

Boys PE



Year 8 Curriculum Map




Year 8 – Autumn Term Boys PE

Prior Learning	By the end of year 7 pupils will have learned some basic skills and rules of badminton. They should know the basic court markings and understand the different type of shots. During football, pupils should have a knowledge of basic skills such as passing, shooting and heading and be able to perform these in isolated situations with some being performed in competition. The basic rules of football should also be understood. Pupils will have no previous learning on trampoline but from gym will understand the basic shapes that are performed. From previous learning for hockey, pupils should understand the correct way to hold a hockey stick and understand the basics of passing, shooting and dribbling. Pupils should also understand the basic positions.
What will I learn?	<p>Badminton - Pupils will recap the basics of grip, stance and ready position, the short, backhand serve, the overhead clear and the drop shot. They will learn how to perform net play and backhand shots including the clear and more able pupils will begin to start applying disguise to the shuttle in order to deceive opponents. Pupils will develop speed, agility and coordination throughout this unit of work. There is less reliance upon physical fitness as pupils will spend more time focussing on skills and skill development. Pupils will develop knowledge of basic rules as they progress through the unit, including the intricacies of the service rule.</p> <p>Football - Pupils will develop the skills of dribbling, control, passing, defending and shooting. Pupils will develop knowledge of rules and defensive and attacking tactics as they progress through the unit. Rules to include fouls, throw ins and kick off positions. Pupils will begin to undertake officiating as they become confident in applying the rules to game situations. Self-confidence, communication and cooperation will develop through coaching roles and officiating games. Teamwork is also encouraged throughout every session.</p> <p>Trampolining - Pupils will develop upon the gymnastic skills learnt in year 7 whilst learning basic shapes and landings when trampolining. Twists will be introduced and pupils will begin learning the progressions to more complex rotations. Pupils will begin to produce combinations to include a variety shapes, landings and twists. They will be able to identify what makes a trampolining performance good and use this information to adapt their own performances. Developing and honing fundamental trampolining skills and tactics will prepare pupils for practical activities, which can be assessed at key stage 4 in GCSE PE courses.</p> <p>Hockey - Pupils will learn the basics of passing, shooting, tackling and dribbling. They will develop the push and slap pass as well as the block tackle. Pupils will also learn how to use open and reverse stick dribbling to outwit a defender. Pupils will develop knowledge of basic rules and defensive and attacking tactics as they progress through the unit. Rules to include no feet, no back of stick, 5m away at a free hit, self-pass and where you can shoot.</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	Badminton - In year 9 pupils will combine all of the knowledge developed in years 7 and 8. Pupils will be able to apply core and advanced badminton skills to game situations with increasing consistency and accuracy. Pupils will develop the use of tactics, strategies and advanced rules to progress their performance and knowledge of the game. This will be shown through umpiring and scoring their own games and conversing about rules and their

	<p>application to both single and double competitive games. Knowledge learnt from years 7 and 8 can be applied to both BTEC Sport and GCSE PE as well as year 9.</p> <p>Football – This unit links to football in year 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 9, pupils will develop and adapt their skills further in both isolation and competitive situations such as short pass in year 7 will be developed to more advanced passing such as passing with both feet and lofted pass in year 9.</p> <p>Trampolining - In year 9 pupils will combine all knowledge developed in year 8. Pupils will be able to apply core skills such as shapes and landing and advanced skills such as twists and progressions to somersaults. Pupils will create 8 bounce routines consisting of all previous knowledge and will develop it throughout the unit.</p> <p>Hockey – This unit links to hockey for use in key stage 4 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. In key stage 4, pupils will develop and adapt their skills further in both isolation and competitive situations such as hits and flicks. 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>Opportunities for Independent Learning</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-ZuA</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>Trampolining – pupils can learn more about trampolining from:- Basic shapes - https://www.youtube.com/watch?v=dhr37HZXHqo Safety video - https://www.youtube.com/watch?v=oms6M91XhZw</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.englishhockey.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>Personal Development and CEIAG</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 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>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>Trampolining - Pupils will develop their health and physical fitness, along with developing their social skills including cooperation and collaboration, responsibility and teamwork. Pupils will advance personal qualities such as independence and resilience by working independently on the trampoline. Paid coaches are needed at local, regional and national level.</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>Enrichment Opportunities (Cultural Capital)</p>	<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 <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>Trampolining</p> <ul style="list-style-type: none"> Attend trampolining club after school to have fun and improve your skill level and performances. Attend trampolining club at Pendle Leisure Centre – go to the following website for more details https://www.pendleleisuretrust.co.uk/family-and-children/junior-timetables/ Watch the Trampolining World Championships – BBC sport <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 Ladies Hockey team win the Gold Medal against the Netherlands at the 2016 Rio Olympics - https://www.youtube.com/watch?v=ZaiyfEvHRuA

