

Boys PE



Year 7 Curriculum Map



Year 7 – Autumn Term Boys PE

Prior Learning	By the end of key stage 2, pupils should have developed skills and knowledge in the following areas: running, jumping and throwing & catching in isolation and in combination; competitive games that incorporate attacking and defending skills; develop flexibility, strength, technique, control and balance; perform dances using a range of movement patterns, take part in outdoor and adventurous activities individually and as part of a group; compare performances with previous ones.
What will I learn?	<p>Sportshall Athletics – pupils will take part in a range of indoor track and field events following the Sportshall Athletics awards / format as set out by British Athletics. Pupils will learn about a variety of different running, jumping and throwing events and basic skills and techniques required to execute them successfully. Demonstrating high quality skills and performances through group competitions.</p> <p>Football – pupils will learn to use basic principles of play when selecting and applying both skills and tactics when attacking and defending. Pupils will develop the basic techniques and skills necessary to outwit opponents. Dribbling and control, passing and shooting skills will be developed through small-sided games and conditional situations. Demonstrating high quality skills and performances under pressure will be assessed.</p> <p>Hockey – pupils will learn to use basic principles of play when selecting and applying both skills and tactics when attacking and defending. Pupils will develop the basic techniques and skills necessary to outwit opponents. Push passing and receiving, open and reverse stick dribbling, the block tackle and how to control a hockey stick on both open and reverse side will be developed through small-sided games and conditional situations. Demonstrating high quality skills and performances under pressure will be assessed.</p> <p>Gymnastics - pupils will take part in gymnastics lessons where they learn how to use a variety of types of travel, balances, shapes, jumps and rolls. Pupils will work in pairs and in small groups to form a sequence using low apparatus where their skills and performances will be assessed.</p>
How will I be assessed?	Pupils will be assessed against success criteria. Pupils will receive immediate feedback on their performance through observations each lesson, in order to develop skills and understanding. Pupils will also analyse themselves, and the performance of others, making comparisons to previous performances and demonstrating improvements. Pupils will take part in question & answer and discussions during lesson to assess their knowledge and will also complete a short online assessment using Microsoft Forms to check knowledge and understanding of skills, rules and tactics. Pupils will then be given a summative grade at the end of each unit of work which will then form judgements used when completing whole-school reports to parents.
Next Steps	<p>Sportshall Athletics – This unit links to the athletics units at the end of year 7, year 8, year 9 and year 10. At the end of year 7 pupils will be introduced to outdoor athletics skills, in year 8 pupils will develop athletics skills further and should be able to perform a range of athletics skills in isolation and under increased competitive pressure. In year 9 pupils will be encouraged to plan and implement strategies in athletics events. In year 10 pupils will develop advanced running, jumping and throwing skills and show confidence when taking part in athletics events.</p> <p>Football – This unit links to football in year 8 and 9 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. At Year 8 and year 9, pupils will develop and adapt their skills further in both isolation and competitive situations such as push passes in year 7 will be developed to more advanced passing such as passing</p>

