



# Leaders of Physical Education

## Bristol 06/03/08

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QCA SW Subject Adviser



# Purpose of the day

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- The **key messages** of the new secondary curriculum
- To develop an awareness of the opportunities the new curriculum **offers Educationalists** to facilitate a Physical Curriculum
- The **process** necessary for the implementation of the new secondary curriculum
- To begin **planning KS3 provision** ready for September 2008



# The timeline: The New Secondary Curriculum

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Statutory for Y7 from September 2008

Phased implementation from 2008

First Key Stage 3 assessment 2011

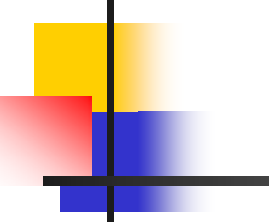
First Diplomas introduced from 2008

Changes to KS4 start from September 2009

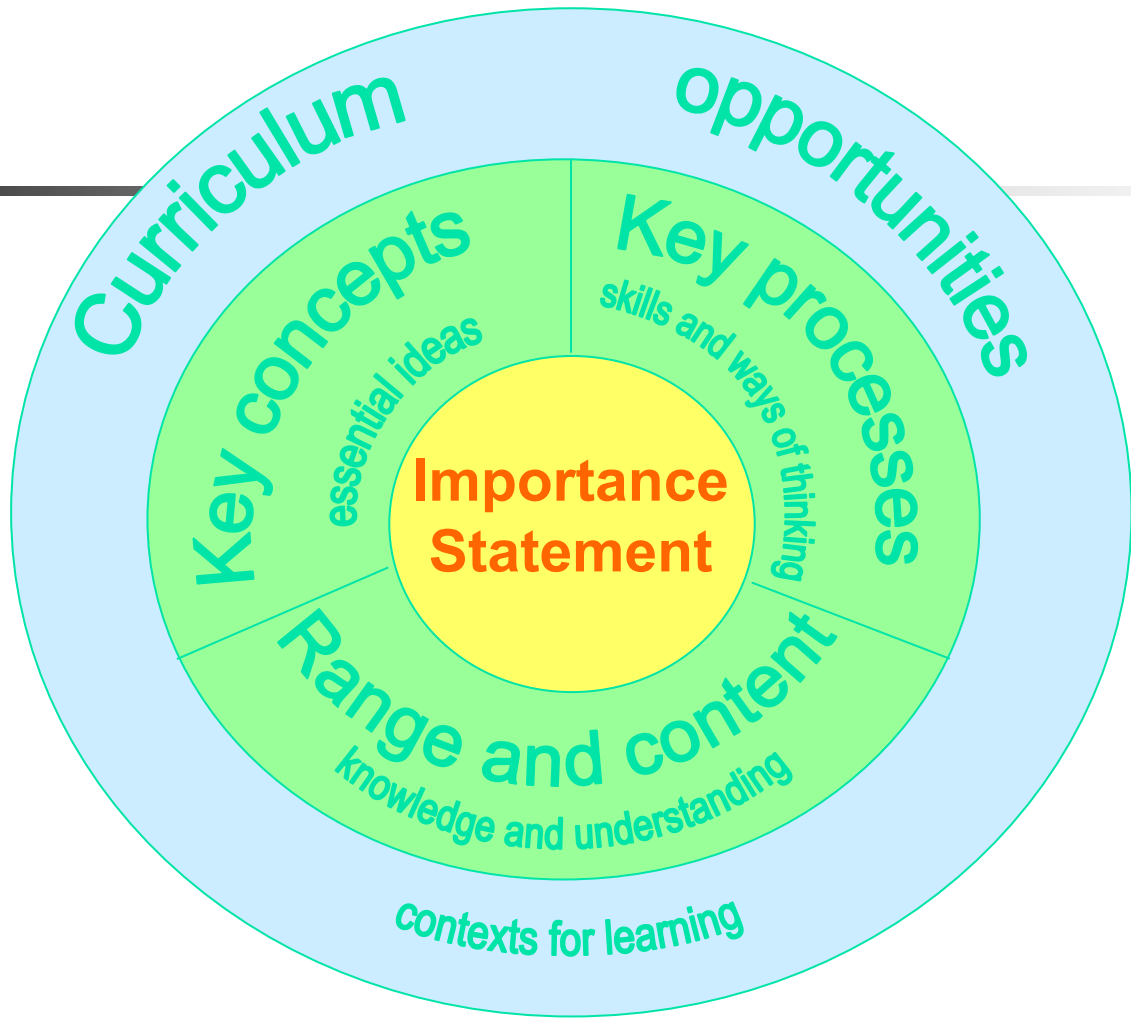
<http://www.qca.org.uk/curriculum>

<http://www.cfbt/nsc>

[nsc@cfbt.com](mailto:nsc@cfbt.com)



What has  
changed in  
Physical  
Education?



