

ME IN CORE PE





To ignite the passion...

....for life long learning and engagement in physical activity and sport in order to support young people to be the best they can be!

We will do this through... high quality teaching and learning, high expectations and by providing a wealth of opportunities for all young people.



Physical ME

Development of physical and performance skills in a range of activities



Social ME

Development of working well with others and leadership



Thinking ME

How to make effective decisions and evaluations



Personal ME

Development of personal behaviours, values and engagement in PA



Core PE POS 7-10 2023 24

Y7						Y8						Y9						Y10					
Term 1	G1	G2	3	B1	B2	Term 1	G1	G2	3	B1	B2	Term 1	G1	G2	3	B1	B2	Term 1	G1	G2	3	B1	B2
1	Netball	Football	Badminton	Gym	Dance	1	Netball	Football	Badminton	Gym	Dance	1	Netball	Football	Badminton	Gym	Dance	1	L1 SL	Football	Badminton	L1 SL	SE FB
	Gym	Dance	Netball	Rugby	Badminton		Gym	Dance	Netball	Rugby	Badminton		Gym/Tramp	Dance	Netball	Rugby	Badminton		L1 SL	SE Netball	Netball	L1 SL	Badminton
2	Football	Badminton	OAA	Netball	Gym	2	Football	Badminton	OAA	Netball	Gym	2	Football	Badminton	OAA	Netball	Gym	2	SE Netball	L1 SL	OAA	Badminton	L1 SL
	Dance	OAA	Rugby	Badminton	Rugby		Dance	OAA	Rugby	Badminton	Rugby		Dance	OAA	Rugby	Badminton	Rugby		Football	L1 SL	SE Dodge	Rugby	L1 SL
3	<i>Improving Physical Fitness</i>					3	<i>Improving Physical Fitness</i>					3	<i>Improving Physical Fitness</i>					3	<i>Improving Physical Fitness</i>				
4	OAA	Netball	Gym (SH)	Dance	OAA	4	OAA	Netball	Gym (SH)	Dance	OAA	4	OAA	Netball	Gym (SH)	Dance	OAA	4	Gym/Tramp	Badminton	L1 SL	SE FB	OAA
	Badminton	Gym	Dance	OAA	Netball		Badminton	Gym	Dance	OAA	Netball		Badminton	Gym/Tramp	Dance	OAA	Netball		Badminton	Gym/Tramp	L1 SL	OAA	Rugby
5	Rounders	Rounders	Athletics	Athletics	Athletics	5	Rounders	Rounders	Athletics	Athletics	Athletics	5	Rounders	Rounders	Athletics	Athletics	Athletics	5	Rounders	Rounders	Athletics	Athletics	Athletics
	Athletics	Athletics	Tennis	Cricket	Tennis		Athletics	Athletics	Tennis	Cricket	Tennis		Athletics	Athletics	Tennis	Cricket	Tennis		Athletics	Athletics	Tennis	Cricket	Tennis
6	Cricket	Tennis	Rounders	Tennis	Cricket	6	Cricket	Tennis	Rounders	Tennis	Cricket	6	Cricket	Tennis	Rounders	Tennis	Cricket	6	Cricket	Tennis	Rounders	Tennis	Cricket
	Tennis	Cricket	Cricket	Rounders	Rounders		Tennis	Cricket	Cricket	Rounders	Rounders		Tennis	Cricket	Tramp	Rounders	Rounders		Tennis	Cricket	Cricket	Cricket	Rounders



Physical ME

Development of physical and performance skills in a range of activities

PHYSICAL ME

Development of a **wide range of basic** to **complex** skills, techniques, tactics, strategies across a range of activities



Thinking ME

How to make effective decisions and evaluations

THINKING ME

A homework set 3 times per year
Knowledge of rules/key terminology
Application of skills – decision making
Analysis of performance

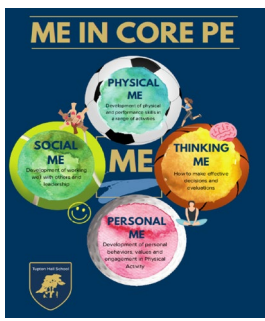


Social ME

Development of working well with others and leadership

SOCIAL ME

- Leading a 3 part warm up
- Officiating/Judging
- Taking on Roles and responsibilities in sport (Sport Education)



Me in PE Concepts




Social ME
Development of working well with others and leadership

- Leadership skills
- Communicator
- Team player
- Official
- Coach/leader
- Supporter
- Role models



Physical ME
Development of physical and performance skills in a range of activities

- Football/Rugby/Netball/Badminton
- Tennis/Cricket/Rounders
- Healthy Active: rowing, spinning, running, CrossFit, Skipping, PEP design
- Athletics
- OAA
- Gymnastics/Trampolining
- Dance



Thinking ME
How to make effective decisions and evaluations

- Rules and regs
- Health and safety
- Tactical principles
- Effects of exercise on the body systems
- Planning for success
- Reflective
- Analysis of performance
- K and U enabling role as Judge and official



Social ME

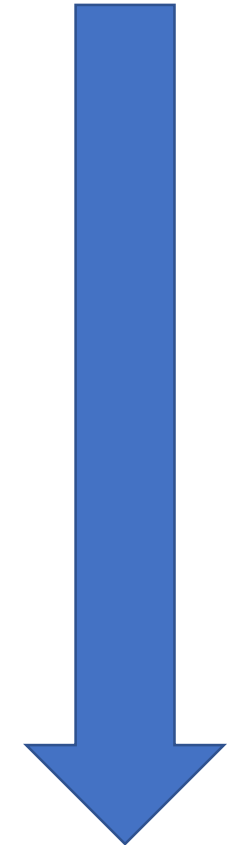
Development of working well with others and leadership



Physical ME

Development of physical and performance skills in a range of activities

Year		
7	Independently able to lead a sport specific 3 part Warm up	Development of ability to be successful and enjoy PE Outwitting Opponents: Attacking Aesthetics/Athletics: Control of body and timing Observation and accurate replication of core skills/actions
8	Judging and Officiating	Become a more successful performer Outwitting Opponents: Defending Aesthetics/Athletics: more specialised Control of body and timing Observation and accurate replication
9	Can take on roles and responsibilities in sport (Sport Education)	Use range of more advanced skills/techniques learned to enable 'Full Performance'
10	Gain accreditation THS Sports Leader Licence and actively support Co Curriculum	Outwitting Opponents: Match Play Aesthetics: Performance/Choreography develop advanced technical and compositional ideas



How am I doing?



