

Discovery in Physical Education

Finding out new things is a human driver and affects things for better and worse.

Knowledge Harvest:

Students learn that their discoveries within PE have an importance on their performance and development within different activities. Pupils will **discover** how exercise has a short term impact on their body systems and they will discover and discuss what these are.

Key Questions: Can students discover the different components of fitness and relate them to performance?

Skill Development: By the end of the project pupils will be able to understand the different components of fitness and how each relates to health.

Project Outline: Students are able to demonstrate an understanding of each approach towards fitness and be able to implement health and safety checks effectively.

Project Exit Point: Plan a 30 minute fitness session which is based around any of the components of fitness

Suggested Duration: 4 hours

Key Questions: What are the many roles within a sport like badminton? Discover how certain shots can impact on the outcome of a game.

Skill Development: By the end of the project pupils will have discovered different techniques used in badminton and how each shot effects a game. Pupils will also discover how to officiate.

Project Outline: Students are able to demonstrate an understanding of each shot in badminton and when is most effective

Project Exit Point: Students are to plan a mini tournament including all aspects of it; officiating, order of play, playing, scoring and coaching.

Suggested Duration: 4 hours

Key Question: What movements and body shapes lend themselves to different genres of dance? What is like to choreograph a dance, what do you need to consider?

Skill Development: By the end of the project pupils will have discovered two genres of dance and be able to link specific movement to each genre.

Project Outline: Students are able to discover different movements to suit specific genres.

Project Exit Point: Students are to choreograph a dance routine based on their chosen genre.

Suggested Duration: 4 hours

Key Question: How does body shape and tension affect the outcome of different movements? Can I challenge myself to attempt new movements?

Skill Development: By the end of the project pupils will have discovered a variety of body shapes to complete a variety of movements.

Project Outline: Students are able to discover the step by step breakdown of movement to be able to complete skill

Project Exit Point: Students are able to choreograph a five to ten bounce routine, which includes a variety of skills.

Suggested Duration: 4 hours



Effective COMMUNICATOR

I can express complex ideas effectively and communicate information. I am clear about my audience and able to use a range of appropriate media. The quality of my language is excellent with accurate SPAG. I use a wide range of sources and am able to justify my arguments and present appropriate conclusions. I have excellent presentation skills and display confidence. I take ownership of my work and can independently review and improve my communication to make sure it is highly suitable.



Independent ORGANISER

I am willing to take risks and seek out new challenges and take personal responsibility for my actions. I can independently set goals and persevere to achieve them. I can independently organise my time and resources to prioritise actions I need to take. I can reflect on my learning and modify my goals when priorities change, showing flexibility.

Exit Point:

An excelling PE learner can...

- **Create** their own sequence, drill, training plan to challenge their progress by using the skills they have discovered
- **combine** advanced skills into performance knowing the impact this will have
- use mistakes to **modify** performance to make it better
- **extend** learning by supporting others in their discovery of new skills, in order to aid their performance