

Girls PE



Year 9 Curriculum Map



Year 9 – Autumn Term Girls PE

Prior Learning	By the end of year 8, pupils should have basic knowledge of badminton; pupils should understand and be able to demonstrate basic grip and stance, and have knowledge of how to perform a short, backhand serve, overhead clear and a drop shot. In netball, pupils will have acquired basic and more advanced skills and attacking/defending strategies in years 7 and 8. These will include: the use of various passes, shooting accurately under pressure, dodging, reading the game and intercepting. In previous fitness activities, pupils will have experienced some fitness activities that test physical capacity in various capacities. They will have followed simple warm up and cool downs and have knowledge of fitness tests, circuit training and working with equipment from years 7 and 8. In basketball, pupils will have knowledge of passing, dribbling, set shot, lay-up shot, pivoting, triple threat, cross over dribbles, man to man defence, basic rules, timings and tactics from years 7 and 8.
What will I learn?	<p>Badminton - Pupils will replicate the core skills necessary to outwit opponents in Badminton, with limited time to react. Pupils 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 begin to undertake leadership roles later in the unit as they organise and umpire their own competitions.</p> <p>Netball - Pupils will learn to use basic and more advanced principles of play when selecting and applying both skills and tactics when attacking and defending. Passing, receiving, shooting, methods for dodging and defending an opponent will be developed through small-sided games and conditional situations. Demonstrating high quality skills and performances under pressure will be assessed.</p> <p>Outdoor Fitness - Replication and participation in the methods of cardiovascular and resistance training will allow pupils to develop the skills necessary to plan and carry out their own personal training sessions. Pupils will learn the benefits of taking part in fitness-based activities, understand the nature of the heart rate before, during and after exercise and the implementation of good technique and safe practice before embedding this into their own sessions.</p> <p>Basketball - Pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents. Pupils will be expected to understand basic games rules, play several roles and physically exert themselves throughout. Skills such as the lay-up, screening and positioning will be developed through small-sided games and conditioned practices. Pupils will begin to officiate games as their confidence with the application of rules increases. Demonstrating high quality skills and knowledge of the rules 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	Badminton – In year 10 pupils will combine all of the knowledge developed in years 7, 8 and 9. 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 application

	<p>to both single and double competitive games. Knowledge learnt from years 7-9 can be applied to both BTEC Sport and GCSE PE courses.</p> <p>Netball - In year 10 pupils will combine all of the knowledge developed in years 7, 8 and 9. Pupils will be able to apply core and advanced netball skills to game situations with increasing consistency and accuracy. Pupils will develop their application of defending skills and applying pressure to gain possession by demonstrating effective communication skills. 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 a competitive game. Knowledge learnt from years 7-9 can be applied to both BTEC Sport and GCSE PE courses.</p> <p>Outdoor Fitness – In year 10 pupils will combine all of the knowledge developed in years 7, 8 and 9. Pupils will have knowledge of a number of training methods, bones, muscles, heart rate and the body’s response to exercise. Pupils will be able to apply this knowledge to plan a training session for athletes in various sports. Pupils will be introduced to different forms of fitness such as Yoga, Pilates, Zumba, boxercise, HIIT, Legs bums and tums, Body Pump, Tabata and Step in order to encourage the chances of life-long participation in exercise. Knowledge learnt can be applied to both BTEC Sport and GCSE PE courses.</p> <p>Basketball - In year 10 pupils will combine all of the knowledge developed in years 7, 8 and 9. Pupils will be able to apply core and advanced basketball 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 application to both single and double competitive games. Knowledge learnt from years 7-9 can be applied to both BTEC Sport and GCSE PE courses.</p>
<p>Opportunities for Independent Learning</p>	<p>Netball – Pupils can learn more about Netball from: Rules of netball - https://www.youtube.com/watch?v=V1qINni-Dis England Netball for various drills - https://www.englandnetball.co.uk/get-involved/coaching/coaching-resources/ The Maias Netball Network for various drills - https://www.englandnetball.co.uk/get-involved/coaching/coaching-resources/ Intosport Netball Videos for various drills - https://www.youtube.com/playlist?list=PL1sd3srlav5al-WYJCI4cxZi3iE0TbtBb</p> <p>Badminton -pupils can learn more about badminton from:- Badminton rules - https://www.youtube.com/watch?v=UyLi-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 How the heart reacts to different activities - https://www.youtube.com/watch?v=-Q406ha2Lh8 11 major muscle groups of the body - https://www.youtube.com/watch?v=4IXnrckRKPA</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_gg</p>
<p>Personal Development and CEIAG</p>	<p>Netball – 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</p>

