



# **International School Khuzam (ISK)**

## **Physical Education**

**Grade 6 - 8**

**Curriculum Book**



## **Intent**

Physical Education (PE) combines anatomy, physiology and physical activity which are taught through practical lessons in KS3.

The PE curriculum will:

- Develop students' health and co-ordination skills.
- Provide students with opportunities to assess and evaluate their own and others work and develop plans to enhance performance and review progress.
- Enhance social awareness of the importance of working other students with a variety of ability levels and provides leadership opportunities through the activities taught.
- Provide opportunities to use analytical skills enabling students to critique training methods and practices in relation to different sports and physical activities.
- Allow students to practise and refine interpersonal skills for communication, collaboration, motivation, patience, respect and responsibility through a physically active setting.

## **Implementation**

Physical Education at RAK Academy:

The PE curriculum is broad and balanced allowing students to develop the knowledge and skills to be physically active and embed lifelong healthy habits.

Our curriculum will promote a love of physical activity and the confidence to participate.

- Students will receive 2 x 1 hour lessons of PE per week, focusing on high levels of physical activity through structured warm ups, skills development, applications of skills and effective cool downs.
- Girls and boys are taught separately in mixed ability and differentiated classes where possible.
- There are opportunities to work with peers, working collaboratively to conduct assessments of themselves and others students.
- They will be guided to use leadership qualities when working as part of a team and respond to the strengths and weaknesses of those they are working with, with the intention of students taking these skills in to working life.
- Sportspersonship should be visible in all lessons with students abiding by rules being humble in victory and gracious in defeat.
- Use of Google classroom supports face to face learning and develops theoretical knowledge, analytical skills and a deeper understanding of sporting rules and regulations including the roles of umpires, referees and officials.

There are also multiple opportunities to further enhance physical skills through our extra-curricular sports programme. There are daily activities during lunchtimes and after school to help prepare students for competitive sport and increase physical activity levels.

The House theme is embedded in PE with opportunities to earn House points during curriculum and extra-curricular time, plus House competitions once every half term to encourage teamwork and develop a sense of camaraderie.

## **Impact**

As a result of the PE curriculum, teaching at the RAK Academy will:

- Develop students gross motor skills, co-ordination and physical literacy
- Improve students mental health, since regular physical activity can provide psychological benefits
- Provide positive impact to cognitive skills such as concentration and attention span which are important skills for academic performance
- Aid weight management and fitness levels
- Provide cross curricular links to support literacy, numeracy, science and social studies.

## Grade 6

### Lessons per week

- There is 2 lesson

### Skills Developed

#### Technical Skills:

Hand eye co-ordination skills, musicality, spatial awareness, body awareness, power, speed, cardiovascular endurance, muscular endurance, flexibility, muscular strength, balance and reaction time.

### Literacy and Numeracy

**Literacy:** Key words. Written and used verbally. Use of sentences and paragraphs appropriate to describing, assessing and evaluating progress and observations. Spelling, pronunciation and grammar. Reading for specific information.

**Numeracy:** numbers of groupings, counting the beats and phrases in Dance, Keeping score/points.

**ICT:** Students will be expected to use google classroom for various aspects of their learning.

**Critical:** Knowledge and understanding of different skills and techniques.

### Assessment

Cycles of formative and summative assessments as per subject Long Term Plans

### Cross Curricular Links

**Biology:** Location of main bones and muscles

**ICT:** Students will be expected to use google classroom for various aspects of their learning

**Critical:** Knowledge and understanding of different skills and techniques.

**English:** Literacy. Annotations and explanations

**Maths:** Counting beats in dance in sequence, keeping score of points/goals.

**Social Studies:** Students will develop an understanding of fair play and sportspersonship

### Special Requirements/Equipment

All equipment will be provided by RAK Academy.

### Home Learning

Any PE Home Learning will be set via the google classroom.

### Reading List and E-books

Below is a list of recommended biographies and autobiographies from sports men and women who have established careers and explain the impact of sport on their lives: (not supplied recommended reads).

- Kobe Bryant biography: The Mamba Mentality: How I Play
- Bruce Lee biography: Be Water, My Friend by Shannon Lee
- Luiz Suarez: Crossing the Line
- Kelly Holmes: Black, White & Gold
- Arnold Schwarzenegger: Total Recall - My Unbelievably True Life Story
- Serena Williams: My Life Queen of the Court
- Usain Bolt: Faster than Lightning

### Useful Websites

Students can deepen their understanding of the sports they will develop skills in by visiting the National Governing Body websites, Official YouTube channels for the sports, plus access a variety of fitness based apps.

