



THE BILLERICAY SCHOOL

The Billericay School KS3 PE

'ME in PE'

Intent

We recognise that not every student shares an intrinsic motivation for sport and competition and although we endeavour to nurture a sporting excellence where it is appropriate, we also understand that this approach can often be a barrier for many.

We aim to engage ALL young people in physical activity which is why we felt a new approach was needed. 'ME in PE' is a new concept approach to combine personal development with physical activities in a more focused manner.

Our core aims are to develop transferable life skills within a safe environment and encourage all students to pursue a lifelong healthy, active lifestyle. This new approach aims to add value to our PE programme without compromising on the things we have traditionally done so well. We aim to highlight how influential physical activity can be in the development of personal qualities and key life skills, and in turn create well rounded students who are healthier, happier and more prosperous.

Implementation

The academic year will be split into 5 week blocks where students participate in a different sport or activity. The focus will still be on improving their physical skills but also their knowledge and understanding, their personal well-being, recognising and dealing with emotions and working with others.

Year 7 will start their academic year in a 4 week baseline assessment period. We will identify the physical ability and sporting knowledge and understanding across a range

Our five new strands are; **Cognitive ME, Healthy Me, Affective Me, Physical Me, Social Me**. Each strand has different objectives and assessment criteria and these will be distributed across the traditional physical activities taught.

The four assessment areas will be **Foundation, Developing, Secure and Excellence**. This assessment will be communicated home by the end of each academic year demonstrating their level in each of the five strands. Termly monitoring will reflect the assessment strands the students have covered up until that particular point. These will differ depending on their activities and class, but will cover at least two of the five strands.

Impact

Create a greater knowledge and understanding of the benefits of physical activity for life and for students to value this.

To ensure students are confident in participating, regardless of physical ability.

To encourage more extra-curricular participation of students both in school and the community.

Develop better foundations for students who choose to follow a sports specific KS4 or KS5 course and possible career.

Strands and activities;

ME in PE 'CHAPS'	ACTIVITIES
COGNITIVE 'Thinking Me'	Invasion Games (Netball, Rugby, Basketball, Football) Aesthetics (Dance, Gymnastics, Trampolining) Striking & Fielding (Rounders, Cricket, Softball) Net games (Badminton, Tennis, Table Tennis)
HEALTHY	Fitness Swimming (Strokes, personal survival, lifesaving) Net Games
AFFECTIVE 'Personal Me'	OAA (Outdoor Adventurous Activities) Fitness Striking and Fielding Athletics (Throwing, Jumping, Running)
PHYSICAL	Invasion Games Striking & Fielding Athletics Swimming
SOCIAL	Invasion Games Aesthetics OAA

Cognitive Me

Healthy Me

Affective Me

Physical Me

Social Me