	<p>with both feet Year 8 and using a variety of passes over different distances in Year 9. At KS4 pupils will be encouraged to demonstrate advanced skills and implement tactics in competitive drills and games. Also, at KS4 pupils will develop advanced decision making and show confidence when officiating competitive games.</p> <p>Hockey – This unit links to hockey in year 8 and 9 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. At Year 8 and year 9, pupils will develop and adapt their skills further in both isolation and competitive situations such as push passes in year 7 will be developed to more advanced passing such as slap and basic hits Year 8 and hits and flicks in Year 9. At 4 pupils will be encouraged to demonstrate advanced skills and implement tactics in competitive drills and games. Also, at KS4 pupils will develop advanced decision making and show confidence when officiating competitive games.</p> <p>Gymnastics – This unit links to trampoline gymnastics in year 8 and 9 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. At Year 8 and year 9, pupils will develop and adapt their trampolining skills building on the basics of body tension, shape and travel learnt about in their gymnastics unit. Pupils will learn how to trampoline safely, how to perform basic shapes and landings, and use basic combinations and twists in isolation. At key stage 4 pupils will being to produce 10 bounce routines using more advanced combinations and twists, and somersaults.</p>
<p>Opportunities for Independent Learning</p>	<p>Sportshall Athletics – pupils can learn more about specific athletics events from:- Rules for throwing events - https://www.youtube.com/watch?v=OBHQZkAAJt4 Rules for jumping events – https://www.youtube.com/watch?v=ONIKQX-44kM Rules for track events - https://www.youtube.com/watch?v=qvnGHizhUQU Improve your sprinting technique – https://www.youtube.com/watch?v=okssbvltsm8 Improve your sprint start - https://www.youtube.com/watch?v=Drdm1WsRQwA Improve your shot putt – https://www.youtube.com/watch?v=mgvV/kx6athw Improve your long jump technique - https://www.youtube.com/watch?v=5v9p5jBN_Hg</p> <p>Football -pupils can learn more about football from;- Beginners guide to the game - https://www.youtube.com/watch?v=Phnt5QZ7X7o Passing techniques - https://www.youtube.com/watch?v= kbC4hzcTo https://www.youtube.com/watch?v=xvaD2AamMpU Control - https://www.youtube.com/watch?v=Lb7fnryhkiY Dribbling - https://www.youtube.com/watch?v=naEccnjzLxM</p> <p>Hockey -pupils can learn more about hockey from;- How hockey is played - https://www.youtube.com/watch?v=3oiWk5qhlCO Hockey drills you can do at home - https://www.youtube.com/watch?v=2fVK856Tdus Hockey rules from England Hockey - https://www.englandhockey.co.uk/governance/rules-and-regulations/rules-of-hockey Passing techniques - https://www.youtube.com/watch?v=gqh1yGeDhKg Tackling techniques - https://www.youtube.com/watch?v=e8JbiAtWvl8</p> <p>Gymnastics -pupils can learn more about gymnastics from;- Basic shapes - https://www.youtube.com/watch?v=zWECl10e5Go Basic balances - https://www.youtube.com/watch?v=ReUtWiqQacc Counter balance/counter tension - https://www.youtube.com/watch?v= hvxefm0Qjk Floor routines - https://www.youtube.com/watch?v=d3htTeIS2ME</p>
<p>Personal Development and CEIAG</p>	<p>Sportshall Athletics – Pupils will develop their health and physical fitness by participating in aerobic and anaerobic exercises/events. There will be leadership opportunities with partners and working in small groups along with a responsibility for timing, recording measurements/events and making decisions whilst on the track. Pupils will use verbal communication and visual feedback to help improve performances. Pupils will need to prepare mentally when faced with a stressful and competitive situation. Coaches, personal/fitness/conditioning trainers, physiotherapists and sports agents are needed for athletes to be successful at the top level.</p>