	<p style="text-align: center;">Year 8 – Spring Term Boys PE</p>
<p>Prior Learning</p>	<p>Pupils will have had an introduction to rugby in year 7. This will have included passing, catching, running with the ball, contact (how to go into contact and take contact). Pupils will have learnt the basic principles of attack and defence. Pupils will have worked in small teams to plan how to play and taken on different roles in some games, including attacker and defender. In Basketball, pupils will have knowledge of passing, dribbling, set shot, lay-up shot, pivoting, basic rules and tactics from year 7. Some pupils may have attended extra-curricular basketball and/or completed units of work in netball thereby linking transferable skills. In OAA, pupils will have limited knowledge; some pupils may have done some simple problem-solving skills at a basic level in primary school, most will have limited or no previous experience. Pupils may have limited experiences of map reading from everyday life.</p>
	<p>Circuit Training - Pupils will be introduced to basic fitness activities and develop an accurate replication of the required techniques. Pupils will be able to develop techniques on more</p>

<p>What will I learn?</p>	<p>advanced components of fitness. Understand the nature of heart rate before, during and after exercise. To name large muscle groups & understand the components of skill/health related fitness. Pupils should be able to recognise good technique.</p> <p>Rugby - Pupils will learn to identify and recognise similarities in principles of attack and defence. Pupils will implement strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Pupils will learn more advanced skills including offside, ruck and maul.</p> <p>Basketball - Pupils will develop the skills of passing, shooting, and dribbling through attack and defence. In addition to developing skills learnt in year 7, pupils will learn the triple threat position, fake and drive, cross over dribbles and man to man defence. Pupils will develop their knowledge of rules and defensive and attacking tactics as they progress through the unit. Rules to include travelling, double dribble, contact and timings.</p> <p>OAA - Pupils will learn the basics of map reading / navigational skills and terminology. Pupils will learn how to recognise symbols on maps and features of the landscape around them. Pupils will develop speed, agility and coordination throughout this unit of work, particularly when competing against others. Pupils will also require a good level of cardiovascular and muscular endurance. Pupils will develop very basic knowledge of orienteering rules – these will be ‘drip-fed’ as they progress through the unit.</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>Circuit Training – Pupils will be able to develop into more advanced techniques with the use of various types of training equipment. Pupils will also be able to combine their knowledge of other units into developing and creating a circuit that is specific to their own needs and targets. These strategies will be evident and required for key stage 4 courses.</p> <p>Rugby - In year 9 pupils will combine all of the knowledge developed in years 7 and 8. Pupils will be able to apply core skills such as passing and scoring a try and advanced rugby skills such as the ruck and the maul to game situations with increasing consistency and accuracy. Pupils will develop the use of tactics, strategies and advanced rules to progress their performance and knowledge of the game. Pupils will also learn the various kicking techniques and understand when and how to apply them during both isolated and competitive situations.</p> <p>Basketball - In year 9 pupils will combine all of the knowledge developed in years 7 & 8. Pupils will be able to apply core and advanced Basketball skills to game situations with increasing consistency and accuracy during both isolated and competitive situations. Pupils will develop the use of tactics, strategies and advanced rules to progress their performance and knowledge of the game. This will be shown through umpiring and scoring their own games and conversing about rules and their application to both single and double competitive games. Pupils will also be able to identify how to evaluate others performance.</p> <p>OAA - In year 9 pupils will participate in different training methods such as Fartlek training and Interval training. This will link in with this unit where pupils will be training on different terrains and can adapted as a method of training. Pupils will develop on knowledge already learnt and focus on completing OAA courses as quickly as possible and develop skills in route planning.</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</p>

	<p>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>Opportunities for Independent Learning</p>	<p>Circuit Training - 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>Rugby - pupils can learn more about rugby 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 Ruck and Maul - https://www.youtube.com/watch?v=b2VQAh3MqM0</p> <p>Basketball – pupils can learn more about Basketball from:- Rules of Basketball - https://www.youtube.com/watch?v=XbtmGKif7Ck Hoop tactics for tactics and strategies - https://www.youtube.com/watch?v=XbtmGKif7Ck The Coaching Toolbox for various drills - https://coachingtoolbox.net/basketball-drills/basketball-drills.html The lay-up - https://www.youtube.com/watch?v=q4lqeXob_qg</p> <p>OAA - pupils can learn more about OAA from;- Problem Solving https://www.theproblemsolvingcompany.co.uk/free-problem-solving-team-building-activities-for-schools/ Orienteering skills https://www.britishorienteering.org.uk/schools https://www.britishorienteering.org.uk/school_games https://www.britishorienteering.org.uk/newcomers_guide http://www.bsoa.org/</p>
<p>Personal Development and CEIAG</p>	<p>Circuit Training – 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>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 Rugby 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>Basketball - 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 Basketball coaches and umpires are needed at local, regional and national level, along with county, regional and national Basketball development officers.</p> <p>OAA - Pupils will develop problem-solving and teamwork skills throughout the unit. They will participate in activities that develop intellectual and physical challenges. Teamwork alongside decision making as well as trust in teammates will be developed.</p>
<p>Enrichment Opportunities (Cultural Capital)</p>	<p>Circuit Training</p> <ul style="list-style-type: none"> • Pupils may wish to join local junior gym / fitness clubs with Pendle leisure https://www.pendleleisuretrust.co.uk/membership/junior-membership/ • Independent workout - https://www.youtube.com/watch?v=jWCm9piAwAU

