

KS3 OAA - Scheme of Work

Pillar 1. Motor competence – knowledge of the range of movements that become increasingly sport- and physical activity-specific

Pillar 2. Rules, strategies and tactics – knowledge of the conventions of participation in different sports and physical activities

Pillar 3. Healthy participation – knowledge of safe and effective participation

FMS - Fundamental movement skills (movement patterns, footwork, skill related fitness)

Year 7	Year 8	Year 9
<p><u>Motor Competence (1. 3)</u></p> <p>Pupils should be aware of why they are learning these skills and how to improve their own and others</p> <p>Emphasis is soft skills of teamwork, communication, resilience, empathy, teamwork and problem solving.</p> <p><u>Core/Advanced Skills to include:-</u></p> <p>Orienteering Fleet walk Team Building Archery Leadership Problem solving Team work Communication Resilience Empathy</p> <p>Healthy Participation - Students should be able to discuss the importance of a BHAL</p>	<p><u>Rules, strategies and tactics (1.2.3)</u></p> <p>Students begin to develop more confidence, communication and problem solving by undertaking additional responsibilities within the group.</p> <p><u>Core/Advanced skills developed with increased competition:-</u></p> <p>Orienteering Fleet walk Team Building Archery Leadership Problem solving Team work Communication Resilience Empathy</p> <p>Healthy Participation - Physical, Social and Mental well being importance</p>	<p><u>Examination PE. Competition participation (3)</u></p> <p><u>Sept - Jan</u> Students' core and advanced skills, knowledge, tactics and soft skills will be challenged in realistic outdoor situations. Team work, problem solving and sport leadership will be developed</p> <p><u>Jan - July</u> Examination - Introducing BTEC/GCSE fitness, anatomy/physiological content to support transition into KS4</p> <p>Participation pathway - Challenge misconception/restricted understanding as to importance of participation in lifelong PA. Metacognitive approach to learning to highlight soft employability skills. Teamwork, resilience and empathy</p> <p>Healthy Participation - Links between PE and academic success. Healthy mind in a healthy body</p>
<p><u>FMS Development</u> <u>Skill related fitness/Training methods</u></p> <p>Cardiovascular endurance Muscular endurance</p>	<p><u>Motor Competence</u> <u>Skill related fitness/Training methods</u></p> <p>Reaction time Fartlek training</p>	<p><u>Motor Competence</u> <u>Skill related fitness/Training methods</u></p> <p>Coordination Cardiovascular endurance Muscular endurance Reaction time Fartlek training</p>

Year 10	Year 11	Sixth Form
<p>Pathway 1 Guide and support onto KS5 examination PE if it matches their aspirations. Increased technical vocabulary which eases transition onto A level or BTEC.</p> <p>Pathway 2 Be knowledgeable about a variety of sports, rules and tactics and try new less traditional sports for life long participation</p> <p>Pathway 3 Understand the importance of a balanced healthy lifestyle and install a love of physical activity, competitive or recreational.</p> <p>Opportunities within OAA: Orienteering, Archery, Fleet walk and teamwork</p> <p>At the end of each unit, students should be aware of rules to each activity, tactics, officiating/refereeing alongside active participation. Could they set up a mini tournament?</p>	<p>Pathway 1 Guide and support onto KS5 examination PE if it matches their aspirations. Increased technical vocabulary which eases transition onto A level or BTEC.</p> <p>Pathway 2 Be knowledgeable about a variety of sports, rules and tactics and try new less traditional sports for life long participation.</p> <p>Pathway 3 Understand the importance of a balanced healthy lifestyle and install a love of physical activity, competitive or recreational.</p> <p>Opportunities within OAA: Orienteering, Archery, Fleet walk and teamwork</p> <p>At the end of each unit students should be aware of rules to each activity, tactics, officiating/refereeing alongside active participation. Could they set up a mini tournament?</p>	<p>Core PE/Enrichment</p> <p>Lifelong participation is both competitive and recreational in nature. Opportunity for area/national and county fixtures if appropriate. Sports day and inter tutor sporting events alongside enrichment wider opportunities.</p> <p>Examination PE BTEC Extended Diploma (3 A Level) BTEC Extended Certificate (1 A level) Pearsons approved assignment briefs (adapted)</p> <p>A Levels PE SOW on G drive for 2 year course</p>
<p>Healthy Participation</p> <p>Grouping to maximise students physical, mental and social well being. Pathways for lifelong participation in physical activity and sport, competitive or social therefore reducing inequalities</p> <p>Can we still direct these young adults into clubs, teams or show alternative sports to encourage LLP</p>	<p>Healthy Participation</p> <p>Grouping to maximise students physical, mental and social well being. Pathways for lifelong participation in physical activity and sport, competitive or social therefore reducing inequalities</p> <p>Can we still direct these young adults into clubs, teams or show alternative sports to encourage LLP</p>	<p>Healthy Participation</p> <p>Staff deliver to their strengths, group needs, facilities and season.</p> <p>Students should still be wearing sporty clothes and enjoying either competitive or social side to PA</p> <p>Can we still direct these young adults into clubs, teams or show alternative sports to encourage LLP</p>