PERSONAL ME

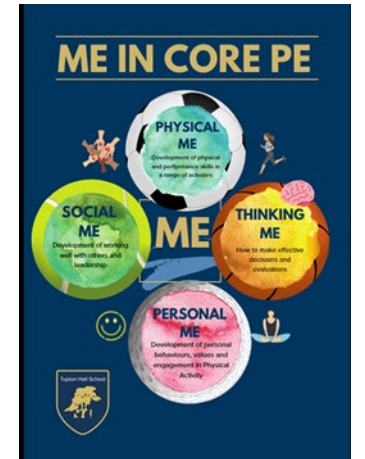
A personal self review x 3 Per Year

ATL grade

Performance Grade via DSE grade

Barriers to Learning

Involvement in ENRICH/Inter House



11 Core PES 2023 24



Y11 Core PES (Physical Emotional and Social)

Aims

THS students can...

- Engage in physical activity in order to support and further develop your health and well being
- Feel more able to tackle complex and demanding physical activities
- Be Physically active for sustained periods of time
- Develop personal physical fitness, maintain emotional and social health.
- independently set up physical activity sessions responsibly and know how to safely prepare for and recover from exercise

Breadth of study

All students will be **allowed to opt in to one activity** of their choice per term/lesson. They will be expected to engage in **at least 2 different activities** across each term. 1 Activity must be focused on **Healthy Active Lifestyles (minimum 1 term)**

All activity teachers will undertake **activity related fitness session** in one lesson of each week. **This will be known and shared as your WOD of the week** e.g. football related WOD undertaken as part of the lesson warm up/preparation e.g. 5 exercises completed. This should be progressed and assessed reported on at each assessment point e.g. WOD score indicating level of fitness.

Assessment/progress measure

DSE Awarded after each activity

ATL/Barriers recorded at the end of each Term.

Peer assessed WOD score

Outdoor competitive Games Football/Netball/Basketball/Rounders	Indoor competitive Games Badminton/Dodgeball/Volleyball	Healthy Active Lifestyles Spinning/rowing/Fitness classes/CrossFit/Skipping	Individual Non Game Trampolining/Dance/Gymnastics
Prepare for and recover from exercise	Prepare for and recover from exercise	Undertake base lines fitness testing and set appropriate target	Trampolining Creation and assessment of 10 bounce routine
Create and execute a game related skill session as part of warm up for your team	Create and execute a game related skill development session as part of warm up for your team	Improve CV fitness via use of on line and in class resources	Gymnastics Development of floor and apparatus work
Take part in a variety of competition formats during the unit... including full size and small sided versions of the game	Take part in a variety of competition formats during the unit... including full size and small sided versions of the game	Undertake HIIT sessions	Dance Creation of motifs and development of performance
Be prepared to take responsibility for setting up and managing the activity	Be prepared to take responsibility for setting up and managing the activity	Plan and execute simple PEP	Flexibility...develop via use of online support sessions

Y11 POS Term 1

11X 5 Groups Term 1 Sept-October			
Thursday 1 Friday 5 CWH			
Staff	Thursday	Staff	Friday
HPA	Spin/Just Dance	HPA	Spin/Just Dance
TJE	Badminton	LWA	Badminton
SCU	Dodgeball	SCU	Dodgeball
RMO	PEG1	RMO	PEG1
DGR	Football Astro	NRO	Football Astro
CWH	Outdoor Courts	CWH	Outdoor Courts

11 Y 5 groups Term 1 Sept-October			
Tuesday 2 and Thursday 4			
Staff	Tuesday	Staff	Thursday
HPA	PEG1	HPA	PEG1
SCU	Badminton	SCU	Badminton
TJE	Dodgeball	TJE	Dodgeball
CWH	Spin/Just Dance	CWH	Spin/Just Dance
NRO	Football	NRO	Football
FKE	Outdoor Courts	MED	Outdoor Courts

PE Kit and Core PE

Students **without PE kit** will be housed in PEG1

Explicit tone of **PES is physical activity** is good for you and your head...bring PE kit and you access P E and S

Students **WILL NOT** be allowed to work on other subject content.

Assessment in PE 23 24

DSE Descriptors

Positive Role Model

Arrives with PE kit

Respectful

Behave appropriately

Engaged and hardworking

Exceeding: Uses a range of advanced ME in PE skills, is an **exceptional performer using most practical skills** with **great tactical/compositional understanding**, is a **positive role model** and **can independently lead others in a variety of situations.**

Secure: Successfully applies many ME in Core PE skills, is a consistently **good performer using many practical skills** with sound **tactical/compositional understanding**, is **confident** and a **positive role model** and **can lead others with some guidance.**

Developing: Applies **some ME in Core PE skills** and is **developing as a performer using some practical skills** and developing their **understanding around tactics and composition**, has **confidence in some practical situations** and is **working towards leading themselves and others.** Can improve as a role model.