

SMSC and British Values covered by Physical Education	SOW / Lesson offering coverage per item for each year group:				
	Year 7	Year 8	Year 9	Year 10	Year 11
(1) Are reflective about their own beliefs, religious or otherwise, that inform their perspective on life and their interest in and respect for different people's faiths, feelings and values	<p>Introduction to the Year – meet and great and relationship building / rule structures / aims of the year. Teamwork Communication skills</p> <p>Topics covered in SOW: TEAM WORK Through invasion games, net/wall games & striking and fielding games</p>	<p>Teamwork Communication skills</p> <p>Topics covered in SOW: TEAM WORK Through invasion games, net/wall games & striking and fielding games</p>	<p>Interpersonal Skills How can I commit to a healthy life? How can we keep good mental health and spot the signs of depression?</p> <p>Topics covered in SOW: WELLBEING Through health related fitness lessons</p>	<p>Obesity and positive body image Risk taking and decision making Personal safety in the wider world</p> <p>Topics covered in SOW: TEAM WORK Through invasion games, net/wall games & striking and fielding games</p> <p>WELLBEING Through health related fitness lessons & OCR GCSE PE PAPER 2 SPECIFICATION</p>	<p>Risk taking and decision making Personal safety in the wider world</p> <p>Year 11 create their own curriculum and we as staff facilitate their choices and teach through a games for understanding approach</p>
(2) Have a sense of enjoyment and fascination in learning about themselves, others and the world around them	<p>Year 7</p> <p>What do we mean by healthy lifestyle? How do I know if I am eating healthy?</p>	<p>Year 8</p> <p>Teamwork Communication Self-Confidence Personal development and target setting How can I keep a balanced diet?</p>	<p>Year 9</p> <p>What are the consequences of not living healthily? What's the big deal about energy drinks? How can we keep good mental health?</p>	<p>Year 10</p> <p>Effective time management Eating disorders Body Image Personal Safety and First Aid</p>	<p>Year 11</p> <p>Obesity and positive body image The importance of sleep Independent Living</p>

Our intention is that every physical education lesson ticks this box

Topics covered in SOW:
WELLBEING
Through health related fitness lessons

Topics covered in SOW:
TEAMWORK
WELLBEING
Through health related fitness lessons

Topics covered in SOW:
WELLBEING
Through health related fitness lessons

Topics covered in SOW:
WELLBEING
Through health related fitness lessons
PERSONAL BEST
Bronze medallion content

The student's own choices of curriculum using activities learnt across KS3 & 4

(3) Use imagination and creativity in their learning

Year 7
Teamwork

Year 8
Teamwork
Communication skills

Year 9
How can I commit to a healthy life?

Year 10
Effective time management
Personal Safety and First Aid

Year 11
Health and Safety at Work

Specifically learnt in the CREATIVE topic using activities such as Gymnastics & Orienteering

Topics covered in SOW:
TEAM WORK
Through invasion games, net/wall games & striking and fielding games

Topics covered in SOW:
TEAM WORK
Through invasion games, net/wall games & striking and fielding games

Topics covered in SOW:
WELLBEING
Through health related fitness lessons

Topics covered in SOW:
WELLBEING
Through health related fitness lessons
PERSONAL BEST
Bronze medallion content
Learning about Captaincy

In their curriculum learning about keeping themselves and others safe as they take on a variety of roles within the lesson.

(4) Reflect on their experiences

Year 7
What's the big deal about energy drinks?

Year 8
Teamwork
Communication skills
Self-Confidence and goals

Year 9
How can I commit to a healthy life?
Why is smoking so bad for us and why should we try and avoid secondary smoking?

Year 10
Obesity and positive body image
Personal development and target setting

Year 11
Perseverance
Independent Living

Students have to self-assess as one of the assessment strands for Core PE in discussions with staff

