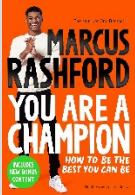

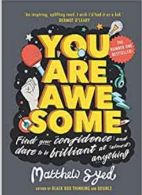


## The English Martyrs Catholic School and Sixth Form College

<u>Physical Education</u> <u>Year 7</u>	<u>Module 1</u>	<u>Module 2</u>	<u>Module 3</u>
<b><u>Topic Theme and Intent</u></b>	Students learn about <b>Benefits of exercise</b> – using knowledge gained pupils identify how to prepare themselves for exercise. This topic is studied so that students can understand what an effective warm up and cool down entails and the importance of preparing the body for sport.	Students learn about <b>leadership</b> – They will be able to identify characteristics of a good leader and types of leaders. Pupils develop opportunities to show leadership in lesson. This topic is studied so that students start to become more independent learners and begin to lead peers in lessons.	Students will learn about specific types of <b>rules</b> . This topic is studied so that students can identify specific rules and understand the impact they have on a range of sport. This module will incorporate previous learning from modules 1 and 2.
<b><u>Knowledge</u></b>	<ul style="list-style-type: none"> <li>• Components of a warm up</li> <li>• Physical benefits of exercise</li> <li>• Mental benefits of exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Characteristics of a good leader.</li> <li>• Roles and types of leader.</li> </ul>	<ul style="list-style-type: none"> <li>• Rules and regulations of several sports.</li> <li>• Implement taught rules in conditioned games.</li> </ul>
<b><u>Skills</u></b>	<ul style="list-style-type: none"> <li>• Perform an effective warm up</li> <li>• Complete a range of static stretches with correct technique</li> </ul>	<ul style="list-style-type: none"> <li>• Communicating effectively with peers.</li> <li>• Organisation of equipment / other students.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform as an official in conditioned games.</li> <li>• Apply rules and regulations to game situations.</li> </ul>
<b><u>Literacy Links</u></b>	<p><b>Reading</b> – Students will read about physical benefits of exercise.</p> <p><b>Writing</b> – Students complete recall activities.</p> <p><b>Oracy</b> – Students start to use physiology and anatomy vocabulary in discussion and question and answering.</p>	<p><b>Reading</b> – Students will read about leadership and ways to demonstrate leadership.</p> <p><b>Writing</b> - Students complete key tasks activities.</p> <p><b>Oracy</b> – Students will use a range of vocabulary and improve effective communication.</p>	<p><b>Reading</b> – Students will read about rules and regulations in several sports.</p> <p><b>Writing</b> – Students will communicate ideas and concepts through completing online tasks.</p> <p><b>Oracy</b> – Students use correct terminology in discussion and question and answering.</p>
<b><u>Essential Vocabulary</u></b>	Pulse, Static stretches, Pulse raiser, intensity, muscles, stability.	Body language, empathy, communication, inspirational.	Rules, regulations, strategy, etiquette, foul, sanction, restart.

<b>Disciplinary Reading</b>	<b>Reading for Pleasure</b>
	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>You are a champion by M. Rashford</p>  </div> <div style="width: 30%;"> <p>Strong is the new pretty by Kate Parker</p>  </div> <div style="width: 30%;"> <p>You are awesome by Matthew Syed</p>  </div> </div>