*Less  
prescribed  
content but  
an increased  
focus  
on subject  
discipline...  
the key ideas  
and skills that  
underpin a  
subject.*



# Curriculum Aims

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Confident individuals



**Compelling  
Learning**

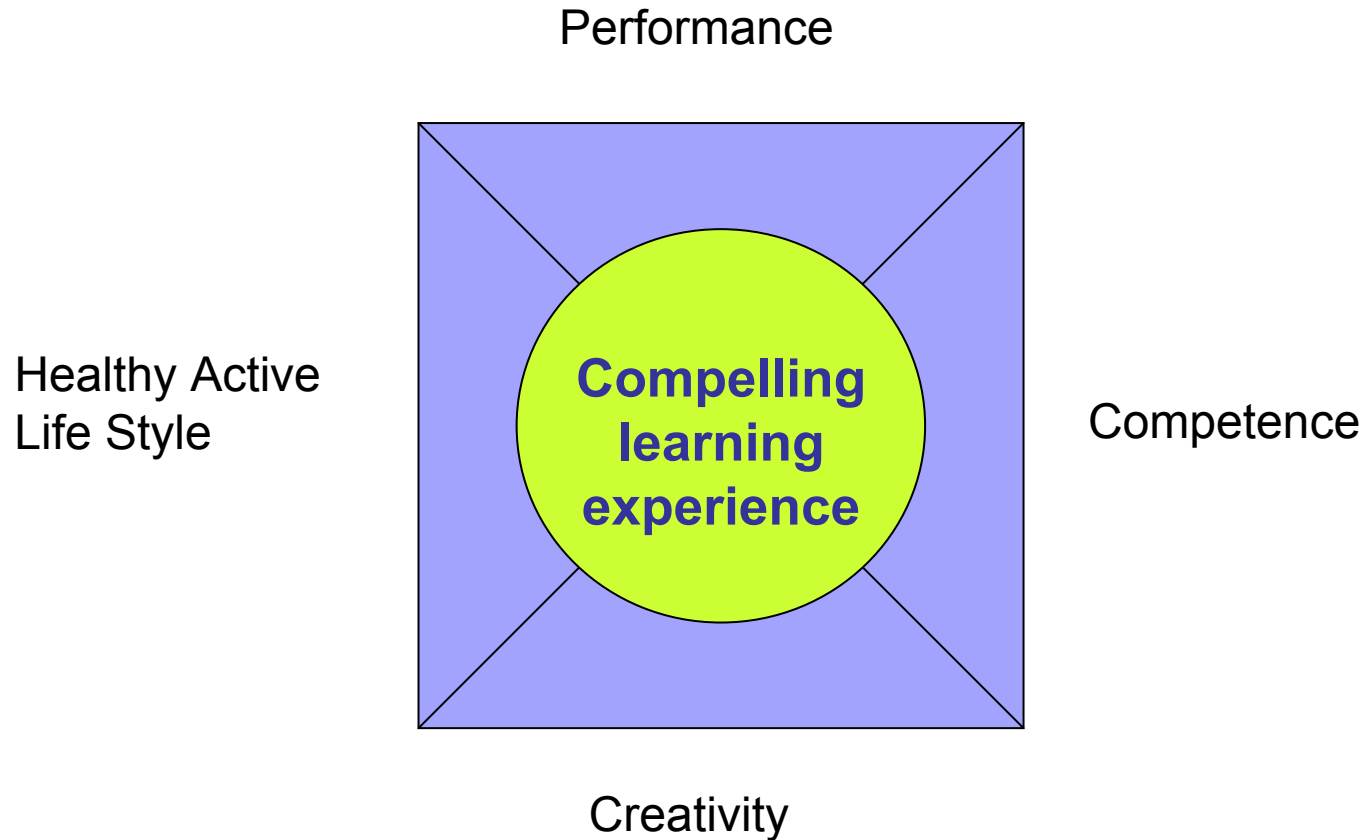
Successful Learners

Responsible Citizens

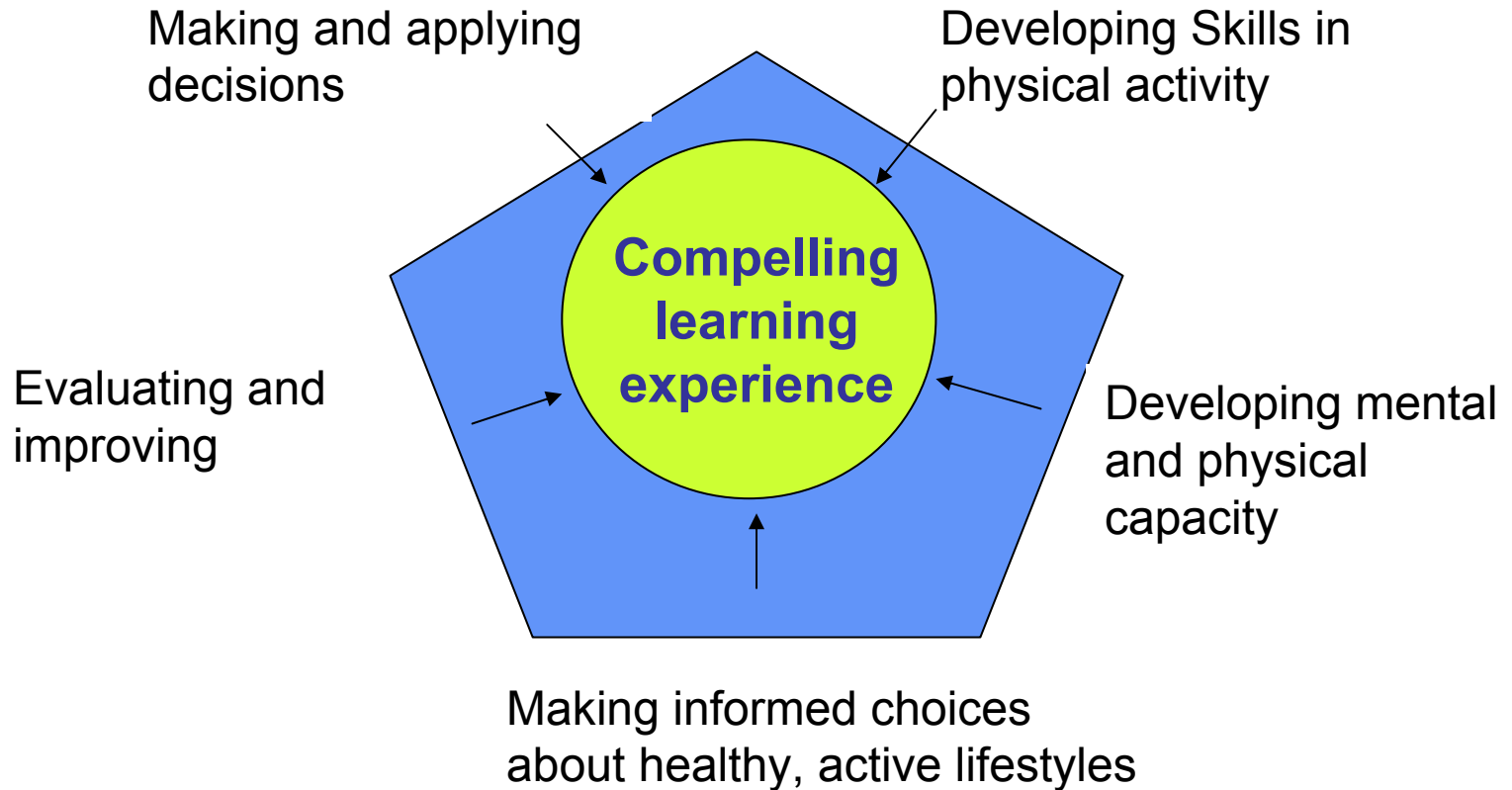


# 4 Key Concepts

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