(5) Know difference between right and wrong and apply this in school and in their own lives	Year 7	Year 8	Year 9	Year 10	Year 11
	Topics covered in SOW: TEAM WORK Through invasion games, net/wall games & striking and fielding games	Topics covered in SOW: TEAM WORK Through invasion games, net/wall games & striking and fielding games	Topics covered in SOW: TEAM WORK Through invasion games, net/wall games & striking and fielding games	Topics covered in SOW: TEAM WORK Through invasion games, net/wall games & striking and fielding games	Topics covered in SOW: TEAM WORK Through invasion games, net/wall games & striking and fielding games Those who demonstrate high standards are elected House Sports Captains
(6) Understand the consequences of their behaviour and actions	Year 7	Year 8	Year 9	Year 10	Year 11
	Why is smoking so bad for us and why should we try and avoid secondary smoking? Topics covered in SOW: WELLBEING Through health related fitness lessons	Vaping, Nicotine and addiction Topics covered in SOW: WELLBEING Through health related fitness lessons	Vaping, Nicotine and addiction Topics covered in SOW: WELLBEING Through health related fitness lessons	How dangerous are drugs and what are the different types? Topics covered in SOW: WELLBEING Through health related fitness lessons	How dangerous are drugs and what are the different types? Topics covered in SOW: WELLBEING Through health related fitness lessons & OCR GCSE PE PAPER 2 SPECIFICATION

(7) Develop social skills in different contexts, for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds	Year 7	Year 8	Year 9	Year 10	Year 11
	Interpersonal Skills	Interpersonal Skills	Interpersonal Skills	Interpersonal Skills	Interpersonal Skills
	Students learn these skills within competition in lessons, through Intra-house competitions and when selected for inter school competitions				
(8) Participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively (this needs to be conducted in these settings)	Year 7	Year 8	Year 9	Year 10	Year 11
	Group work. Problem solving activities.	Group work. Problem solving activities.	Group work. Problem solving activities.	Working in various settings – class –and interactions / outside providers	Working in various settings – class –and interactions / outside providers
	Students learn these skills within the topic of CHALLENGE lessons			Students learn these skills when designing their own curriculum and when involved in off-site activities	
	Students learn these skills within competition in lessons, through Intra-house competitions and when selected for inter school competitions				
(9) Accept and engage with the fundamental British Values of democracy, the rule of law, individual liberty	Year 7	Year 8	Year 9	Year 10	Year 11
	Students learn these skills within competition in lessons, through Intra-house competitions and when selected for inter school competitions – they aren't explicitly taught – students learn through experiences and behaviours demanded by the Manchester PE Association – as well as the PE department's expectations				

<p>and mutual respect and tolerance of those with different faiths and beliefs; develop and demonstrate skills and attitudes that will allow them to participate fully and contribute positively to life in modern Britain</p>					
<p>(10) Understand and appreciate the wide range of cultural influences that have shaped their own heritage and that of others and how these different cultures, in the school and further afield, are an essential element of their preparation for life in modern Britain.</p>	<p>Year 7</p>	<p>Year 8</p>	<p>Year 9</p>	<p>Year 10</p>	<p>Year 11</p>
	<p>Students learn these skills within competition in lessons, through Intra-house competitions and when selected for inter school competitions – they aren't explicitly taught – students learn through experiences and behaviours demanded by the Manchester PE Association – as well as the PE department's expectations</p>				
<p>(11) Recognise, and value, the things we share in common across cultural, religious, ethnic and socio-</p>	<p>Year 7</p>	<p>Year 8</p>	<p>Year 9</p>	<p>Year 10</p>	<p>Year 11</p>
	<p>Racism & stereotypes</p>	<p>Racism & stereotypes</p>	<p>Racism & stereotypes</p>	<p>Racism & stereotypes</p>	<p>Racism & stereotypes</p>
<p>Students learn these skills within competition in lessons, through Intra-house competitions and when selected for inter school competitions – they aren't explicitly taught – students learn through experiences and behaviours demanded by the Manchester PE Association</p>					

<p>economic communities.</p>					
<p>(12) Have knowledge of Britain’s democratic parliamentary system and its central role in shaping our history and values, and in continuing to develop Britain.</p>	<p>Year 7</p>	<p>Year 8</p>	<p>Year 9</p>	<p>Year 10</p>	<p>Year 11</p>
	<p>Not Applicable -Enough Politics already in Sport</p>				
<p>(13) Explore, improve understanding of and show respect for different faiths and cultural diversity and the extent to which they understand, accept and respect diversity. This is shown by their respect and attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities.</p>	<p>Year 7</p>	<p>Year 8</p>	<p>Year 9</p>	<p>Year 10</p>	<p>Year 11</p>
	<p>Students learn these skills within competition in lessons, through Intra-house competitions and when selected for inter school competitions</p>				