	<p>Football - Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Paid coaches and referees are needed at local, regional and national level, along with county, regional and national football development officers.</p> <p>Hockey - Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Paid coaches and umpires are needed at local, regional and national level, along with county, regional and national hockey development officers.</p> <p>Gymnastics - Pupils will develop their health and physical fitness performing various gymnastics routines. Pupils will also develop their mental health through creative thinking when devising new routines and sequences. Pupils will have the opportunity of using a variety of communication and leadership skills within group work when planning, performing and evaluating performances. Gymnastics coaches, instructors, officials, judges and events organisers are needed in a variety of competition formats, plus personal/fitness/conditioning trainers, physiotherapists and sports agents are needed for athletes to be successful at the top level.</p>
<p>Enrichment Opportunities (Cultural Capital)</p>	<p>Sportshall Athletics</p> <ul style="list-style-type: none"> • Attend Sportshall athletics practices after school to have fun and improve your skill level • Represent the school Sportshall athletics team at local school competitions. • Attend Pendle Athletics Club Training sessions – Monday and Wednesday evenings 7pm – 8pm – http://pendleac.org.uk/about-us/training-nights/ • Attend Pendle Park run - https://www.parkrun.org.uk/pendle/ or Burnley Park run https://www.parkrun.org.uk/burnley/ • Watch Usain Bolt break the 100m Men’s World record - https://www.youtube.com/watch?v=HFLuduKmnW0 • Watch the evolution of Usain Bolt’s speed from 2004 – 2017 - https://www.youtube.com/watch?v=yunR1jc7hVU <p>Football</p> <ul style="list-style-type: none"> • Attend football club after school to have fun and improve your skill level and game play • Represent the school football teams at local school competitions • Attend Pendle Forest Football club training sessions – go to the following website for more details http://pendleforestsportsclub.co.uk/football-teams/ • Go and watch a Burnley Football Club as part of the Football Championship – go to the following website for more details - https://www.burnleyfootballclub.com/more/more-tickets • Watch the 2022 FIFA World Cup on BBC or ITV (BBC iPlayer or ITV Hub) • Watch Premier League highlights on BBC (BBC iPlayer)/EFL highlights on Quest <p>Hockey</p> <ul style="list-style-type: none"> • Attend Pendle Forest Hockey Club training sessions and join their junior teams – https://www.pendleforesthockey.co.uk • Watch England Mens Hockey team against Australia at the 2018 Men’s Hockey World Cup https://www.youtube.com/watch?v=kyEmPN--Jm8 <p>Gymnastics</p> <ul style="list-style-type: none"> • Attend Pendle Gymnastics Club – use the Facebook page to view timetable of classes https://en-gb.facebook.com/pendlegymnastics • Watch World Gymnastics Championships on BBC (BBC iPlayer) • Watch British Gymnastics Championships in Liverpool – use website for more information https://www.british-gymnastics.org/event/10440/gymnastics-british-championships-2022




Year 7 – Spring Term Boys PE

Prior Learning	<p>By the end of key stage 2, pupils should have performed dances using a range of movement patterns. In invasion games such as rugby, pupils should have basic attack and defence principles. Pupils should have the ability to work within small-sided games and understand the basic rules of the game. Pupils should be able to play in a variety of positions within a game. Pupils should have developed a simple understanding for outwitting opponents during net/court games. They should have knowledge of and applied modified rules in similar net/court games or mini versions of badminton. By the end of key stage 2, pupils should have experienced some fitness activities that would have tested their physical capability. They will have followed simple warm up and cool downs. Pupils should have gained some basic knowledge on why it is important to exercise and the benefits of physical activity on the body.</p>
What will I learn?	<p>Dance – pupils will take part in dance lessons where they will learn a variety of performance techniques. Pupils will take part in different dances where they will work in small groups to learn variety of techniques such as working in unison, canon, mirroring and transition from one movement to another. Pupils will also learn to choreograph a simple routine where their skills and performances will be assessed.</p> <p>Rugby - pupils will learn to use basic principles of play when selecting and applying both skills and tactics when attacking and defending. Pupils will develop the basic techniques and skills necessary to outwit opponents. Ball-handling technique, passing and receiving skills and basic tackling will be developed through small-sided games and conditional situations. Demonstrating high quality skills and performances under pressure will be assessed.</p> <p>Badminton – pupils will learn to use basic principles of play when selecting and applying both skills and tactics when attacking and defending. Pupils will learn techniques and skills necessary to outwit opponents. Backhand flick and forehand serves, overhead clear and the rules for singles badminton will all be learnt. Pupils will participate in modified games to develop tactical play and awareness of the rules. Demonstrating high quality skills and performances under pressure will be assessed.</p> <p>Fitness – pupils will participate in health-related fitness lessons where they will learn about the importance of preparing the body for exercise, and take part in fitness activities that develop different aspects of fitness. Pupils will participate in a range of individual and team activities where they will develop knowledge and understanding of different components of fitness. Pupils will be assessed on their practical performances, as well as their knowledge of different aspects of fitness.</p>
How will I be assessed?	<p>Pupils will be assessed against success criteria. Pupils will receive immediate feedback on their performance through observations each lesson, in order to develop skills and understanding. Pupils will also analyse themselves, and the performance of others, making comparisons to previous performances and demonstrating improvements. Pupils will take part in question & answer and discussions during lesson to assess their knowledge and will also complete a short online assessment using Microsoft Forms to check knowledge and understanding of skills, rules and tactics. Pupils will then be given a summative grade at the end of each unit of work which will then form judgements used when completing whole-school reports to parents.</p>
Next Steps	<p>Dance – This unit can be used at GCSE PE level as a sport that they study and are practically assessed in. At key stage 4 pupils will have the opportunity to perform solo, partner and group performances to a variety of dance styles. Aspects of choreography and performance skills will also be revisited in the gymnastics and trampolining units of work.</p> <p>Rugby - This unit links to rugby in year 8 and 9 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. Pupils in year 8 will progress onto</p>

