

Subject: Physical Education

Golden Concept: Fundamental Skills

Purpose:

The purpose of teaching fundamental skills in physical education is to provide students with a strong foundation in movement and physical activity. The fundamental skills form the building blocks for more advanced and specialized physical activities, sports, and recreational pursuits.

Holistic Development: Physical education aims to contribute to the holistic development of students, including their physical, social, emotional, and cognitive aspects. Fundamental skills provide a well-rounded foundation that supports overall growth and well-being.

Physical Literacy: Teaching fundamental skills helps students develop physical literacy, which is the ability to move with confidence and competence in a variety of physical activities. This includes skills such as running, jumping, throwing, catching, and basic coordination.

Assessment:

Assessing fundamental skills in physical education involves evaluating students' proficiency in basic movements and their ability to apply these skills in different contexts. Here are some common methods and strategies for assessing fundamental skills in PE:

Observation:

Skill Demonstrations: Observe students as they demonstrate fundamental skills such as running, jumping, throwing, catching, and basic locomotor movements.

Movement Patterns: Assess students' ability to perform specific movement patterns, such as agility drills or coordinated sequences.

Assessment Games:

Modified Games: Design modified games that focus on specific fundamental skills. Assess students' performance within these modified game contexts.

Cross curriculum:

Fundamental skills in physical education can be linked to various cross-curricular themes and subjects. Integrating these skills across the curriculum helps students see the interconnectedness of their learning and enhances their overall educational experience. Here are some examples of cross-curricular links for fundamental skills:

Mathematics:

Measurement: Fundamental skills like throwing, jumping, or running can involve measuring distances, heights, or times. Students can apply math concepts to analyse and compare their performances.

Science:

Cross curriculum cont.:

Science:

Biomechanics: Explore the science behind human movement and biomechanics. Students can learn about muscle action, joint movement, and the physics of motion as they perform and refine fundamental skills.

By incorporating cross-curricular links, educators can provide a more holistic and meaningful learning experience for students, demonstrating the real-world applications of fundamental skills across various subjects.

Key Stage or stage breakdown:

Assessing fundamental skills in Physical Education involves evaluating students' abilities to perform basic movement patterns and activities. Here are various methods and assessment tools that can be used to assess fundamental skills in PE:

Observation:

Skill Demonstrations: Observe how well students can perform specific fundamental skills, such as running, jumping, throwing, catching, and balancing.

Movement Patterns: Assess students' ability to execute basic movement patterns, like agility drills, skipping, or hopping.

Skill-specific Assessments:

Skill Tests: Develop standardized tests for each fundamental skill. For example, assess throwing accuracy, running speed, or jumping distance using specific criteria.

Checklists: Utilize checklists to systematically assess the presence or absence of key components of each skill.

Key Stage or stage breakdown Cont.:

Performance Tasks:

Game Participation: Evaluate how students apply fundamental skills during game play. This assesses their ability to transfer learned skills into practical situations.

Obstacle Courses: Design courses that require students to navigate through various challenges, incorporating multiple fundamental skills.

Peer and Self-Assessment:

Peer Feedback: Encourage students to provide constructive feedback to their peers during skill practice or game activities.

Self-Reflection: Ask students to reflect on their own performance, identifying areas of strength and areas for improvement.

When assessing fundamental skills in PE, it's important to consider the developmental level of the students, provide constructive feedback, and emphasize improvement rather than just achievement. A combination of these assessment methods can provide a comprehensive understanding of students' proficiency in fundamental skills.