

Overview	<p>PE at William Hulme's Grammar School is underpinned by the United Learning PE and Health Curriculum. The aim is to provide a broad and balanced curriculum that brings out 'the best in everyone' across performance, leadership and health strands. We develop physically skilful young people who acquire the skills, knowledge, understanding, character and confidence to prepare them for examination PE and a positive lifelong relationship with physical activity and sport. Within core PE lessons students will be looking to succeed in the following areas:</p> <ul style="list-style-type: none"> ■ Selects, combines and performs skills with technical proficiency and fluency in response to changing and more complex situations, both in isolation and when put under pressure. ■ Successfully employs a range of more complex tactics or creative processes and adapts them to changing environments. ■ Accurately explains and evaluates the effectiveness of their own and/or others' performances and suggests appropriate improvements/responses. ■ Leads and motivates others in pairs or team/small group situations demonstrating confidence and good organisational skills. ■ Understands more complex tactics or creative ideas and can communicate those effectively using good verbal and non-verbal skills. ■ Accurately reflects on progress towards ambitious personal challenges and/or goals in PE and/or leadership. ■ Sustains stamina for longer periods in specific activities and uses different components of fitness to improve their health and well-being. ■ Demonstrates good functional knowledge of basic anatomical structures. ■ Knows and can explain the importance of a healthy, active lifestyle in the promotion of mental, social and physical wellbeing.
-----------------	--

Autumn Term	Girls	Boys	Assessment
	<ul style="list-style-type: none"> ■ Baseline Testing - ABC's (Multi Skills) ■ Netball ■ House Netball ■ Hockey ■ House Hockey ■ Table Tennis ■ House Table Tennis 	<ul style="list-style-type: none"> ■ Baseline Testing - ABC's (Multi Skills) ■ Football ■ House Football ■ Basketball ■ House Basketball ■ Rugby ■ House Rugby 	<ul style="list-style-type: none"> Fit to Lead Fit to Perform Fit for Life

Spring Term			Assessment
	<ul style="list-style-type: none"> ■ Football ■ House Football ■ Badminton ■ House Badminton ■ Gymnastics 	<ul style="list-style-type: none"> ■ Health Related Fitness ■ Orienteering ■ Handball ■ House Handball ■ Hockey ■ House Hockey 	<ul style="list-style-type: none"> Fit to Lead Fit to Perform Fit for Life

Summer Term			Assessment
	<ul style="list-style-type: none"> ■ Cricket ■ House Cricket ■ Athletics ■ House Athletics (Sports Day) ■ Dance (Capoeira) 	<ul style="list-style-type: none"> ■ Cricket ■ House Cricket ■ Athletics ■ House Athletics (Sports Day) ■ Dance (Capoeira) 	<ul style="list-style-type: none"> Fit to Lead Fit to Perform Fit for Life

Useful Resources for Supporting Your Child at Home:	Homework:
<ul style="list-style-type: none">■ Support your child in attending Extra-Curricular sport in school, link to Enrichment clubs on school website: Enrichment Secondary William Hulme's Grammar School (whgs-academy.org)■ Support your child in joining a local sports club.■ Look at TeamMCR website for more opportunities for your child - https://teammcr.co.uk/	<ul style="list-style-type: none">■ Bedrock Mapper – Literacy Link■ Teams – Quizzes to check understanding of key skills, rules and subject specific knowledge related to each activity