**ST MARY’S RC HIGH SCHOOL: CULTURAL CAPITAL**

**SUBJECT: PE**

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|  | **Personal** | **Social** | **Physical** | **Spiritual** | **Moral** | **Cultural** | **Other – covering several categories** |
| Y7 | PE teams for all sports and extracurricularOfferProblem solving activities in Outdoor and Adventure | Analysing own and others performanceSports Leader opportunitiesRepresenting the school in sports teams | Understanding the main components of fitnessCompleting a personal exercise programmeExternal coaches (dance, rugby, football, tennis) deliver lessons and/or clubs | Respecting Rules of the game Empathy & respect towards Umpires/Coaches/ 3 cheers after a match Co-operation, etiquette, team-work, fair-play, values all promoted in all | How to prevent injury – warm ups. Giving feedback on someone else performance Respecting the rules and regulations of team and individual sports | Understanding and respecting different beliefs/cultures – clothing, fasting | Sports DayInter House Games DayThis Girl Can initiativeDance Show |
| Y8 | PE teams for all sports and extracurricular offerProblem solving activities in Outdoor and Adventure | Analysing own and others performanceSports Leader opportunitiesRepresenting the school in sports teams | Understanding fitness testingCompleting a personal exercise programmeSki Trip opportunityExternal coaches (dance, rugby, football, tennis) deliver lessons and/or clubs | Respecting Rules of the game Empathy & respect towards Umpires/Coaches/ 3 cheers after a match Co-operation, etiquette, team-work, fair-play, values all promoted in all | How to prevent injury – warm ups. Giving feedback on someone else performance Respecting the rules and regulations of team and individual sports | Understanding and respecting different beliefs/cultures – clothing, fasting | Sports DayInter House Games DayThis Girl Can initiativeDance Show |
| Y9 | PE teams for all sports and extracurricular offerProblem solving activities in Outdoor and Adventure | Analysing own and others performanceSports Leader opportunitiesRepresenting the school in sports teams | Understanding methods of trainingCompleting a personal exercise programmeSki Trip opportunityExternal coaches (dance, rugby, football, tennis) deliver lessons and/or clubs | Respecting Rules of the game Empathy & respect towards Umpires/Coaches/ 3 cheers after a match Co-operation, etiquette, team-work, fair-play, values all promoted in all | How to prevent injury – warm ups. Giving feedback on someone else performance Respecting the rules and regulations of team and individual sports | Understanding and respecting different beliefs/cultures – clothing, fasting | Sports DayInter House Games DayThis Girl Can initiativeDance Show |
| Y10 | PE teams for all sports and extracurricular offer | Guest speakers discussing disability in sport and gender steriotypesSports Leader opportunitiesRepresenting the school in sports teams | Looking into principles of training Methods of training Anatomy and physiology of the human bodySki Trip opportunityOutdoor and Adventure Trip opportunityExternal coaches (dance, rugby, football, tennis) deliver lessons and/or clubs | Understanding the difference between gamesmanship and Sportsmanship | P.E.D.’s understanding how they can affect the athlete Physiologically and mentally. | Socio- cultural groups in sport Sponsorship and how this can affect performance | Sports DayInter House Games DayThis Girl Can initiativeDance Show |
| Y11 | PE teams for all sports and extracurricular offer | Guest speakers discussing disability in sport and gender steriotypesSports Leader opportunitiesRepresenting the school in sports teams | Fitness Tests Principles of training Methods of trainingSki Trip opportunityExternal coaches (dance, rugby, football) deliver lessons and/or clubs | Understanding the difference between gamesmanship and Sportsmanship Socio- cultural groups in sport | P.E.D.’s understanding how they can affect the athlete Physiologically and mentally. | Socio- cultural groups in sport Sponsorship and how this can affect performance | Sports DayInter House Games DayThis Girl Can initiativeDance Show |