	<p>more complex skills and further develop their understanding of strategies and tactics within small-sided games. At key stage 4 pupils will demonstrate advanced movements and using advanced techniques with fluency and control in competitive drills and games. Also, at KS4 pupils will develop advanced decision making and show confidence when officiating competitive games.</p> <p>Badminton – This unit links to badminton in year 8 and 9 and can also be used by pupils at BTEC Sport and GCSE PE level as a sport that they study and are practically assessed in. In year 8 pupils will progress onto slightly more complex skills and further develop their understanding of strategies and tactics within a game. In year 9 they will develop confidence to get the shuttle to land in a target area so that the opponent cannot return it. At key stage 4 pupils will be encouraged to demonstrate advanced skills and implement tactics in competitive drills and games. Also, at key stage 4 pupils will develop advanced decision making and show confidence when officiating competitive games.</p> <p>Fitness - This unit links to fitness in year 8, year 9, year 10 and year 11 and onto maintaining a good level of health and fitness Post 16. In year 8 pupils will specifically use circuit training as a training method to extend their knowledge on training and improving personal health and fitness levels. In year 9, year 10 and year 11 pupils will develop the knowledge and skills necessary to participate in various indoor and outdoor training methods and programmes which involves sustained physical work to improve personal health and fitness levels.</p>
<p>Opportunities for Independent Learning</p>	<p>Dance – pupils can learn more about dance from:- The elements of dance - https://www.youtube.com/watch?v=UGuD9Geeb2k Stage formations - https://www.youtube.com/watch?v=UVnZnm8OVxY New Zealand Mens Rugby Team Haka - https://www.youtube.com/watch?v=yiKFYTFJ_kw The evolution of the Haka - https://www.youtube.com/watch?v=7lhgJXdrWCE</p> <p>Rugby – pupils can learn more about football from:- Rugby Union rules – https://www.youtube.com/watch?v=FOJejnPI0p0 Rugby League rules - https://www.youtube.com/watch?v=io59iWcjVN8 Passing basics - https://www.youtube.com/watch?v=WTyYyHLOfTU Ball catching - https://www.youtube.com/watch?v=1ifcGYIR-is</p> <p>Badminton – pupils can learn more about badminton from:- Badminton rules - https://www.youtube.com/watch?v=UyLli-TbcFc Various badminton shots and drills - https://www.thebadmintonguide.com/badminton-drills/ Coaching Badminton YouTube channel with various drills - https://www.youtube.com/watch?v=CSxfJ6-Z-uA</p> <p>Fitness – pupils can learn more about fitness from:- The Body Coach TV various workouts - https://www.youtube.com/user/thebodycoach1 Components of physical fitness - https://www.youtube.com/watch?v=8NWKKBsvRGs</p>
<p>Personal Development and CEIAG</p>	<p>Dance – Pupils will develop their health and physical fitness performing various dance routines and motifs. Pupils will also develop their mental health through creative thinking when devising new motifs and sequences using various choreography skills. Pupils will have the opportunity of using a variety of communication and leadership skills within group work when planning, performing and evaluating performances. Dance instructors, choreographers and events organisers are needed in a variety of dance types to improve and produces dances/routines for various dance performances such as local, county and national dance festivals, competitions and the production of music videos, concerts, musicals, entertainment shows etc.</p> <p>Rugby – Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Paid coaches and referees are needed for both junior and adult teams at local, regional and national level, along with county, regional and national rugby development officers.</p> <p>Badminton – Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As</p>

