**Cultural Capital Opportunities**

**Subject: Physical Education**

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|  | Spiritual | Moral | Social | Cultural | Personal Development | Physical Development |
| Year 7 | Respecting Rules of the game  Empathy & respect towards umpires/ coaches/  3 cheers after a match  Co-operation, etiquette, team-work, fair-play – values promoted in all activities  Self-evaluation of skills and performance  Imagination and creativity in composing gymnastic sequences, dance routines | How to prevent injury Giving feedback on someone else performance Respecting the rules and regulations of team and individual sports Respect for others beliefs when fasting promoted etc. | Communication within a team to achieve an objective  Analysing own and others performance and giving feedback  Discuss and agree tactics  Working collaboratively | Studying different sports across the world e.g. India Day | Working collaboratively Analysing own and others performance PE teams for all sports and extracurricular offer. | How to conduct the 5 phases of a warm up and 2 phases of a cool down  List major muscles and bones in the human body  Understanding the main components of fitness  Knowing the two main joints and the six different types of movement |
| Year 8 | Respecting Rules of the game  Empathy & respect towards umpires/ coaches/  3 cheers after a match  Co-operation, etiquette, team-work, fair-play – values promoted in all activities  Self-evaluation of skills and performance  Imagination and creativity in composing gymnastic sequences, dance routines | How to prevent injury Giving feedback on someone else performance Respecting the rules and regulations of team and individual sports Respect for others beliefs when fasting promoted etc. | Communication within a team to achieve an objective  Analysing own and others performance and giving feedback  Discuss and agree tactics  Working Leading a warm up (with peers) Officiating rules in a game  Leading (Captain) of a group | Studying different sports across the world e.g. India Day | Leading a warm up (Isolation) Analysing own and others performance. Coaching Skills – public speaking for leaders in most units of study. Building of Self-Esteem through progress in Physical Activities and sense of well-being. | Understand the short term effects of exercise  Applying knowledge of muscles to antagonistic pairs  Functions of the skeleton  Know and understand the types of training and apply the principles of training |
| Year 9 | Respecting Rules of the game  Empathy & respect towards umpires/ coaches/  3 cheers after a match  Co-operation, etiquette, team-work, fair-play – values promoted in all activities  Self-evaluation of skills and performance  Imagination and creativity in composing gymnastic sequences, dance routines | How to prevent injury Giving feedback on someone else performance Respecting the rules and regulations of team and individual sports Respect for others beliefs when fasting promoted etc. | Communication within a team to achieve an objective  Analysing own and others performance and giving feedback  Discuss and agree tactics  Leading (Captain) of a group  Volunteering time in school at extra-curricular clubs and at community clubs to aid the development of others | Studying different sports across the world e.g. India Day | Independently lead own warm up and cool down Analysing own and others performance. | Components of fitness  Applying the principles of training  Preventing injury  Structure and function of the skeletal and muscular system  Movement analysis  The cardiorespiratory and respiratory systems  The effects of exercise on the body |
| Year 10 | Understanding the difference between gamesmanship and sportsmanship  Socio- cultural groups in sport and their participation rates including those from ethnic minority backgrounds | Understanding the difference between gamesmanship, sportsmanship, deviance and violence  Drugs in sport and how they affect a performer physically and mentally.  Respect for others beliefs when fasting promoted etc. | Influencing the game and making impact  Volunteering time in school at extra-curricular clubs and at community clubs to aid the development of others | Studying different sports across the world e.g. India Day  Respecting other students regarding choice of activity and commitment to sport e.g. competitiveness vs participation | Independently lead own warm up and cool down Applying a range of skills in order to outwit an opponent  Developing understanding of health and fitness and how it can affect performance | Components of fitness  Applying the principles of training  Preventing injury  Structure and function of the skeletal and muscular system  Movement analysis  The cardiorespiratory and respiratory systems  The effects of exercise on the body |
| Year 11 | Understanding the difference between gamesmanship and sportsmanship  Socio- cultural groups in sport and their participation rates including those from ethnic minority backgrounds | Understanding the difference between gamesmanship, sportsmanship, deviance and violence  Drugs in sport and how they affect a performer physically and mentally.  Respect for others beliefs when fasting promoted etc. | Influencing the game and making impact  Applying rules and regulations towards a match  Prefects volunteering time for supervision  Volunteering time in school at extra-curricular clubs and at community clubs to aid the development of others | Studying different sports across the world e.g. India Day  Respecting other students regarding choice of activity and commitment to sport e.g. competitiveness vs participation | Applying a range of skills in order to outwit an opponent  Developing understanding of health and fitness and how it can affect performance | Components of fitness  Applying the principles of training  Preventing injury  Structure and function of the skeletal and muscular system  Movement analysis  The cardiorespiratory and respiratory systems  The effects of exercise on the body |