	<p>coaches and umpires are needed at local, regional and national level, along with county, regional and national netball 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 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>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 coaches and umpires are needed at local, regional and national level.</p>
<p>Enrichment Opportunities (Cultural Capital)</p>	<p>Netball</p> <ul style="list-style-type: none"> • Attend netball club afterschool to have fun and improve your skill level and game play • Represent the school netball team at local school competitions • Attend Burnley Netball club training sessions – go to the following website for more details https://www.burnleyladiesnetball.co.uk/bnc-saturday-training-club/ • Go and watch a Manchester Thunder Match as part of the Netball Superleague – go to the following website for more details - https://www.manchesterthunder.co.uk/ • Watch the 2019 Netball World Cup Semi-Final Match on YouTube between England and the eventual winners, New Zealand - https://www.youtube.com/watch?v=vQ3DHGB6UVE <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.pendleleisuretrust.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>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 – got to the following website for more details - https://www.westcraventurbines.co.uk/club/ • Watch the Tokyo 2020 Olympic Gold Medal Women’s Basketball match - https://www.youtube.com/watch?v=B-7WRKycjWk



Year 9 – Spring Term Girls PE

Prior Learning	<p>Pupils will have had an introduction to rugby in year 7 and developed this in year 8 with the introduction of new positions and skills. This included ruck, maul and kicking. They will have developed their knowledge of passing, catching, running with the ball and contact (how to go into contact and take contact). Pupils will have explored the basic principles of attack and defence and worked in small teams to plan how to play used and kept rules and conventions for games. Pupils will have knowledge of orienteering from year 8; Pupils should know the basics of map symbols, how to orientate a map and navigation skills. In Trampolining, pupils will have explored and performed basic shapes and landings. They also will have produced a combination sequence consisting of the basic shapes and landings and will have focused on linking the movements together. In dance, pupils will have learnt a variety of performance techniques focusing on the elements of dance to a particular theme. Pupils will also have learnt choreography skills to be able to create a motif, sequence or routine.</p>
What will I learn?	<p>Rugby - Pupils will focus on developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing and implementing attacking and defending strategies and techniques. All games activities involve pupils thinking about how to use skills, strategies and tactics to outwit the opposition. Pupils will also be introduced to lineout and scrum.</p> <p>OAA - Pupils will develop intellectual and physical skills necessary to solve problems. Learning will focus on a combination of individual, small and larger group problems with elements of competition built into each lesson, throughout the unit. Pupils will also start to develop their map reading and navigation skills.</p> <p>Trampolining – Pupils will develop the basic shapes and landings learnt in Year 8 to more advanced shapes. Twists will be introduced and pupils will begin learning the progressions to somersaults. Pupils will work on progressing their combinations to include more advanced shapes and twists. They will be able to identify what makes a trampolining performance good and use this information to adapt their own performances.</p> <p>Dance - Pupils will develop their understanding of a variety of performance techniques. Pupils will use the choreography skills such as motif, sequence and routine to create their own dance performance based around a chosen theme and song. Dance will inform the development of creative and artistic individuals to broaden their aesthetic, social and cultural experience through a holistic engagement with dance. They will work in small groups to collaboratively generate, develop and communicate ideas. Pupils will also look towards developing their complexity in thinking and performance in preparation for GCSE level.</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>Rugby - In year 10 pupils will combine all of the knowledge developed in years 7, 8 and 9. 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. This will be shown through umpiring and scoring their own games and</p>

