



The Physical Education 9 Progress Strands



ACTIVE FOR LIFE								
Physical Development				Character Development				
Developing skills and techniques	Rules, tactics and strategies	Health and fitness	Outdoor and adventurous activities	Communication and teamwork	Resilience	Problem-solving	Feedback /Performance Analysis	Leadership /Coaching
Individuals will develop their skills in net/striking and fielding /invasion games /athletics /dance /outdoor and adventurous activities/health related exercise/swimming. Individuals will demonstrate the ability to apply skills in isolated drills. Additionally, they will develop an understanding of, and demonstrate the ability to, perform basic and more complex skills related to the chosen sport consistently, both in small sided game situations and full court/pitch game situations. Individuals will develop a range of skills and techniques, in order to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Develop a range technique through aesthetic activities, such as dance, gymnastics and trampolining, in a range of different styles and forms.	Individuals will develop an understanding of and will demonstrate the ability to, apply a range of tactics and strategies to overcome opponents in direct competition through team and individual games. When participating in team games, individuals will develop simple and more complex tactics for attacking and defending. Know how to safely and successfully apply the conventions, rules, regulations, techniques and strategies that are specific to participation in the activity or sport at hand. Individuals will develop demonstrate the ability to apply fundamental rules and regulations for a range of sports and will understand the need for officials.	Individuals will develop an understanding of the structure and functions of the cardio - respiratory & musculoskeletal system and how fitness components can be developed through physical activity: - Aerobic endurance; - Muscular endurance; - Muscular strength; - Speed; - Flexibility; - Power; - Agility; - Reaction time; - Balance; - Coordination. Individuals will develop the ability to demonstrate different components of fitness, and will develop an understanding of the benefits these have on sport and how they are measured/ improved. Individuals will develop an understanding of how nutrition and hydration can have an impact on participant performance and personal well-being.	Developing intellectual and physical challenges, whilst being encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. Individuals will develop experiential learning in order to develop confidence through critical thinking. Individuals will develop motor skills, confidence and competence in the outdoor environment as well as both mental and physical challenges, in which allow participants to develop key character skills such as resilience, teamwork and problem-solving.	Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way. Individuals will demonstrate the ability to present their own ideas with courage, conviction and impact to aid peer's development. Individuals will use developing teamwork skills in pairs and small teams to complete all of the challenges successfully and to create simple tactics. Communication is the ability to transfer information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual. Individuals will develop the ability to project their voice, and will work towards communicating clearly and effectively within team/group situations.	Individuals will develop a Growth Mindset, through developing resilience in sporting scenarios in which individuals must solve sporting problems using tactics and skills within a team or as an individual. Additionally, individuals will demonstrate the ability to continue to strive to make progress even if learning appears challenging or frustrating. This can be achieved through having a positive attitude, being optimistic and being able to regulate their emotions. Individuals who demonstrate resilience, will evaluate setbacks constructively in order to develop innovative and creative methods of progressing.	Overcoming challenging opponents in competitive situations in team and individual games (e.g. rugby / netball / football / badminton / tennis). Pressured problem-solving and decision making in competitive sports, including some analysis of opponents' and their strategies. Individuals will be able to provide reasoning, questioning and listening skills to the contributions of others in order to solve problems. Individuals will therefore be able to devise plans and strategies, adapt to changing environments and exposes them to challenge.	Guidance and feedback on performance: evaluation of self and peer performance in order to show development, through providing and responding to feedback. Individuals will therefore be able to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Intrinsic feedback: individuals reflect on performances, to adjust their body position to perform the skill successfully. Extrinsic feedback: Individuals use feedback from their coach or their peers to understand how their performance can be improved.	Individuals will develop an understanding of leadership styles and different ways to apply these through team games; use of coaches, captains, managers, officials, etc. Leadership styles include autocratic, democratic and laissez-faire; individuals will demonstrate the ability to apply these leadership qualities into different situations and sport specific conditions. Individuals will be competent in developing warm-ups, basic drills and cool downs, in which focus on the key teaching points and techniques of skills within the sport focused upon.