confidence, resilience and empathy.

Students learn to understand a variety of fitness components required to successfully take part in physical activity. There is a clear focus on the importance of good general fitness by working at different intensities in a range of sports. Students will get to experience a range of outdoor adventurous activities, which will help develop physical and mental toughness through experiences outside of the classroom.

Core values are embedded within every PE lesson to integrate sportsmanship, commitment, teamwork and become proactive as young adults. A healthy active lifestyle is at the forefront of the curriculum and through high quality PE lessons, the aim is to promote lifelong participation in sport for all of our students.

Content:

	Terms 1-6
Year 7 and 8	<p>Students have a varied curriculum where they will participate in a large selection of the following sports for approximately 5 weeks each:</p> <ul style="list-style-type: none"> • Multi skills • Football • Basketball • Netball • Rugby • Badminton • Gymnastics • Dance • Leadership • Hockey • Handball • Striking and fielding (cricket, rounder’s & softball) • Athletics • Table Tennis • Outdoor Education • Health related fitness <ul style="list-style-type: none"> - circuit training - weight training - interval training - aerobics

Who to contact about Phase One Sport:

Mr M. Oddy – Curriculum Leader for Sport – m.oddy@trinityacademyhalifax.org