**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 activitiesSelf-evaluation of skills and performanceImagination 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 objectiveAnalysing own and others performance and giving feedbackDiscuss and agree tacticsWorking 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 bodyUnderstanding 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 activitiesSelf-evaluation of skills and performanceImagination 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 objectiveAnalysing own and others performance and giving feedbackDiscuss and agree tacticsWorking 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 exerciseApplying knowledge of muscles to antagonistic pairsFunctions of the skeletonKnow 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 activitiesSelf-evaluation of skills and performanceImagination 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 objectiveAnalysing own and others performance and giving feedbackDiscuss and agree tacticsLeading (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 fitnessApplying the principles of trainingPreventing injuryStructure and function of the skeletal and muscular systemMovement analysisThe cardiorespiratory and respiratory systemsThe 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 violenceDrugs in sport and how they affect a performer physically and mentally.Respect for others beliefs when fasting promoted etc. | Influencing the game and making impactVolunteering 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 DayRespecting 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 opponentDeveloping understanding of health and fitness and how it can affect performance | Components of fitnessApplying the principles of trainingPreventing injuryStructure and function of the skeletal and muscular systemMovement analysisThe cardiorespiratory and respiratory systemsThe 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 violenceDrugs 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 supervisionVolunteering 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 DayRespecting 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 opponentDeveloping understanding of health and fitness and how it can affect performance | Components of fitnessApplying the principles of trainingPreventing injuryStructure and function of the skeletal and muscular systemMovement analysisThe cardiorespiratory and respiratory systemsThe effects of exercise on the body |