	<p>Rugby</p> <ul style="list-style-type: none"> Attend rugby 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>Basketball</p> <ul style="list-style-type: none"> Attend basketball club afterschool to have fun and improve your skill level and game play. Represent the school basketball team at local school competitions. Attend West Craven Turbines basketball training sessions – go to the following website for more details - https://www.westcraventurbines.co.uk/club/ <p>Orienteering</p> <ul style="list-style-type: none"> What is Orienteering? - https://www.britishorienteering.org.uk/newcomers_guide Newcomers guide to Orienteering https://www.youtube.com/watch?v=26Zc5AVkFis Reading a map - https://www.youtube.com/watch?v=vug5kiA67N8 Symbol guide - https://www.maprunner.co.uk/map-symbols/ Attend Pendle Forest Orienteers - https://www.pfo.org.uk/ for more details
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	<h2>Year 8 – Summer Term</h2> <h3>Boys PE</h3>
<p>Prior Learning</p>	<p>In Athletics, pupils will have acquired basic knowledge of running styles, jumping techniques and competition tactics in year 7. Pupils will also have learnt the basic throwing techniques for Discus, Javelin and Shot Put using modified equipment. In Cricket, pupils will have developed an understanding of net games that involve outwitting opposition. Pupils will have covered different batting techniques such as the drive and pull shot and will have begun developing their basic bowling action. They will have experienced some strategic ideas and employ basic tactics in a competitive game. In Rounders, pupils will have acquired basic batting and fielding skills and strategies in year 7. They will have covered basic throwing and catching and batting techniques and begun to look at fielding strategies, the role of the bowler and backstop and the use of tactics. Some pupils will have played the above sports recreationally and/or in year 7 in both intra- & inter- school competitions as part of an extracurricular programme. There may be a small number of pupils who play for teams in local leagues.</p>
<p>What will I learn?</p>	<p>Athletics - Pupils will learn to use the basic techniques and styles when running different running speeds and distances and be able to select and apply tactics in a competitive situation when competing in different running events. Pupils will develop jumping skills necessary to jump further than their opponents when competing in different jumping events. Pupils will learn how to apply an effective technique within the rules of the different throwing events. Developing and honing fundamental Athletics skills and tactics will prepare pupils for practical activities, which can be assessed during year 8 and into year 9 and at key stage 4.</p> <p>Rounders - Pupils will learn to use basic principles of play when selecting and applying both skills and tactics when batting and fielding. Pupils will develop skills necessary to score points when batting or preventing their opponents' scoring points by fielding. Throwing, catching, fielding and batting will be developed through small-sided games and conditional situations. Demonstrating high quality skills and performances under pressure will be assessed.</p>

	<p>Developing and honing fundamental Rounders skills and tactics will prepare pupils for practical activities, which can be assessed during year 8.</p> <p>Cricket - Pupils will learn to use core cricket skills and adapt these skills to contribute to producing an improved performance. The control and accuracy of the bowling action, batting action and throwing and catching skills will be developed through game play and isolated situations. Pupils will further develop an understanding of how to outwit opponents using strategies and tactics during game play. This should include information about placement of bowling delivery and judgment of bounce for batting. Developing and honing fundamental Cricket skills and tactics will prepare pupils for practical activities, which can be assessed at during year 8.</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 – Pupils will use techniques for each event when they move into year 9 and may explore varied techniques that suit them. They will explore the different techniques and consider why they may be more beneficial to use. Some pupils may experience using a metal javelin rather than the turbo javelin and the weights of the discus and shot put will be increased. The introduction of run ups will assist in improved performance. In jumping events the importance of the run up will be explored and in long jump techniques such as the hang will be introduced. Pupils will be able to apply the rules of each event to their lessons correctly and will be able to measure their jumps/throws with accuracy.</p> <p>Cricket – Pupils will apply strategies and tactics such as bowling delivery and judgement of the bounce to umpired game play in order to gain an advantage in the game. The overarm delivery will be developed with speed and line explored more. Batting skills will be honed so pupils have various shots and will understand when to play them. Pupils will develop their knowledge of rules and will be able to apply them to game play. Pupils will begin to umpire and officiate their own games and correctly be able to score the game.</p> <p>Rounders – Pupils will apply strategies and tactics such as setting up the field correctly, use of the backstop and bowler as fielders, placement of shots. Varied space and line for bowling will be explored too. They will also begin to umpire their own games and be able to correctly make judgements on what a no ball consists of and apply the rules to a competitive situation.</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>Opportunities for Independent Learning</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 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=mgyVvx6athw Improve your javelin - https://www.youtube.com/watch?v=iLx-6R5ICo</p>

	<p>Improve your discus - https://www.youtube.com/watch?v=rilFpUoDI7I Improve your long jump technique - https://www.youtube.com/watch?v=5v9p5jBN_Hg Improve you triple jump - https://www.youtube.com/watch?v=MjZcMbAAUTU</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 Backwards hit - https://www.youtube.com/shorts/aPydGrM0D9A</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 Defensive shots - https://www.youtube.com/watch?v=CdIYCoqUVEQ</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 school 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 <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 and 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/>