Subject: Physical Education.

Golden Concept: Movement and Agility.

Purpose:

Movement and agility are key components of physical education. The purpose of including these elements in PE is to promote overall physical health and well-being, as well as to develop a range of motor skills, coordination, and fitness levels in students. Here are some specific reasons why movement and agility are emphasized in PE:

- Physical Fitness

- Motor Skills Development

- Health Promotion

- Team Sports Performance

- Physical Literacy

- Cognitive Benefits

Assessment:

Assessing movement and agility in physical education involves evaluating students' abilities, skills, and understanding of these components. Various assessment methods can be employed to measure and track progress. Here are some common approaches:

- Performance Based Tests.

- Observation.

- Fitness Assessment.

- Task-Specific Assessment.

- Self Assessment and Reflection.

- Formative and Summative Assessments.

Cross curriculum:

Mathematics:

Measurement: In activities related to movement, students can apply measurement skills to track distances covered, time taken for specific exercises, and calculate speeds.

Science:

Biomechanics: Explore the science behind movement by studying biomechanics. Discuss concepts such as force, motion, and levers, and how they apply to activities like running, jumping, and throwing.

Establishing these cross-curricular links helps students see the relevance and interconnectedness of their learning across various subjects, making their education more holistic and meaningful.

Key Stage or stage breakdown:

Assessing agility and movement in physical education involves using a combination of methods to evaluate students' physical capabilities, skill development, and understanding of movement principles. Here are various assessment approaches:

Skill-Specific Assessments:

Agility Tests: Implement agility tests, such as shuttle runs, or cone drills, to assess students' ability to change direction quickly and efficiently.

Ladder Drills: Use ladder drills to evaluate footwork, coordination, and agility. Students can perform various ladder patterns to demonstrate their agility skills.

Reaction Time Assessments:

Reaction Time Tests: Assess students' reaction time using simple tests or technology. Quick reaction time is essential for agility. This can involve responding to visual or auditory stimuli.

Key Stage or stage breakdown Cont.:

Coordination Assessments:

Balance and Coordination Tasks: Evaluate students' balance and coordination through activities such as single-leg balances, jumping on one foot, or completing tasks on balance boards.

Fitness Assessments:

Incorporate Agility in Fitness Tests: Include agility components in overall fitness assessments, such as combining agility drills with cardiovascular fitness tests to provide a comprehensive evaluation.

Game Situation Assessments:

Incorporate Agility in Games: Assess students' agility within the context of game situations. This could involve evaluating their ability to change direction, evade opponents, or quickly transition between offense and defence.