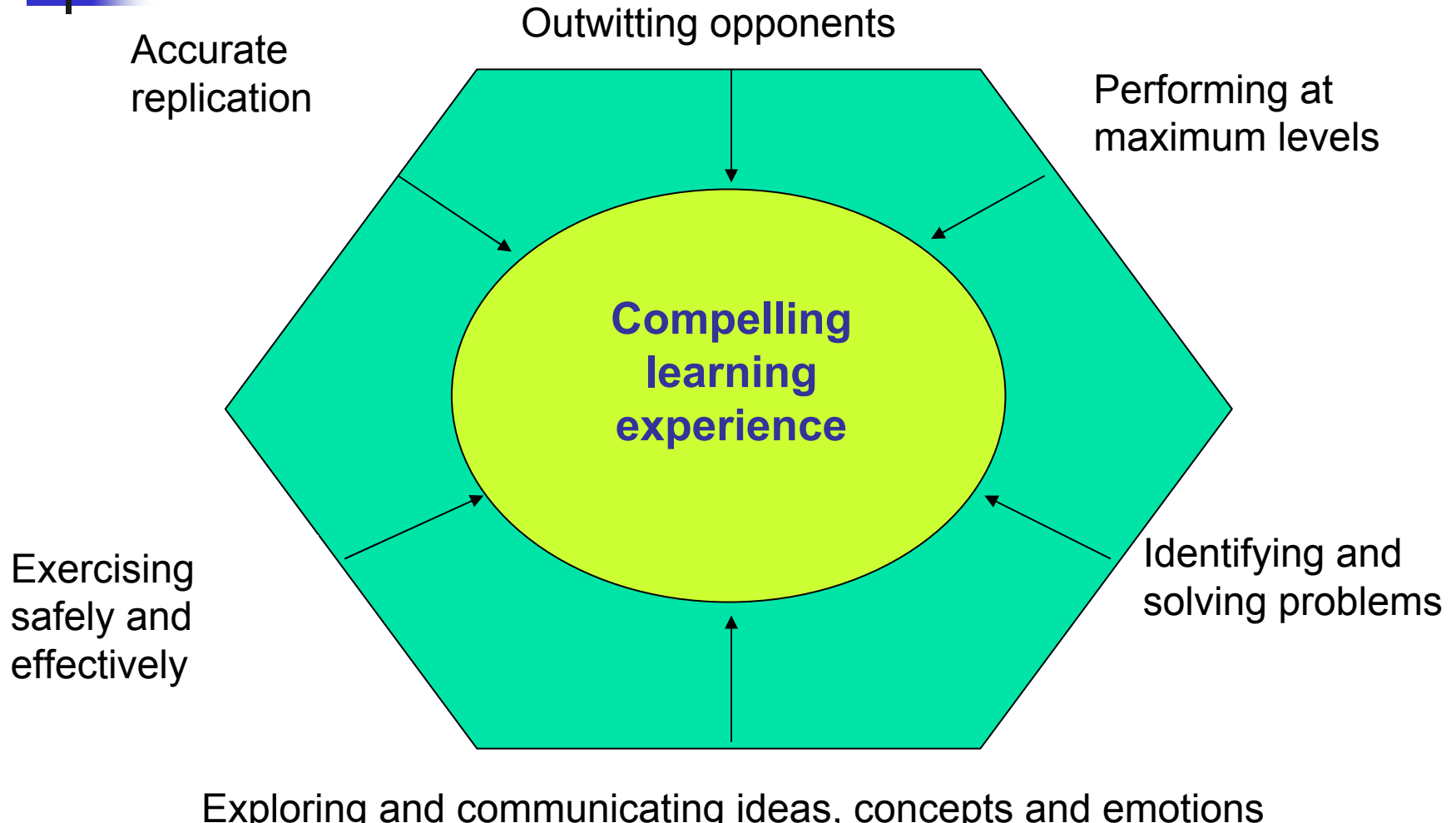
# 5 Key Processes





# Range of activity = 6

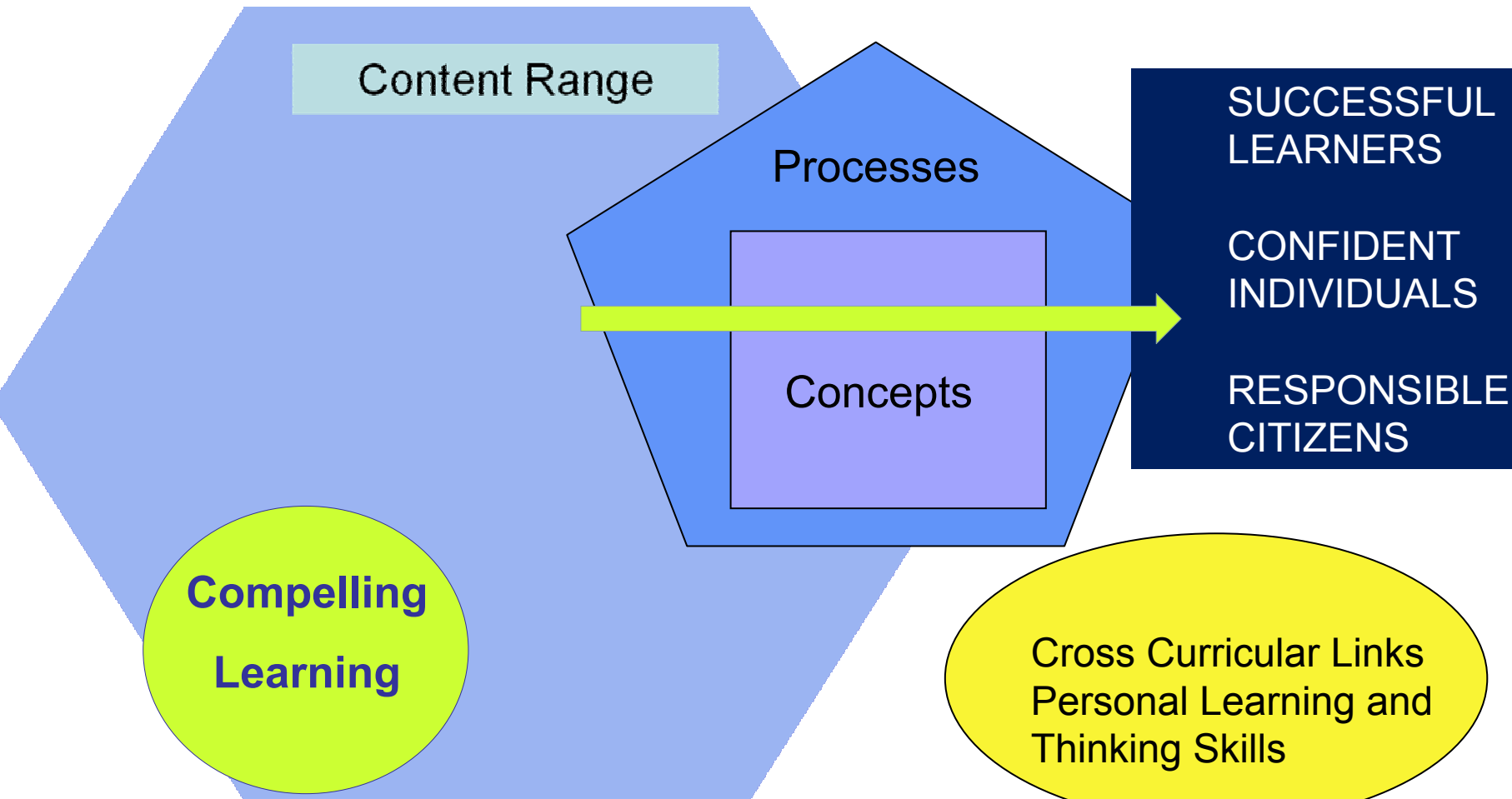
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# The P.E. Experience