	<p>well as developing personal qualities such as independence, resilience and co-operation. Paid coaches and umpires are needed at local, regional and national level, along with county, regional and national badminton development officers.</p> <p>Fitness - Pupils will develop their health and physical fitness by participating in aerobic and anaerobic exercises and training. This will include an understanding of the anatomy behind heart rates and the basic reasoning for this. Pupils will improve their mental capacity when recording heart rate values and BMI and understanding the meaning of each. Pupils will develop leadership qualities when coaching partners and performing simple training methods/programmes. Personal trainers, physiotherapists and sports rehabilitation/massage are needed for athletes to be success at the top level and for the general public to improve the health or the nation.</p>
<p>Enrichment Opportunities (Cultural Capital)</p>	<p>Dance</p> <ul style="list-style-type: none"> Attend Sandersons Dance – use the website to view timetable and the different classes available https://www.sandersondance.co.uk Attend Pendle Academy of Dance and Performing Arts – use website for more information https://www.pendleacademydance.co.uk/ Watch Strict Come Dancing on BBC 1, BBC iPlayer or YouTube Go and watch the various dance competitions and festivals over the year at the Blackpool Winter Gardens Ballroom - https://www.blackpooldancefestival.com/ <p>Rugby</p> <ul style="list-style-type: none"> Attend football club after school to have fun and improve your skill level and game play Represent the school rugby team at local school and county competitions Attend a local rugby team training sessions – Colne and Nelson RUFC - https://www.pitchero.com/clubs/colnenelsonrufc or Burnley RUFC - https://www.pitchero.com/clubs/burnleyrugbyclub/ Watch Premiership rugby highlights – Channel 5 (5 on Demand)/Rugby League Challenge Cup – BBC (BBC iPlayer) <p>Badminton</p> <ul style="list-style-type: none"> Attend badminton club after school to have fun and improve your skill level and game play Represent the school badminton team at local school competitions Attend Colne Badminton Club training sessions – go to Facebook for more details https://www.facebook.com/colnebadmintonclub Watch the longest rally recorded in a televised international badminton match - https://www.youtube.com/watch?v=aFGLXYcKD2M <p>Fitness</p> <ul style="list-style-type: none"> Join a local gym such as Pure Gym, Colne - https://www.puregym.com/gyms/colne/?utm_source=local&utm_campaign=local_search-colne&utm_medium=organic or join Pendle Leisure Trust with a junior membership to use Pendle Leisure Centre, Pendle Wavelengths, Seedhill AFC or West Craven Sports Centre Gyms - https://www.pendleisuretrust.co.uk/fitness/our-gyms/ Attend Pendle Park run - https://www.parkrun.org.uk/pendle/ or Burnley Park run https://www.parkrun.org.uk/burnley/

	<p style="text-align: center;">Year 7 – Summer Term Boys PE</p>
<p>Prior Learning</p>	<p>By the end of key stage 2, pupils should have experienced a range of throwing and catching skills. They should have explored the striking of a ball to score and experienced playing small throwing, catching and batting games linked to rounders and cricket. They should have started to develop</p>

