

Practical

PE Development Journey LIONHEART SCHOOL



- Work experience
- SPORT option per term to allow for specialism.
- Sports leadership Level 1

BTEC Tech Award in Sport

Component 3 Developing fitness to improve other participants performance and in sport and physical activity

Award in Sport Subject

BTEC Tec

appropriate AQA unit awards

Sports Leaders **Award**



12 week intervention

GSCE PE / AQA module matching **OR** Non GCSE

Be the best you can be' (engage in 6 week personal development programme)

Pathway

Component 1 **Preparing** participants to

take part in sport and physical activity

Longer term route BTEC Tec Award in Sport

Component 2 Taking part and improving other participants sporting performance



AQA unit modules

- Understand and apply the long term benefits of exercise (112730)
- Understand the importance of a healthy lifestyle, the role of food and food labels (74899)
- Participate in more complex sports
- Fitness classes / Gym Induction
- Analyse performance
- Represent the school in a sport
- Inter-house sports competitions
- Take part in sports day



PRACTICE - REINFORCE - EMBED



Explore training methods which improve components of fitness

Understand the components of a fitness

Advanced skills and tactics in sport.

Understand warm up and cool down

Recognise the immediate impact of

need for officiating.

exercise on the body.

Leading fit and healthy lives

Play by a set of rules and recognise the

Be aware of the safety factors in sport

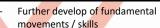
- Participate in new sports
- Alternative sports
- Explore out of school clubs
- Join a school sports team
- Inter-house sports competitions
- Take part in sports day



Target Games

Invasion

Games



- Participate in new activities
- Team and individual sports
- Decision making and problem
- Identify strengths and weaknesses
- Inter-house sports competitions
- Take part in sports day



Striking and

Fielding Games

Net/Wall Games

LIONHEART PE Aims: to ensure that all pupils

- Are competent in fundamental movements before skill progression
- Develop confidence to excel in a broad range of physical activities, including community settings
- Are physically active for sustained periods of
- Engage in competitive sports and activities
- Lead healthy, active lives

New students

Meet the PE team and 1-2-1 tour of facilities

Discuss previous experiences and express areas of interest



Observe and take part in first PE lesson (flexible approach)

