



### Learning Aims and Curriculum Intent:

Pupils in Year 9 are introduced to the thread of GCSE PE weaved into their practical lessons. There is a deeper lens focus on anatomical principles taught through the medium of strength and conditioning and health related fitness. A small taster of biomechanics will be introduced with some basic mathematical links. Pupils are actively encouraged to challenge themselves beyond their comfort zone in Year 9. Core modules such as Parkour are approached with gusto, blending foundation year parkour in Y7/8 with difficult vaults and the climbing wall aspect. The brand-new leisure centre facility is also used in Y9 as pupils are the correct age to be inducted. In the fitness suite environment, they will undertake, plan and complete a 6-week training block designed themselves to compliment another physical activity of their choice.

Term	Content, Key Questions and Knowledge	Skills	Assessment
Health Related Fitness	<p><b>How do I construct and follow a training programme</b></p> <ul style="list-style-type: none"> <li>Pupils are introduced to the fitness suite a high-level state of the art facility</li> <li>They are inducted onto the machinery in week 1 and perform some baseline competency tests for health and safety</li> <li>A model pro-forma of a training programme is used to help pupils on their own exploratory fitness journey</li> <li>To aid progression, pupils are asked to focus on one of the key areas of speed, strength and endurance and link to a chosen sport/physical activity</li> </ul>	<p>Independent thought Practical led assessment</p>	<p><b>6-week ongoing task to develop, design and implement a training programme for a chosen sport/activity</b></p>
Surf Lifesaving	<p><b>How do I ensure I am water competent both for myself and others. What elements of lifesaving can I demonstrate</b></p> <ul style="list-style-type: none"> <li>This module is designed to develop water confidence in a variety of situations</li> <li>The core principles of swimming are still at large and for those swimmers who need extra support there is still 1-1 coaching available via the swim team</li> <li>Pupils are taught how to enter/exit the water safety in contextual scenarios such as; surf conditions, murky water, currents and rip tides</li> <li>There are distinct cross overs between this module and the rookie lifeguard course</li> <li>Pupils learn how to chin tow, hip tow and straight arm tow</li> <li>They are introduced to retrieval from deep and shallow water and basic first aid</li> </ul>	<p>Personal safety and survival Response to feedback Teamwork and collaboration Basic first aid</p>	<p>Rookie Lifeguarding Towing Entrances and Exits Scenario based assessments</p>
Athletic Development	<p><b>What is plyometric training, how can ballistic/gross skills have an impact on other sports. What is needed mentally for fine skills to be successful?</b></p> <ul style="list-style-type: none"> <li>This module has excellent GCSE cross over links with skill classification, major muscle groups and types of training all explored in a variety of formats</li> <li>A range of activities will be deployed to engage students' cognitive processes and consider what skill continuums are being developed and how the environment effects this</li> <li>There are some small elements of sports psychology here i.e. reacting to a crowd</li> </ul>	<p>Peer and self-feedback Some basic mathematical cross over (counting stride length and patterns etc)</p>	<p>Extended Q&amp;A Practical Team assessment</p>



<b>Parkour &amp; Climbing</b>	<p><b>Vaulting for speed and height. Climbing competitively</b></p> <ul style="list-style-type: none"> <li>• Three stage vaulting is introduced.</li> <li>• Safety assessment takes place in week 1 and pupils are then encouraged to ‘move up’ the vaulting ladder</li> <li>• Speed and momentum to achieve high performance and fluidity of vaults and sequences</li> <li>• Opportunities for outdoor ‘real world’ parkour</li> <li>• Climbing wall is used as competitive tool, traversing, speed racing (new in the Olympics for 2021)</li> <li>• Pupils will also be able to access climbing frameworks for licences should they wish to pursue climbing outside of school</li> </ul>	Competitive practice	Differentiating levels of vault Q&A Peer and Self-Assessment Climbing assessment
<b>Invasion Games</b>	<p><b>Can I create my own invasion game and teach it to other pupils</b></p> <ul style="list-style-type: none"> <li>• Pupils are exposed to the last cycle of invasion games on the PE curriculum including sports such as lacrosse</li> <li>• Pupils then use their prior learning experiences to gather evidence, plan, demonstrate and deliver an invasion game based around core attacking and defending principles</li> <li>• These are taught to the rest of the group on a cycle throughout the 6week block</li> </ul>	Teamwork Leadership Adaptability Teaching strategy	Q&A Performance and delivery based
<b>Strength and Conditioning</b>	<p><b>How can I ensure I am prepared for a niche gym environment. An introduction to Olympic Lifts.</b></p> <ul style="list-style-type: none"> <li>• Promotes strength as a significant life tool not just for a gym environment.</li> <li>• Has wider links to a growing demand for CrossFit based exercises and what the pros and cons of those are</li> <li>• Pupils are taught how to ‘spot’ someone safely and effectively.</li> <li>• Pupils are taught how to snatch, clean, jerk – three key areas of Olympic lifting with both progressions and regressions.</li> <li>• Pupils gain a deeper anatomical understanding of the human body and its capabilities</li> </ul>	Competence and confidence in a unique but growing environment.	Q&A Lift progressions

<b>Examples of Homework</b>	Submit your first week training programme to improve speed. Ensure you have followed the RAMP warm up model and	
<b>Key terminology</b>	Agonist, Antagonist, Clean, Snatch, Jerk, Chin Tow, Hip Tow, Straddle Entry, Surface Dives, Deep Dives, Eccentric, Concentric	
<b>Super-curricular enrichment and scholarly extension</b>	<ul style="list-style-type: none"> <li>• <b>Read:</b> Crossfit – the evolution</li> <li>• <b>Watch:</b> Emily Campbell – Olympic Weightlifter from Shot Put to Weightlifting</li> <li>• <b>Listen:</b> Winning Mindset Podcast</li> <li>• <b>Visit:</b> UEL Human Performance Centre – Docklands Campus / Mile End Climbing wall</li> </ul>	
<b>Useful websites</b>	www.UKSCA.com	
<b>Who can I contact?</b>	<b>Head of Department</b>	<a href="mailto:mlb@forest.org.uk">mlb@forest.org.uk</a> <a href="mailto:pco@forest.org.uk">pco@forest.org.uk</a>
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