	<p>basic knowledge of the principles of fielding while working in small teams in a variety of roles and adopting rules for modified striking and fielding games. By the end of key stage 2 and after the year 7 Sportshall athletics unit, pupils should have already had experienced running, jumping and throwing in some form, either under the umbrella of athletics or playing competitive or individual game activities. Whilst participating in athletics lessons, pupils should have followed health and safety guidelines when using equipment under the guidance of teachers.</p>
<p>What will I learn?</p>	<p>Athletics – all pupils will take part in a range of track and field events building on skills developed during the Sportshall Athletics unit earlier in the year. Pupils will learn about different running, jumping and throwing events and techniques required to execute them successfully. Demonstrating high quality skills and performances under pressure will be assessed.</p> <p>Cricket – all pupils will take part in cricket lessons where they learn how to use a basic skills and techniques for batting, bowling and fielding, such as the straight drive, orthodox bowling and simple fielding skills such as retrieving the ball and returning it to stumps / wicketkeeper. Pupils will develop a range of strategies and tactics to overcome others in modified games. Pupils will also start to develop basic knowledge of rules and scoring systems. Demonstrating high quality skills and performances under pressure will be assessed.</p> <p>Rounders – all pupils will take part in rounders lessons where they learn how to use a variety of different skills and techniques for batting, bowling and fielding. Pupils will develop a range of strategies and tactics to overcome others in modified games. Pupils will also start to develop basic knowledge of rules and scoring systems. Demonstrating high quality skills and performances under pressure will be assessed.</p>
<p>How will I be assessed?</p>	<p>Pupils will be assessed against success criteria. Pupils will receive immediate feedback on their performance through observations each lesson, in order to develop skills and understanding. Pupils will also analyse themselves, and the performance of others, making comparisons to previous performances and demonstrating improvements. Pupils will take part in question & answer and discussions during lesson to assess their knowledge and will also complete a short online assessment using Microsoft Forms to check knowledge and understanding of skills, rules and tactics. Pupils will then be given a summative grade at the end of each unit of work which will then form judgements used when completing whole-school reports to parents.</p>
<p>Next Steps</p>	<p>Athletics - This unit links to athletics units in year 8, year 9, year 10 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. In year 8 pupils will develop athletics skills further and should be able to perform a range of athletics skills in isolation and under increased competitive pressure. In year 9 pupils will be encouraged to plan and implement strategies in athletics events. In year 10 pupils will develop advanced running, jumping and throwing skills and show confidence when taking part in athletics events.</p> <p>Rounders - This unit links to the rounders units in year 8, year 9, year 10 and year 11. It can also be used by pupils at BTEC Sport as a sport that they study and are practically assessed in. In year 8 pupils will learn to use the basic principles of play to work towards successful outcomes when batting and fielding. In year 9, year 10 and year 11 pupils will develop and refine more advanced skills of match play when batting and fielding in order to outwit opponents. Batting, bowling, throwing and catching will be further developed and refined through games and conditioned situations.</p> <p>Cricket - This unit links to cricket in year 8 and 9 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. In year 8 pupils will develop core skills such as bowling, fielding and batting further and should be able to perform a range of core skills in isolation and under increased competitive pressure. In year 9 and at key stage 4 pupils will be encouraged to plan and implement batting and fielding strategies in competitive games and will develop advanced decision making and show confidence when officiating competitive games.</p>
<p>Opportunities for</p>	<p>Athletics - pupils can learn more about specific athletics events from:- England Athletics - https://www.englandathletics.org Rules for throwing events - https://www.youtube.com/watch?v=OBHQZkAAJt4 Rules for jumping events – https://www.youtube.com/watch?v=0NIKQX-44kM</p>

