



Introduction:

Physical education is an important part of education at Runnymede College. The objectives of PE include the development of one's motor and social abilities, the promotion of the importance of physical fitness and the encouragement of budding talent in sports.

PE also aims to provide a daily time for some physical activity for the students. The physical training class, as it is also called, involves sports, games, exercise and most importantly, a break from the sedentary learning indoors.

One of the other important objectives of physical education is to instil in students the values and skills of maintaining a healthy lifestyle. Daily physical activity promotes an awareness of health and well-being among students. It boosts them to engage in physical activities on a daily basis. It promotes them to lead a healthy life in adulthood. The sports, which are a part of a physical education class, also help in developing motor skills in children.

Content:

Pupils are given 2 lessons per week in a double class.

Term 1:

Unit 1: Fitness

Unit 2: Swimming

Unit 3: Hockey

Unit 4: Volleyball

Term 2:

Unit 5: Athletics

Term 3:

Unit 6: Badminton

Unit 7: Kickball / Cricket

Unit 8: First Aid

Skills:

Equal importance will be given to the skills with different activities and exercises.

Sport- Specific Techniques.

- Physical Perform Skills:
Strength, Stamina, Flexibility and Speed
Coordination

Balance

Agility

- Mental Capacities:
Motivation and tension in performance
Determination to face up to challenges
Mental alertness
Active lifestyles and healthy
Confidence

Homework:

There is no homework except If a pupil is unable to do PE classes in a particular unit (because they have a medical problem: allergy to something or injury). In this case they will be asked to do homework about this unit.

Assessment:

Assessment in PE, is concerned primarily with the observation and recording of achievement in the practical context. It should be a continuous activity, blended in as part of normal teaching. The main method of gaining evidence of achievement is by direct observation of:

- The physical skill of ability of the pupil (during each class).
- The way in which the pupil has selected and organised their response (during each class with the effort and involvement).
- The recognition and appreciation by the pupil of performance of themselves and others (at the end of each class and unit, with different events or tests).

Resources and Materials:

Equipment: pupils should bring their PE-kit (shorts, T-shirt and trainers) and for swimming they should bring their PE-kit and their swimming things (swim cap, swimming suit, flip-flops and towel).