	<p>conversing about rules and their application. Knowledge learnt from years 7-9 can be applied to both BTEC Sport and GCSE PE courses.</p> <p>OAA – In year 10 pupils will participate in different training methods such as Fartlek training and Interval training. Pupils will develop on knowledge already learnt and focus on completing OAA courses as quickly as possible. Knowledge learnt from years 7-9 can be applied to both BTEC Sport and GCSE PE courses linked to fitness and training.</p> <p>Trampolining – In year 10 pupils will combine all knowledge developed in years 7, 8 and 9. 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 10 bounce routines consisting of all previous knowledge and will develop it throughout the unit. Knowledge learnt from years 7-9 can be applied to both BTEC Sport and GCSE PE courses.</p> <p>Dance – Knowledge learnt from years 7-9 can be applied to both BTEC Sport and GCSE PE courses. Pupils will participate in dance fitness in year 10 and will choreograph their own dance fitness routines during this. Pupils will apply their knowledge of choreographing, formations, isolation and levels to these routines.</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>Rugby – pupils can learn more about football from:- Rugby Union rules – https://www.youtube.com/watch?v=FOJejnPIOp0 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>OAA – pupils can learn more about OAA from:- 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/</p> <p>Trampolining– pupils can learn more about trampolining from:- Watch the 2020 Olympic Womens Trampolining final https://www.youtube.com/watch?v=KK7PLZrjfQQ Watch the 2021 Womens Synchro Trampolining Championships https://www.youtube.com/watch?v=iOGBPlpBJII</p> <p>Dance – pupils can learn more about dance from:- Watch the evolution of dance https://www.youtube.com/watch?v=uqHt2VeYJN4 How to choreograph a dance https://www.youtube.com/watch?v=aGhVekAy9kE Different styles of dance https://www.youtube.com/watch?v=Glw_yfBr8E</p>
<p>Personal Development and CEIAG</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>OAA – Pupils will develop speed, agility and coordination throughout this unit of work, particularly when competing against others. As well as developing personal qualities such as</p>

	<p>problem-solving and teamwork skills. Pupils will also require a good level of cardiovascular and muscular endurance and this will be developed upon throughout the unit. They will participate in activities that develop intellectual and physical challenges.</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>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>Enrichment Opportunities (Cultural Capital)</p>	<p>Rugby – 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 session – Colne and Nelson RUFC - https://www.pitchero.com/clubs/colnelsonruffc 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> <p>OAA – Complete 1 of the 4 routes at Wycoller Country Park – go to the following website for more details and map access - https://www.goorienteering.org.uk/course/wycolle Attend Pendle Forest Orienteers – Go to the following website for more details - https://www.pfo.org.uk/ Watch the World Orienteering Championships 2021 - https://www.youtube.com/watch?v=6Y2YpQxeQFk</p> <p>Trampolining – 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> <p>Dance – Attend Sandersons Dance School – 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 years at the Blackpool Winter Gardens Ballroom - https://www.blackpooledancefestival.com/</p>



Year 9 – Summer Term Girls PE

Prior Learning	<p>In athletics, pupils will have acquired basic and more advanced knowledge of running styles, jumping techniques and competition tactics in years 7 and 8. Pupils will also have learnt the basic throwing techniques for Discus, Javelin and Shot Put. 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 bowling to a run up. They will have experienced some strategic ideas and employ basic tactics in a competitive game. In rounders, pupils will have acquired basic and more advanced batting and fielding skills and strategies in years 7 and 8. 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 years 7 and 8 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>
What will I learn?	<p>Athletics - Pupils will learn to use the basic and more advanced 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 high quality 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.</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 conditional situations. Pupils will further develop an understanding of how to outwit opponents using strategies and tactics during game play. This should include information about speed of bowling delivery and judgment of bounce for batting.</p> <p>Rounders - Pupils will learn to use basic and more advanced principles of play when selecting and applying both skills and tactics when batting and fielding. Pupils will develop and refine the 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>
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>Athletics – Pupils will use more advanced techniques for each event when they move into year 10. 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. 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. Pupils will develop their</p>

	<p>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 and spin bowling. 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>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=ONIKQX-44kM Rules for track events - https://www.youtube.com/watch?v=qvnGHizhUQU Improve your sprinting technique – https://www.youtube.com/watch?v=okssbvtlsm8 Improve your sprint start - https://www.youtube.com/watch?v=Drdm1WsRQwA Improve your shot putt – https://www.youtube.com/watch?v=mgyVvkx6athw 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=YWJtql-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 Spin bowling - https://www.youtube.com/watch?v=2BCva3DcByw</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>

Enrichment Opportunities (Cultural Capital)	<p>Athletics 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 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>
	<p>Rounders 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.</p> <p>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/</p>