- National Tennis Association: <https://www.lta.org.uk/>
- National Athletics Association: <https://www.uka.org.uk/>
- British Gymnastics Association: <https://www.british-gymnastics.org/>
- UAE Badminton: <https://www.uaebadminton.ae/>
- National Cricket Association: <https://www.ecb.co.uk/>
- Rounders England: <https://www.roundersengland.co.uk/about-us/>
- <https://www.bbc.co.uk/bitesize/subjects/zdhs34j>

Fitness Apps:

- Nike Training Club, Nike Running Club, Asana Rebel, Just Dance, Adidas Runtastic, Under Armour Map my Run although many more are available on the App Store or Google Play.
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### Setting

For each grade, boys and girls are taught separately and some classes will be taught sports at different times throughout the year due to logistics, venue availability and weather.

### Staff

- Miss Rhiannon Lavin (Head of PE)
- Mr Callum Liddicott
- Miss Zoë Kettle

## Grade 7

Lessons per week
<ul style="list-style-type: none"><li>There are 2 lessons</li></ul>
Skills Developed
<ul style="list-style-type: none"><li>Hand eye co-ordination skills, musicality, spatial awareness, body awareness, power, speed, cardiovascular endurance, muscular endurance, flexibility, muscular strength, balance and reaction time.</li></ul>
Literacy and Numeracy
<p><b>Literacy:</b> Key words. Written and used verbally. Use of sentences, paragraphs and annotation appropriate to describing, assessing and evaluating progress and observations. Spelling, pronunciation and grammar. Reading for specific information.</p> <p><b>Numeracy:</b> Numbers of groupings, counting the beats and phrases in Dance, keeping score/points</p>
Assessment
Cycles of formative and summative assessments as per subject Long Term Plans
Cross Curricular Links
<p><b>ICT:</b> Students will be expected to use the Internet to research the topic and access computer resources to present their findings.</p> <p><b>Biology:</b> Location of Main Muscles and Bones</p> <p><b>Social Studies:</b> Students will develop an understanding of fair play and sportspersonship</p>
Special Requirements/Equipment
All equipment will be provided by RAK Academy.
Home Learning
Any PE Home Learning will be set via the google classroom.
Reading List and E-books
<p>Below is a list of recommended biographies and autobiographies from sports men and women who have established careers and explain the impact of sport on their lives: (not supplied recommended reads).</p> <ul style="list-style-type: none"><li>Kobie Bryant biography: The Mamba Mentality: How I Play</li><li>Bruce Lee biography: Be Water, My Friend by Shannon Lee</li><li>Luiz Suarez: Crossing the Line</li><li>Kelly Holmes: Black, White &amp; Gold</li><li>Arnold Schwarzenegger: Total Recall - My Unbelievably True Life Story</li><li>Serena Williams: My Life Queen of the Court</li><li>Usain Bolt: Faster than Lightning</li></ul>
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- British Gymnastics Association: <https://www.british-gymnastics.org/>
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Fitness Apps:

- Nike Training Club, Nike Running Club, Asana Rebel, Just Dance, Adidas Runtastic, Under Armour Map my Run although many more are available on the App Store or Google Play.

**Setting**

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**Staff**

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- Mr Callum Liddicott
- Miss Zoë Kettle

## Grade 8

### Lessons per Week

- There are 2 lesson

### Skills Developed

- Hand eye co-ordination skills, musicality, spatial awareness, body awareness, power, speed, cardiovascular endurance, muscular endurance, flexibility, muscular strength, balance and reaction time.

### Literacy and Numeracy

**Literacy:** Key words, written and used verbally. Use of sentences, paragraphs and annotation appropriate to describing, assessing and evaluating progress and observations. Spelling, pronunciation and grammar. Reading for specific information.

**Numeracy:** Number of groupings, counting the beats in dance and keeping score/points

### Assessment

Cycles of formative and summative assessments as per subject Long Term Plans

### Cross Curricular Links

**Social Studies:** Students will develop an understanding of fair play and sportspersonship

**ICT:** Students will be expected to use the Internet to research the topic and access computer resources to present their findings.

