

| | What we do | When we do it | How it helps students to develop our Alive theme |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 7 | One of our four domains is on “Healthy Me” part of this domain focus on Being able to complete short periods of exercise and can explain the effects of exercise on the body. | All year | It shows how exercise effects the body and how this is good for their health. |
| Year 8 | One of our four domains is on “Healthy Me” part of this domain focus on remaining active for longer periods of time and why it is important to exercise regularly Our cognitive domain focuses on making informed choices about engaging about in physical activity | All year | Gives students understanding of why exercise is important and how it can help them remain healthy. Helps students to make informed choices about how to positively engage with physical activity |
| Year 9 | One of our four domains is on “Healthy Me” part of this domain focus on understanding the short- and long-term effects of exercise on the body as well as how to improve health, fitness and have a balanced lifestyle | All year | Gives students understanding of effects of exercise and its positive effect on the body over time. |

| Term | Alive Theme | What we do | How it helps students to develop that Alive theme |
|------|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| 1 | We are creative | Students will do a gymnastics block | Students have the chance to work individually and in groups to create routines and performances |
| 2 | We can contribute | Students have to work in groups most lessons, as well as come up with rules and improvement ideas for activities. | This regularly gives students an opportunity to contribute to group work as well as have input into their learning |
| 3 | We value justice and respect | Activities are usually self-officiated where we emphasise the importance of justice and respect. | This helps students see the difference if we do not show these values and how it makes physical activity less enjoyable |
| 4 | We can review | Students are regularly asked to review their own and others performances. | This allows students to review different performances and tactics to highlight strengths and weaknesses |
| 5 | We can communicate | Students work in groups in almost every lesson. We focus on the way they speak to each other and how they can communicate more effectively | Students have to communicate to solve problems in a variety of scenarios |
| 6 | We are resilient | Students are continually trying new activities and being pushed to try new things | Students are continuously pushed out of their comfort zones to try new things |

Physical Education Year 8 Alive Themes

| Term | Alive Theme | What we do | How it helps students to develop that Alive theme |
|------|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| 1 | We are creative | Students will do a gymnastics block | Students have the chance to work individually and in groups to create routines and performances |
| 2 | We can contribute | Students have to work in groups most lessons, as well as come up with rules and improvement ideas for activities. | This regularly gives students an opportunity to contribute to group work as well as have input into their learning |
| 3 | We value justice and respect | Activities are usually self-officiated where we emphasise the importance of justice and respect. | This helps students see the difference if we do not show these values and how it makes physical activity less enjoyable |
| 4 | We can review | Students are regularly asked to review their own and others performances. | This allows students to review different performances and tactics to highlight strengths and weaknesses |
| 5 | We can communicate | Students work in groups in almost every lesson. We focus on the way they speak to each other and how they can communicate more effectively | Students have to communicate to solve problems in a variety of scenarios |
| 6 | We are resilient | Students are continually trying new activities and being pushed to try new things | Students are continuously pushed out of their comfort zones to try new things |

Physical Education Year 9 Alive Themes

| Term | Alive Theme | What we do | How it helps students to develop that Alive theme |
|------|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| 1 | We are creative | Students will do a gymnastics block | Students have the chance to work individually and in groups to create routines and performances |
| 2 | We can contribute | Students have to work in groups most lessons, as well as come up with rules and improvement ideas for activities. | This regularly gives students an opportunity to contribute to group work as well as have input into their learning |
| 3 | We value justice and respect | Activities are usually self-officiated where we emphasise the importance of justice and respect. | This helps students see the difference if we do not show these values and how it makes physical activity less enjoyable |
| 4 | We can review | Students are regularly asked to review their own and others performances. | This allows students to review different performances and tactics to highlight strengths and weaknesses |
| 5 | We can communicate | Students work in groups in almost every lesson. We focus on the way they speak to each other and how they can communicate more effectively | Students have to communicate to solve problems in a variety of scenarios |
| 6 | We are resilient | Students are continually trying new activities and being pushed to try new things | Students are continuously pushed out of their comfort zones to try new things |