

Meden School Curriculum Planning

Subject	CORE PE	Year Group	9	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 - Problem Solving – skills will have been developed in Year 7/8 through problem solving activities - Map Skills – students will be familiar with how to hold and read a map as well as grid references - Students will know how to use a compass with a map to effectively complete an orienteering course - Leadership skills – some students will naturally be more of a leader within a group and may have had experience of leading within Year 7 - Some students may have been involved in running outside of school and will be aware of the Park Run and Couch to 5KM through the ME in PE challenge in Year 7/8 - Some students may have links with Mansfield Harriers and Sutton and Ashfield Harriers running club 	<p>Students will complete one lesson where they are reminded of the skills and techniques needed for orienteering. Students will then plan and design their own orienteering course/challenge for another group to complete. Throughout Year 9, 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 where they will take responsibility for designing their own route/challenge depending on their level of ability.</p> <p>Orienteering – Using a map to go to set markers to collect a clue. Once all clues are collected, the problem can be solved. Through these activities, students will learn to work as a team to complete orienteering challenges and design their own course, listen to other ideas, share ideas, develop time management, reflect and evaluate on a task and take on a leadership role.</p> <p>Map Reading – Hold the map the same way as the ground features. If there is a hill to the left and a gate to the right then this should match the map. Maps are only held with the writing the correct way when facing north.</p> <p>Map Folding – fold the map into a smaller square so you can get your thumb on the place that you are located.</p> <p>Grid References – Look at the features around you and see if you can pick them up on the map. This will help to save time.</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?

<p>- Some students will have competed within Mansfield School Games competitions for Meden School</p>	<p>Using a Compass – put the compass on the map with the edge along where you want to go. Turn the map so the north lines on the map, run the same way as the floating north needle in the compass. The red end of the needle should match the magnetic north arrow on the map. There is no need to turn a compass, put both the compass and map in the same hand and turn yourself until the red end of the needle lies over the north arrow. This is the way you will need to go.</p> <p>Leadership – students will use their knowledge of orienteering, map skills and compass reading to plan and design their own orienteering course for another group. Students will complete the course and then reflect on whether they feel they worked effectively within the course and what they could improve on as a team. Oracy opportunities will be seen when students also feedback to each other about the course (what went well and what could be improved).</p> <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. Students will be asked to design their own fitness challenge linked to this to ensure they are pushing themselves beyond what they achieved in Year 7.</p>	<ol style="list-style-type: none"> 9. Emerging/Growing Sports in the UK – which sports are new to the UK? How can we make them more popular? 10. National Governing Bodies – What is their role within a sport? What are the key NGB’s for each sport? 11. Major Sporting Events – What are they? When and where do they occur? 12. Olympic Creed and Olympic Values 13. Current Issues in Sport/Sport in the News – Linked to new sports, growing sports or a major sporting event occurring 14. 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 15. Sporting Values – Excellence – Linked to Role Models and demonstrating excellence within a sport 16. Sporting Values - Tolerance and Respect 17. Sporting Values – Fair play 18. Sporting Values – Teamwork and Inclusion 19. Sporting Values - Citizenship 20. 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 21. Performance Enhancing Drugs – What are they and why are they taken? 22. Gamesmanship and Deviance 23. Sportsmanship and Success of Teams 24. Current Issues in Sport/ Sport in the News – linked to examples of athletes demonstrating sportsmanship, gamesmanship or taking performance enhancing drugs 25. 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 26. Money in Sport – Wage disparity between certain sports and genders. Amateur vs professional sport
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