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# Planned Learning Experience

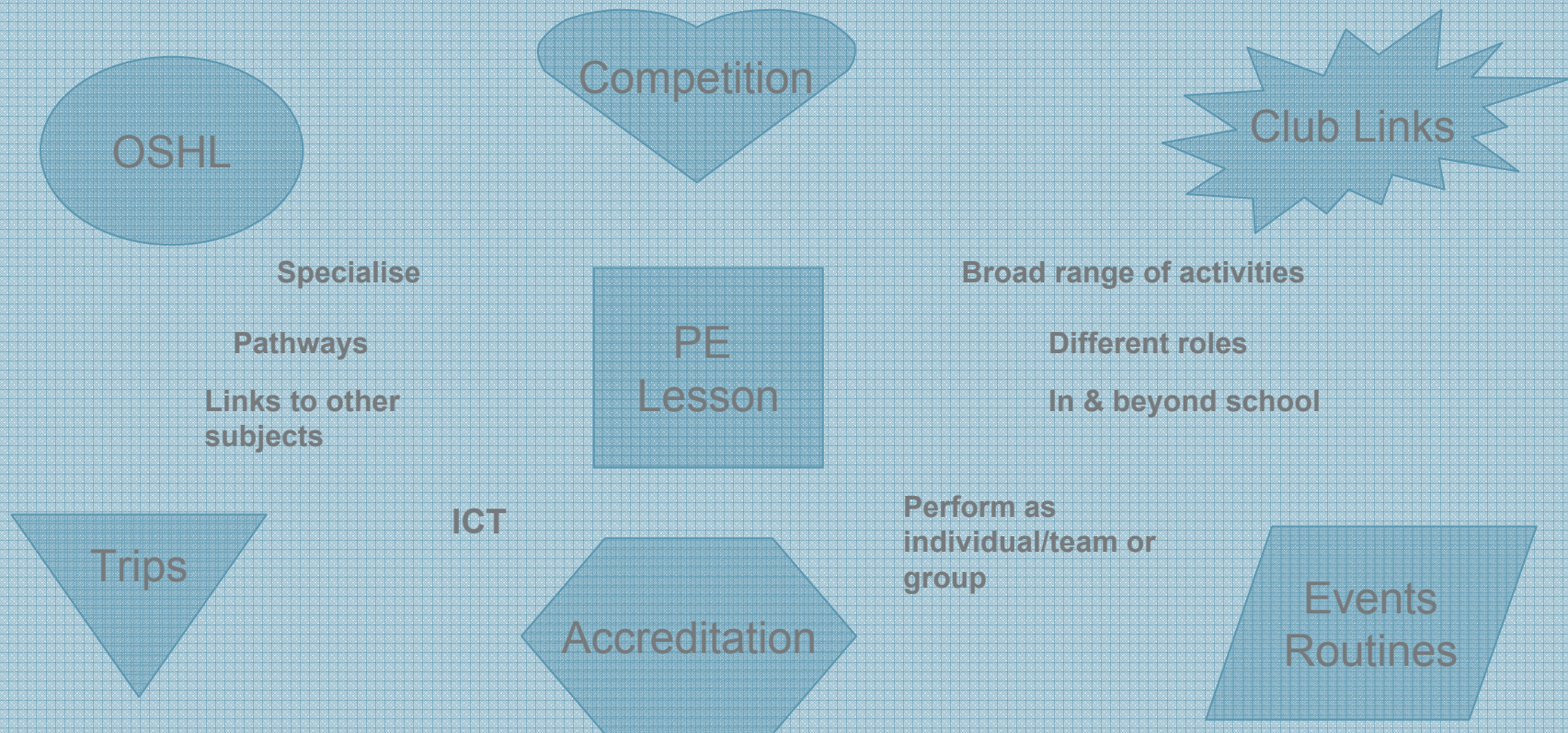


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Lessons, locations, events, routines  
(lunch time and break time), visits and  
activities

Consider: trips, festivals, off-site  
learning; locations, enrichment,  
extended hours, out of school hours  
learning

# Physical Education Opportunities





# Traditional Method

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## Content

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session length x teacher availability x pupil group x spaces x lessons

= the hurried curriculum, which

Prioritises content – proficiency over learning for understanding  
Eliminates students' voices from the learning process



# Suggested Model

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lessons, events, routines  
extended hours

