



<p>Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.</p>	<p>basic shapes and landings. Progressive skills and combinations developed through the scheme.</p>	<p>Key Concepts</p> <p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Compete in activities that build character and help to embed values such as fairness and respect. Career paths are discussed in lessons. PE Teacher Sports Coach Physiotherapist Sport Psychologist Armed forces Personal Trainer Nutritionist</p> <p>Participate and compete in activities that build character and help to embed values</p>	<p>and health awareness.</p>	<p>Dance:</p> <p>Embed the skills learned in KS3, apply these skills in a variety of dance styles. Introduce dance as a method of training to develop health related fitness and health awareness.</p>	<p>Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Compete in activities that build character and help to embed values such as fairness and respect. Career paths are discussed in lessons. PE Teacher Sports Coach Physiotherapist Sport Psychologist Armed forces Personal Trainer Nutritionist</p> <p>Participate and compete in activities that build character and help to embed values such as fairness and respect.</p> <p>Engagement and behaviour: Lessons are paced appropriately, teachers are engaged</p>	<p>Career paths are discussed in lessons. PE Teacher Sports Coach Physiotherapist Sport Psychologist Armed forces Personal Trainer Nutritionist</p> <p>Participate and compete in activities that build character and help to embed values such as fairness and respect.</p> <p>Engagement and behaviour: Lessons are paced appropriately, teachers are engaged with the children through their passion and love for their subject.</p> <p>Adaptive teaching: All activities are accessible. Staff are aware of pupil needs and plan accordingly</p> <p>Deepening knowledge and understanding: Teachers model deep understanding of their subject. Prior learning is built upon.</p> <p>Assessment and feedback: Questioning is used to check understanding. Regular assessment and</p>
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Catholic Social Teaching-

In PE we ensure we work towards the "Common Good" to enable every child to flourish, pupils are given this opportunity within the lesson and extra-curricular to achieve their true potential. This creates a positive attitude towards sport so pupils can enjoy a healthy active lifestyle beyond St James'.



ST JAMES'
CATHOLIC HIGH SCHOOL

Within PE pupils are taught the importance of their “Rights and Responsibilities” by following and upholding the rules of the various sporting activities.

Within PE we encourage the “Stewardship of Creation” through the use of leadership, encouragement, tolerance of others within the game situations and in all aspects of the PE curriculum.