<p>Independent Learning</p>	<p>Rules for track events - https://www.youtube.com/watch?v=qvnGHizhUQU Improve your sprinting technique – https://www.youtube.com/watch?v=okssbvltsm8 Improve your sprint start - https://www.youtube.com/watch?v=Drdm1WsRQwA Improve your shot putt – https://www.youtube.com/watch?v=mgvVx6athw Improve your long jump technique - https://www.youtube.com/watch?v=5v9p5jBN_Hg</p> <p>Rounders - pupils can learn more about rounders from:- Rounders England - www.roundersengland.co.uk Rounders Rules - https://www.youtube.com/watch?v=f5Lxiy9_L9Q Various England Rounders YouTube videos - https://www.youtube.com/c/roundersengland/videos Develop fielding skills - https://www.youtube.com/watch?v=YWJtqI-Jg0A Developing specialist fielding skills - https://www.youtube.com/watch?v=WC3kFvO8GRQ Developing batting skills - https://www.youtube.com/watch?v=smTBrE52Fag</p> <p>Cricket - pupils can learn more about Cricket from:- England Cricket Board - https://www.ecb.co.uk/play The rules of cricket - https://www.youtube.com/watch?v=AqtpNkMvj5Y Developing fielding skills - https://www.youtube.com/watch?v=JSJ6oFjnVF0 How to bat in cricket - https://www.youtube.com/watch?v=8oOj2x4_OMs How to perform an overarm bowl - https://www.youtube.com/watch?v=VHTzqkFuljs Various cricket coaching YouTube videos from My Cricket Coach Christchurch – https://www.youtube.com/c/mycricketcoach</p>
<p>Personal Development and CEIAG</p>	<p>Athletics - Pupils will develop their health and physical fitness by participating in aerobic and anaerobic exercises/events. There will be leadership opportunities with partners and working in small groups along with a responsibility for timing, recording measurements/events and making decisions whilst on the track. Pupils will use verbal communication and visual feedback to help improve performances. Pupils will need to prepare mentally when faced with a stressful and competitive situation. Coaches, personal/conditioning trainers, physiotherapists and sports agents are needed for athletes to success at the top level.</p> <p>Rounders - Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Coaches and umpires are needed for teams at local, regional and national level, along with regional and national rounders development officers.</p> <p>Cricket - Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Paid coaches, umpires and scorers are needed for both junior and adult teams at local, regional and national level, along with county, regional and national cricket development officers.</p>
<p>Enrichment Opportunities (Cultural Capital)</p>	<p>Athletics</p> <ul style="list-style-type: none"> • Attend athletics practices after school to have fun and improve your skill level • Represent the indoor athletics team at local school competitions. • Attend Pendle Athletics Club Training sessions – Monday and Wednesday evenings 7pm – 8pm – http://pendleac.org.uk/about-us/training-nights/ • Attend Pendle Park run - https://www.parkrun.org.uk/pendle/ or Burnley Park run https://www.parkrun.org.uk/burnley/ • Watch Usain Bolt break the 100m Men’s World record - https://www.youtube.com/watch?v=HFLuduKmnW0 • Watch the evolution of Usain Bolt’s speed from 2004 – 2017 - https://www.youtube.com/watch?v=yunR1jc7hVU • Watch Women’s 100m World and Olympic Records over the years - https://www.youtube.com/watch?v=DH_Zolclgnl <p>Rounders</p> <ul style="list-style-type: none"> • Attend rounders club after school to have fun and improve your skill level and game play

- Represent the school rounders team at local school competitions
- Attend a play for fun rounders sessions or join a team which plays in the Burnley Rounders league - for more details about rounders in Burnley go to <https://blcgroup.co.uk/activity/rounders/>
- Go and watch the matches being played as part of the Burnley Rounders leagues on a Monday or Wednesday evening at Townley Park, Burnley from April to August or indoor matches Monday and Wednesday evenings from October to March at St Peter's Leisure Centre, Burnley.

Cricket

- Attend cricket club after school to have fun and improve your skill level and game play
- Represent the school cricket team at local school competitions
- Join or just go and watch a local cricket club such as Colne Cricket Colne - <http://www.colnecc.com/> or Nelson Cricket Club - <https://www.nelsoncricketclub.co.uk>
- Go and watch a Cricket game at Old Trafford the home of Lancashire Cricket Club – <https://cricket.lancashirecricket.co.uk/> or at Headingley the home of Yorkshire Cricket Club - <https://yorkshireccc.com/>