

Meden School Curriculum Planning

Subject	CORE PE	Year Group	7	Sequence No.	N/A	Topic	OAA
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Retrieval	Core Knowledge	Student Thinking
What do teachers need to retrieve from students before they start teaching new content ?	What specific ambitious knowledge do teachers need teach students in this sequence of learning?	What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and 'do something about them!'
<ul style="list-style-type: none"> - Communication skills – most students will be able to communicate with others in the group - Leadership skills – some students will naturally be more of a leader within a group and may have had experience of this - Some students may have been involved in running outside of school and may be aware of the Park Run and Couch to 5KM. - Some students may have links with Mansfield Harriers and Sutton and Ashfield Harriers running club 	<p>Students will be introduced to the basic concepts of outdoor adventurous activities through problem solving. They will also have a lesson of cross country as part of the ME in PE wellbeing session at the end of each half term.</p> <p>Problem Solving –Through problem solving activities, students will learn to work as a team to solve a problem, listen to other ideas, share ideas, develop time management, reflect and evaluate on a task and take on a leadership role. (All problem solving activities have been put together in a teaching booklet for staff)</p> <ul style="list-style-type: none"> - Shark Infested Water - Human Knot - Line Up Activity - Relay Races - Noughts and Crosses <p>Cross Country Running –As part of the ME in PE wellbeing session students will either complete a Meden Park Run or the Couch to 5km programme. Within this, students will be shown the cross-country course and taught how to route plan. They will be introduced to running distances in KM and miles as well as pacing, hill running and obstacles they may face. Students will also be introduced to the benefits of running on their physical, social and mental health as well as the correct etiquette for being on the roads and meeting people on the course and etiquette when running in bigger groups.</p>	<p>Each week, a key theme will run through all PE lessons linked to real life examples. These will be linked to the particular sport the students are on at the time and will be consistent across the department. The aim will be for students to develop their thinking within the sport, recognise the inequalities within the sport (linked to the topic) and do something about them. A large number of the key themes will come from the CNAT Sport and GCSE PE specification to prepare KS3 students for the option they can take within PE at KS4.</p> <ol style="list-style-type: none"> 1. Physical Activity Government Guidelines and Recommendations - students should have 60 minutes of moderate to high intensity exercise every day. Do they get this? How? 2. Barriers to Participation for Children and Teenagers 3. Solutions to the Barriers 4. Current Issues in Sport/Sport in the News - Linked to the impact of PE on Mental, Physical or Social Health 5. Physical Benefits of Sport and PE on the Body 6. Social Benefits of Sport and PE on the Body 7. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 8. Popularity of Sport in the UK – what are the current trends for the most popular sport in the UK. Why are they the most popular sports?

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