

Short Course in Physical Education – Sample Course Overview

Teachers: Siobhan O’Leary, Matt O’Brien

Reviewed at: Sept 2016

Date of next review: May 2017

	Summer – Midterm 1	Midterm 1 – Christmas	Christmas – Midterm 2	Midterm 2 – Easter	Easter – Summer	Time
Year 1	<i>Settling in...</i>	<i>Being Organised & Confident</i>	<i>Expressing Myself with my Partner</i>	<i>Monitoring my Performance</i>	<i>Working with my Team</i>	
Unit Title	FMS and Introduction to Games	Aquatics	Gymnastics 1	PA for Health and Wellbeing / Athletics	Games - Invasion	2 x 40min class/ week
Learning Outcomes	2.1 2.2 2.3 2.4	3.4 3.5 3.6 1.3	4.2 4.3 4.4 4.5	3.7 3.8 3.9 1.4 1.5	2.1 2.2 2.4 2.5 1.6	
Assessment	Games Making Rich Task	Water Safety Task 'Personal Development' Poster Task	Group Sequence Rich Task	<i>Athletics Meet Rich Task</i>	Sport Education Rich Task and Summer Reflection	80 min 44hrs
Reporting		Christmas Reflection Christmas Report	PT Meeting		Summer Report	
Year 2	<i>Strand 3</i>	<i>Strand 4</i>	<i>Strand 3</i>	<i>Strand 2</i>	<i>Strand 1</i>	
Unit Title	Indiv & Team Challenges Athletics	Gymnastics	Indiv. & Team Challenges Adventure Activities	Games - Divided Court	PA for Health and Wellbeing	2 x 40min class/ week
Learning Outcomes	1.1 1.3 3.7 3.8 3.9	1.2 4.2 4.3 4.4 4.5	3.1 3.2 3.3	1.2 2.1 2.2 2.3 2.4 2.5	1.1 1.2 1.3	
Assessment	Personal Athletics Profile	Group Sequence Christmas Reflection	Orienteering Event	Tournament Challenge	4-Week PA Programme & Summer Reflection (5km interclass event)	80 min 44hrs
Reporting		Christmas Report		PT Meeting	Summer Report	
Year 3	<i>Strand 1 and 3</i>	<i>Strand 1</i>	<i>Strand 4</i>	<i>Strand 3</i>	<i>Strand 1 and 2</i>	
Unit Title	Athletics / PA for Health and Wellbeing	PA for Health and Wellbeing	Dance	Indiv. & Team Challenges Adventure Activities	Games	2 x 40min class/ week
Learning Outcomes	3.7 3.8 3.9 1.1 1.2 1.4 1.5	1.2 1.3 1.4 1.5 1.6	4.1 4.3 4.4 4.5	3.1 3.2 3.3	1.1 1.2 1.6 2.3 2.5	
Assessment	Athletics PA Programme Design	6 Week Programme	Group Routine & Christmas Reflection	Orienteering Event	4-Week PA Programme (7km Community Event) & Summer Reflection	80 min 44hrs
Reporting	PT Meeting	Christmas Report			JCPA	

Short Course in PE – Unit of Work Template

Unit Title:	Individual and Team Challenges	Term:	Year 2 - Midterm 1 – Christmas
Teacher/s:	Siobhan O’Leary,	No of Weeks:	6
	Matt O’Brien	Date of Review:	Dec 17

Learning Outcomes (from Specification)

At the end of this unit, students will be able to...

- use orienteering strategies and map-reading skills to complete a variety of orienteering events safely and confidently, showing respect for the environment (3.1)
- contribute to team challenges that require co-operation and problem-solving skills to achieve a common goal (3.2)
- reflect on their personal contribution and their team’s effectiveness in completing a group challenge (3.3)

Assessment

Students will demonstrate their learning when they...

- participate in a team score event, demonstrating their navigation skills and their strategic decision making

Learning Experiences

- Participate in a range of orienteering events and team challenges
- Apply appropriate orienteering skills and strategies in different contexts
- Recognise various orienteering terrain and develop a respect for and appreciation of the environment
- Apply an effective approach to problem-solving within various group challenges
- Demonstrate care for themselves and others while taking part in group activities
- Reflect on the strengths of their personal and group performance, and identify areas for improvement

Element/s of Key Skill/s	<ul style="list-style-type: none"> • Working with others - Cooperating • Being creativity – Exploring options and alternatives • Communicating – Listening and Expressing myself 	Wellbeing Indicator/s	Aware Connected Responsible Resilient
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Post Unit Reflection

Short Course in PE – Unit of Work Weekly Planning Template

<p>Week 1 Students will engage with map reading skills and orienteering strategies</p> <ul style="list-style-type: none"> • Setting / Feature Recognition / Following a Route / Thumbing <p>Students will acknowledge the importance of care for the environment</p> <ul style="list-style-type: none"> • Country Code 	<p>Week 5 Students will participate responsibly in orienteering event/s, and reflect on the decisions that they made in the course of the events</p> <ul style="list-style-type: none"> • Mini – Score Event / Photo Orienteering <p>Students will acknowledge the importance of care for the environment</p>
<p>Week 2 Students will participate responsibly in orienteering event/s, and demonstrate strategy</p> <ul style="list-style-type: none"> • Star and Line Event • Procedure (before/during/after) • Relating map to terrain / Route planning 	<p>Week 6 Students will participate in a team score event, demonstrating their navigation skills and their strategic decision making</p> <p>Students will reflect on their personal role in the event</p>
<p>Week 3 Students will demonstrate an approach to problem solving</p> <ul style="list-style-type: none"> • Team Challenges / Problem Solving / Goal Setting / Team Reflection 	<p>Week 7</p>
<p>Week 4 Students will demonstrate and reflect on what contributes to effective teamwork</p> <ul style="list-style-type: none"> • Team Challenges / Effective Teamwork / Personal Reflection 	<p>Week 8</p>
<p>Reflection on the Unit:</p>	