



# Learning to fly in Physical Education

The most effective way at improving your ability and understanding of sport is to attend as many extracurricular clubs as possible. The timetable of activities is on the school website. We highly recommend that you widen your knowledge of Physical Education by following elite sporting events and teams, making the most of successful local clubs and using the resources below to expand your understanding.

These are the skills and habits which outstanding students of Physical Education develop. Do as many of these as possible to become completely independent in the subject and to develop the skills and knowledge needed to attain 8/9 at GCSE and A\* at A Level. **Remember that just doing what your teacher tells you - in your lessons and beyond - is not enough to develop your full potential in the subject.**

## In your lessons

- Always consider improvements in your performance and critically evaluate these
- Use videos to analyse your performance and store these
- Peer assess and use assessment of someone else to explain a theory
- Apply theory in practical and vice versa, always think of examples
- Ask questions from 'beyond lessons' / current sports and own performance
- Relate your theory to a practical scenario where possible, as this will help you understand and show that you can apply your knowledge.
- Challenge yourself to achieve and try your best at all times, maintaining focus and determination even in areas that you aren't so keen on.

## Between your lessons

- Write mark schemes for 8 and 6 mark questions
- Structure answers using DEL technique
- Create a template that works for you
- Prepare questions for the teacher
- Research beyond the curriculum
- Know the GCSE overview mapping
- Look over your work to consolidate knowledge
- Use past papers and mark schemes from the exam board to help you learn and understand why certain marks have/haven't been given to answers.
- Keep your fitness levels up
- Video any sporting activities you do for evidence/grading and for you to analysis your own performances and set targets.

## Beyond your lessons

- Coach younger years
- Find out about previous, current and future events in sport
- Read newspaper articles and get BBC sports app on phone
- Learn a new sport
- Continue to go to clubs in and out of school
- Compare your performance to elite sport
- Film and analyse performance with friends



We would recommend that you have a broad range of knowledge on the key events below. Keep up to date with as many sporting events as possible and further your knowledge of where and when the events occur and who takes part.

**WIMBLEDON** – This is the oldest tennis tournament in the world. It is one of the four Grand Slam tennis tournaments and is the only major tournament still played on grass.

**SIX NATIONS** – The Six Nations is an annual international rugby union competition involving six European sides: England, France, Ireland, Italy, Scotland and Wales.

**THE ASHES** – This is the notational prize in test cricket series played between England and Australia. Ashes series are traditionally of five tests played every two years, however there are exception years where the series are played back-to-back, for example 2013.

**OLYMPICS** – The Olympic Games are held every four years and are the leading international sporting event featuring summer and winter sports competitions.

**THE FOOTBALL WORLD CUP** - Also known as the FIFA World Cup, this competition occurs every four years.

**THE COMMONWEALTH GAMES** – An international multi - sport event involving athletes from the Commonwealth of Nations. These Games are described as the second largest multi - sport event in the world after the Olympic Games.

**THE INVICTUS GAMES** - see new sports and the Olympic spirit in this superb event.

Start following a team and join a club to further your awareness of elite and local sport as much as possible. Involve yourself wherever you can especially with local clubs, being a young leader and progressing into coaching.

**Of course we recognise that our students have busy lives and that this level of engagement is not always possible all the time, but this is what you should aim for if you want to reach the highest level in the subject. You don't need to do ALL of these things to improve - just doing one or two of them will have an impact. Decide on two or three to focus on to improve your skills.**