**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 extracurricular  Offer  Problem solving activities in Outdoor and Adventure | Analysing own and others performance  Sports Leader opportunities  Representing the school in sports teams | Understanding the main components of fitness  Completing a personal exercise programme  External 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 Day  Inter House Games Day  This Girl Can initiative  Dance Show |
| Y8 | PE teams for all sports and extracurricular offer  Problem solving activities in Outdoor and Adventure | Analysing own and others performance  Sports Leader opportunities  Representing the school in sports teams | Understanding fitness testing  Completing a personal exercise programme  Ski Trip opportunity  External 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 Day  Inter House Games Day  This Girl Can initiative  Dance Show |
| Y9 | PE teams for all sports and extracurricular offer  Problem solving activities in Outdoor and Adventure | Analysing own and others performance  Sports Leader opportunities  Representing the school in sports teams | Understanding methods of training  Completing a personal exercise programme  Ski Trip opportunity  External 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 Day  Inter House Games Day  This Girl Can initiative  Dance Show |
| Y10 | PE teams for all sports and extracurricular offer | Guest speakers discussing disability in sport and gender steriotypes  Sports Leader opportunities  Representing the school in sports teams | Looking into principles of training Methods of training Anatomy and physiology of the human body  Ski Trip opportunity  Outdoor and Adventure Trip opportunity  External 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 Day  Inter House Games Day  This Girl Can initiative  Dance Show |
| Y11 | PE teams for all sports and extracurricular offer | Guest speakers discussing disability in sport and gender steriotypes  Sports Leader opportunities  Representing the school in sports teams | Fitness Tests Principles of training Methods of training  Ski Trip opportunity  External 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 Day  Inter House Games Day  This Girl Can initiative  Dance Show |