**Biology:** Location of Main Muscles and Bones

### Special Requirements/Equipment

All equipment will be provided by RAK Academy.

### Home Learning

Any PE Home Learning will be set via the google classroom.

### Reading List and E-books

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## Grade 6 to 8 Curriculum Maps

Term	Grade 6 Topics	Grade 7 Topics	Grade 8 Topics
Term 1	<ul style="list-style-type: none"> <li>• <b><u>TERM 1A</u></b></li> <li>• Group 1 Girls: Uni Hoc</li> <li>• Group 1 Boys: Badminton</li> <li>• Group 2 Boys: Dance</li>   <li>• <b><u>TERM 1B</u></b></li> <li>• Group 1 Girls: Rounders</li> <li>• Group 1 Boys: Swimming</li> <li>• Group 2 Boys: Badminton</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>TERM 1A</u></b></li> <li>• Group 1 Girls: Fitness</li> <li>• Group 1 Boys: Basketball</li> <li>• Group 2 Boys: Table Tennis</li>   <li>• <b><u>TERM 1B</u></b></li> <li>• Group 1 Girls: Basketball</li> <li>• Group 1 Boys: Fitness</li> <li>• Group 2 Boys: Swimming</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>TERM 1A</u></b></li> <li>• Group 1 Girls: Dance</li> <li>• Group 1 Boys: Uni Hoc</li> <li>• Group 2 Boys: Indoor Football</li>   <li>• <b><u>TERM 1B</u></b></li> <li>• Group 1 Girls: Basketball</li> <li>• Group 1 Boys: Swimming</li> <li>• Group 2 Boys: Ultimate Frisbee</li> </ul>
Term 2	<ul style="list-style-type: none"> <li>• <b><u>TERM 2A</u></b></li> <li>• Group 1 Girls: Netball</li> <li>• Group 1 Boys: Basketball</li> <li>• Group 2 Boys: Softball</li>   <li>• <b><u>TERM 2B</u></b></li> <li>• Group 1 Girls: Badminton</li> <li>• Group 1 Boys: Softball</li> <li>• Group 2 Boys: Swimming</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>TERM 2A</u></b></li> <li>• Group 1 Girls: Hockey/Uni Hoc</li> <li>• Group 1 Boys: Cricket</li> <li>• Group 2 Boys: Athletics</li>   <li>• <b><u>TERM 2B</u></b></li> <li>• Group 1 Girls: Swimming</li> <li>• Group 1 Boys: Athletics</li> <li>• Group 2 Boys: Cricket</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>TERM 2A</u></b></li> <li>• Group 1 Girls: Netball</li> <li>• Group 1 Boys: Basketball</li> <li>• Group 2 Boys: Softball</li>   <li>• <b><u>TERM 2B</u></b></li> <li>• Group 1 Girls: Ultimate Frisbee</li> <li>• Group 1 Boys: Softball</li> <li>• Group 2 Boys: Swimming</li> </ul>
Term 3	<ul style="list-style-type: none"> <li>• <b><u>TERM 3A</u></b></li> <li>• Group 1 Girls: Dance</li> <li>• Group 1 Boys: Uni Hoc</li> <li>• Group 2 Boys: Basketball</li>   <li>• <b><u>TERM 3B</u></b></li> <li>• Group 1 Girls: Swimming</li> <li>• Group 1 Boys: Dance</li> <li>• Group 2 Boys: Uni Hoc</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>TERM 3A</u></b></li> <li>• Group 1 Girls: Athletics (Indoor)</li> <li>• Group 1 Boys: Uni Hoc</li> <li>• Group 2 Boys: Fitness</li>   <li>• <b><u>TERM 3B</u></b></li> <li>• Group 1 Girls: Cricket</li> <li>• Group 1 Boys: Swimming</li> <li>• Group 2 Boys: Uni Hoc</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>TERM 3A</u></b></li> <li>• Group 1 Girls: Table Tennis</li> <li>• Group 1 Boys: Indoor Football</li> <li>• Group 2 Boys: Group Fitness</li>   <li>• <b><u>TERM 3B</u></b></li> <li>• Group 1 Girls: Swimming</li> <li>• Group 1 Boys: Group Fitness</li> <li>• Group 2 Boys: Basketball</li> </ul>