content

+ staff + resources



# What are we aiming to teaching?

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RANGE OF  
ACTIVITY

Outwitting Opponents

Accurate Replication

Performing at Maximum Levels

Identifying and solving problems

Exploring and communicating  
ideas, concepts and emotions

Exercising safely and effectively



# What are we aiming to teaching?

Outwitting Opponents

Accurate Replication

Performing at Maximum Levels

Identifying and solving problems

Exploring and communicating ideas, concepts and emotions

Exercising safely and effectively

PROCESS DRIVEN

Making and applying decisions

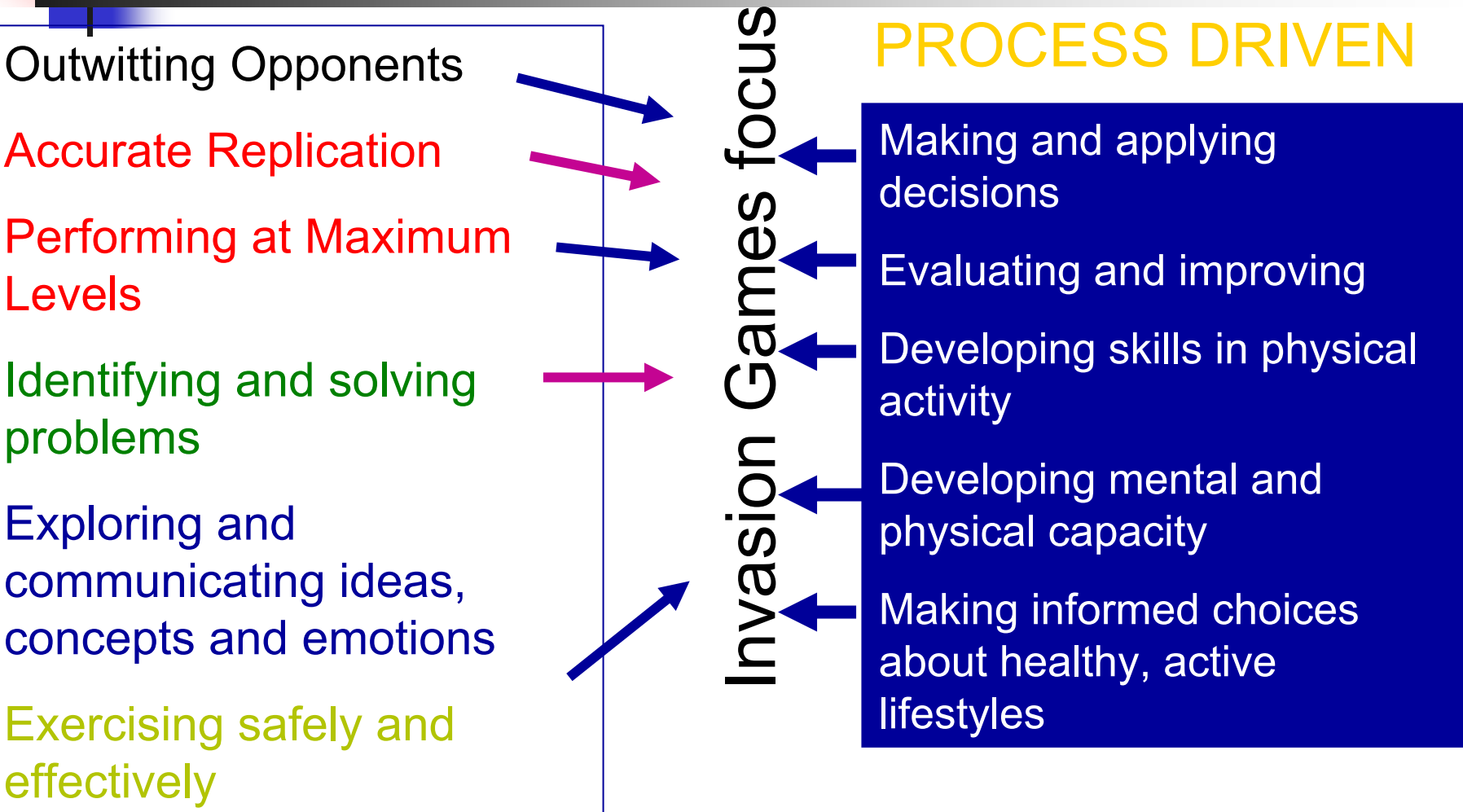
Evaluating and improving

Developing skills in physical activity

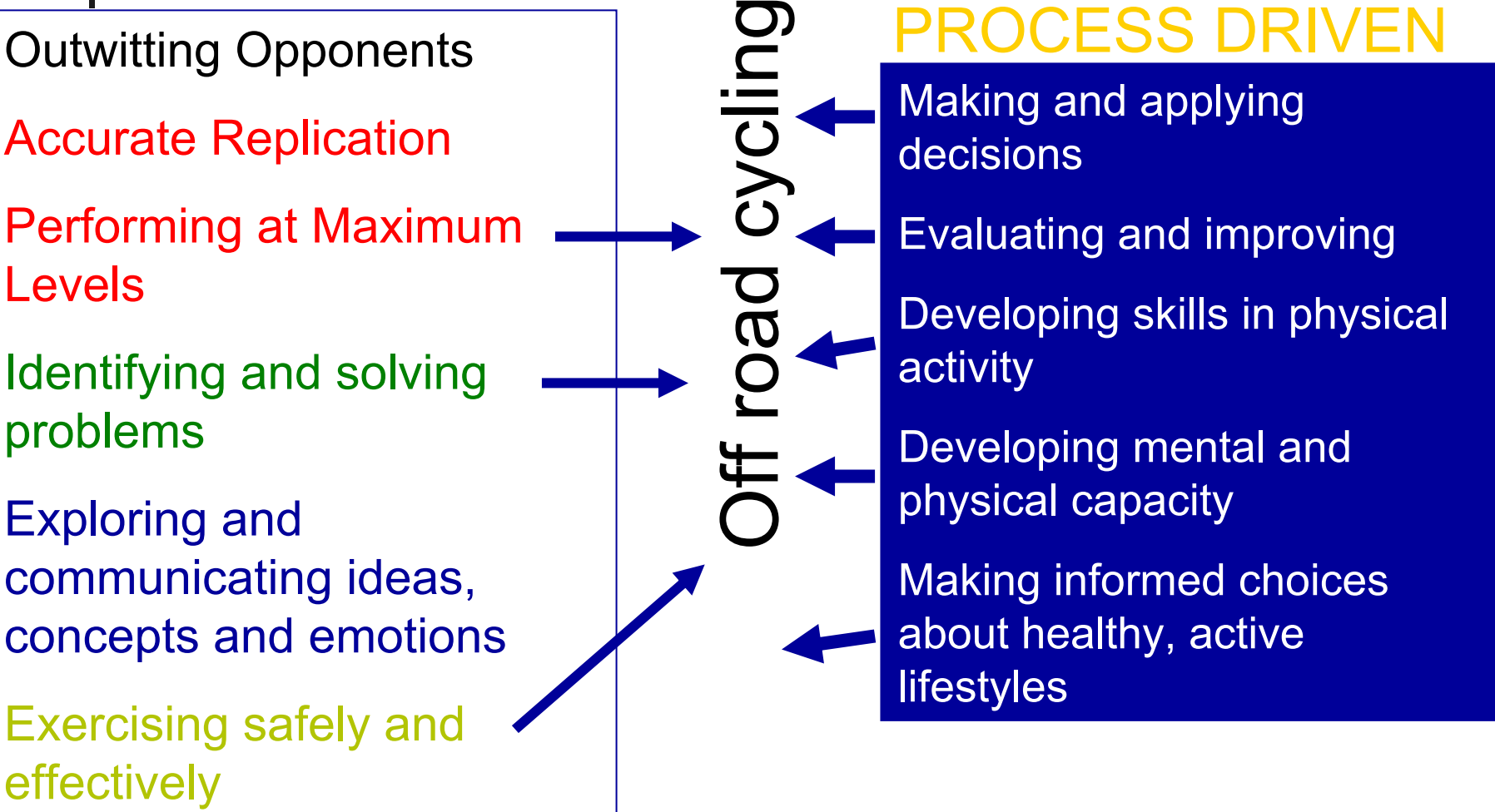
Developing mental and physical capacity

Making informed choices about healthy, active lifestyles

# What are we aiming to teaching?



# What are we aiming to teaching?





# Year 7

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1 Core Stability through Gymnastic activities

