Schemes of Work 2017-2018

Xmas Term

Girls – Hockey, Netball and cross-country

Boys – Rugby Easter Term

Girls – Hockey, Netball , Football and cross-country

Boys – Football, Rugby 7’s , Hockey and cross-country

Summer Term

Girls – Rounders, Athletics and Tennis.

Boys – Cricket, Athletics, 5-a-side Football.

\*Lessons adapted to ability.

\*\*Regular Bleep Tests and 12 min run test conducted.

1.2 THE AIMS AND OBJECTIVES OF THE GAMES DEPARTMENT

THE CURRICULUM AIMS:

Education through purposeful activity is essential to the overall growth and development of children and so must be an integral part of the total school curriculum.

The department aims to educate the students in and through the use of and knowledge of the body and its movement. We will provide an organised, structured and clearly defined programme that will develop the following:

* Maintain and/or stimulate student interest and enjoyment in Games.
* To promote health and fitness for current and future lifestyles.
* Use safe practice and appreciate its importance of Games.
* Maximum physical potential according to each individual’s ability;
* An ability to analyse the movement components necessary for efficient and successful learning of skills, including the ability to take on officiating roles with in activities; appreciate good performance in others and to be an informed and knowledgeable spectator.
* Desirable attitudes and qualities such as self control, self confidence and fair play; along with commitment, enthusiasm, perseverance, and the ability to cope with success and failure in both competitive and co-operative activities.
* The ability to plan, to perform and to evaluate in connection with all of the above aims.

##### OBJECTIVES:

These objectives relate directly to the aims of the Games department at the School and are intended to show how the aims are actually put into place.

Staff should provide a variety of experiences/activities during a course of study e.g.

* Games (Rugby , Football , Hockey , Cricket and Netball) , athletic activities, cross country.
* Opportunities for planning through individual and group activities
* Listening and appraising
* Practising and refining a skill in order to improve

Staff should help enable the student to:

* Understand the short and long term effects of exercise on the body and the role of exercise in a fit and healthy lifestyle.

Staff should enhance safety by emphasising to the students the necessity to:

* Wear the correct clothes/equipment and remove jewellery.
* Follow the rules;
* Use, lift, move, carry and place heavy objects/equipment;
* Warm up correctly and have a recovery period when exercising (cool down);

Staff should encourage students to:

* Recall and apply their knowledge and skills in familiar and unfamiliar situations;
* Encourage students to work to their full potential and to experience a sense of achievement (using the schools reward system);
* Experience skills and practices that are differentiated wherever possible using the equipment and resources available in order to allow each student to work at his or her particular level.

Staff should create:

* When appropriate, discussion of current sporting events.
* When appropriate, or necessary, the opportunity to incorporate the use of videos/DVD’s and other forms of ICT and task orientated exercises in Games

Lessons should be conducted in a secure, supportive and disciplined manner. The students and the staff should interact in a manner that demonstrates mutual respect. Students will learn the rules, etiquette, laws and codes for various activities and have the opportunity to undertake a variety of roles e.g. performer, coach, official.

1.3 IMPLEMENTATION OF THE CURRICULUM.

**As of August 2017:**

**Secondary School**

**Key Stage 3: Year 7-9 or Form 1-3**

P.E lessons in the following groups are taught in separate gender classes.

All students in Form 1-3 have 2 double 55-minute lessons per week. Students follow a curriculum outline for the year, which covers activities from the English National Curriculum, including; games (invasion, net and striking), athletics activities.

In the senior school students come to Games as a whole year group, which is divided into boys groups and girls groups. The size of the groups will vary from each Year group.

**Key Stage 4: Years 10 & 11 or Form 4-5**

Games lessons in the following groups are taught in separate gender classes.

All students have one double 55 minute lesson per week. Students follow a curriculum outline for the year. Students, within curriculum guidelines opt for their preferred activities from the English National Curriculum, including areas such as: games (invasion, net, striking), athletics activities.

In the secondary school students come to Games as a whole year group, which is divided into boys groups and girls groups. The size of the groups will vary from each Year group.

**I.B Year groups (Key stage 5) or 6th Form or A-level**

In 6th Form, These option years will give the students experience of different activities, encourage an active and healthy lifestyle.

All students have one double 55 minute lesson per week. Students follow a curriculum outline for the year.

In the secondary school students come to Games as a whole year group, which is divided into boys groups and girls groups. The size of the groups will vary from each Year group.

It is an excellent opportunity for students to find a sporting activity that is specific to their skill level and interest, in order for the student to continue participation when they leave Buckswood School.

Sporting activities that have been offered throughout the year include; fitness classes (Body Pump, Yoga) on site sports such as football, Rugby , Hockey ,netball, cross country , Fencing , Kick boxing and Archery etc.