2 Off Road Cycling, exploring lifestyle choices

3 Games Principles

4 Health, Leisure and Fitness

5 Swimming for Health

6 Building physical capacity through Athletic based activities

7 Hand eye coordination through racket sports

8 Appreciating Aesthetic movement through Dance

2 lessons per week

42 weeks = 84 lessons

Balance  $84/8 = 10.5$  lessons per activity

Making and applying decisions

Evaluating and improving

Developing skills in physical activity

Developing mental and physical capacity

Making informed choices about healthy, active lifestyles

# Year 7

1 Core Stability through Gymnastic activities

2 Off Road Cycling, exploring lifestyle choices

3 Games Principles

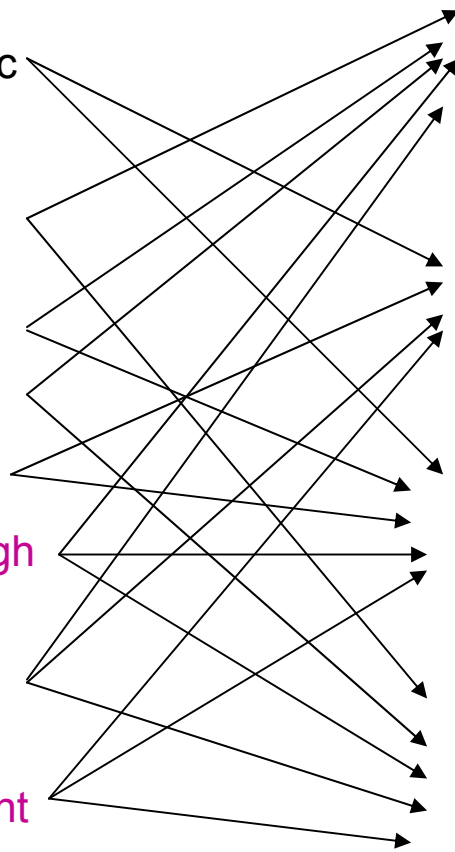
4 Health, Leisure and Fitness

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Making and applying decisions

Evaluating and improving

Developing skills in physical activity

Developing mental and physical capacity

Developing skills in physical

Evaluating and improving

- 1 Core Stability through Gymnastic activities
- 2 Off Road Cycling, exploring lifestyle choices
- 3 Games Principles
- 4 Health, Leisure and Fitness
- 5 Swimming for Health
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- 8 Appreciating Aesthetic movement through Dance

- Outwitting Opponents (OO)
- Accurate Replication (AR)
- Performing at Maximum Levels (PML)
- Identifying and solving problems (SP)
- Exploring and communicating ideas, concepts and emotions (CI)
- Exercising safely and effectively (ES)

Developing mental and physical capacity



# Mapping Provision

ACTIVITY AREA	OO	AR	PM L	SP	CI	ES
1 Core Stability through Gymnastic activities		Y			Y	Y
2 Off Road Cycling, exploring lifestyle choices			Y	Y		Y
3 Games Principles	Y		Y	Y		Y
4 Health, Leisure and Fitness		Y		Y		Y
5 Swimming for Health		Y	Y		Y	Y
6 Building physical capacity through Athletic based activities	Y		Y			Y
7 Hand eye coordination through racket sports	Y			Y		Y
8 Appreciating Aesthetic movement through Dance		Y			Y	Y

Making and applying decisions

Evaluating and improving

Developing skills in physical activity

Developing mental and physical capacity

Making informed choices about healthy, active lifestyles



# Mapping Provision 2

ACTIVITY AREA	OO	AR	PM L	SP	CI	ES
1 Core Stability through Gymnastic activities		Y			Y	Y
2 Off Road Cycling, exploring lifestyle choices			Y	Y		Y
3 Games Principles	Y		Y	Y		Y
4 Health, Leisure and Fitness		Y		Y		Y
5 Swimming for Health		Y	Y		Y	Y
6 Building physical capacity through Athletic based activities	Y		Y			Y
7 Hand eye coordination through racket sports	Y			Y		Y
8 Appreciating Aesthetic movement through Dance		Y			Y	Y

## KEY CONCEPTS

Competence

Performance

Creativity

Healthy, active lifestyles