

Short Course in PE – Unit of Work Template (Sample)

Unit Title:	Individual and Team Challenges	Term:	Year 2 - Midterm 1 – Christmas
Teacher/s:	Siobhan O’Leary,	No of Weeks:	6
	Matt O’Brien	Date of Review:	Dec 17

Learning Outcomes (from Specification)

At the end of this unit, students will be able to...

- use orienteering strategies and map-reading skills to complete a variety of orienteering events safely and confidently, showing respect for the environment (3.1)
- contribute to team challenges that require co-operation and problem-solving skills to achieve a common goal (3.2)
- reflect on their personal contribution and their team’s effectiveness in completing a group challenge (3.3)

Assessment

Students will demonstrate their learning when they...

- participate in a team score event, demonstrating their navigation skills and their strategic decision making

Learning Experiences

- Participate in a range of orienteering events and team challenges
- Apply appropriate orienteering skills and strategies in different contexts
- Recognise various orienteering terrain and develop a respect for and appreciation of the environment
- Apply an effective approach to problem-solving within various group challenges
- Demonstrate care for themselves and others while taking part in group activities
- Reflect on the strengths of their personal and group performance, and identify areas for improvement

Element/s of Key Skill/s	<ul style="list-style-type: none"> • Working with others - Cooperating • Being creativity – Exploring options and alternatives • Communicating – Listening and Expressing myself 	Wellbeing Indicator/s	Aware Connected Responsible Resilliant
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Post Unit Reflection

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Short Course in PE – Unit of Work Weekly Planning Template (Sample)

<p>Week 1 Students will engage with map reading skills and orienteering strategies</p> <ul style="list-style-type: none"> • Setting / Feature Recognition / Following a Route / Thumbing <p>Students will acknowledge the importance of care for the environment</p> <ul style="list-style-type: none"> • Country Code 	<p>Week 5 Students will participate responsibly in orienteering event/s, and reflect on the decisions that they made in the course of the events</p> <ul style="list-style-type: none"> • Mini – Score Event / Photo Orienteering <p>Students will acknowledge the importance of care for the environment</p>
<p>Week 2 Students will participate responsibly in orienteering event/s, and demonstrate strategy</p> <ul style="list-style-type: none"> • Star and Line Event • Procedure (before/during/after) • Relating map to terrain / Route planning 	<p>Week 6 Students will participate in a team score event, demonstrating their navigation skills and their strategic decision making</p> <p>Students will reflect on their personal role in the event</p>
<p>Week 3 Students will demonstrate an approach to problem solving</p> <ul style="list-style-type: none"> • Team Challenges / Problem Solving / Goal Setting / Team Reflection 	<p>Week 7</p>
<p>Week 4 Students will demonstrate and reflect on what contributes to effective teamwork</p> <ul style="list-style-type: none"> • Team Challenges / Effective Teamwork / Personal Reflection 	<p>Week 8</p>
<p>Reflection on the Unit:</p>	

Short Course in Physical Education – Course Overview (Sample)

Teachers: Siobhan O’Leary, Matt O’Brien

Reviewed at: Sept 2016

Date of next review: May 2017

	Summer – Midterm 1	Midterm 1 – Christmas	Christmas – Midterm 2	Midterm 2 – Easter	Easter – Summer	Time
Year 1	<i>Settling in...</i> FMS and Introduction to Games	<i>Being Organised & Confident</i> Aquatics	<i>Expressing Myself with my Partner</i> Gymnastics 1	<i>Monitoring my Performance</i> <i>PA for Health and Wellbeing / Athletics</i>	<i>Working with my Team</i> Games - Invasion	2 x 40min class/ week
Unit Title						
Learning Outcomes	2.1 2.2 2.3 2.4	3.4 3.5 3.6 1.3	4.2 4.3 4.4 4.5	3.7 3.8 3.9 1.4 1.5	2.1 2.2 2.4 2.5 1.6	
Assessment	Games Making Rich Task	Water Safety Task 'Personal Development' Poster Task	Group Sequence Rich Task	<i>Athletics Meet</i> <i>Rich Task</i>	Sport Education Rich Task and Summer Reflection	80 min 44hrs
Reporting		Christmas Reflection Christmas Report	PT Meeting		Summer Report	
Year 2	<i>Strand 3</i> Indiv & Team Challenges Athletics	<i>Strand 3</i> Indiv. & Team Challenges Adventure Activities	<i>Strand 4</i> Gymnastics	<i>Strand 2</i> Games - Divided Court	<i>Strand 1</i> PA for Health and Wellbeing	2 x 40min class/ week
Unit Title						
Learning Outcomes	1.1 1.3 3.7 3.8 3.9	3.1 3.2 3.3	1.2 4.2 4.3 4.4 4.5	1.2 2.1 2.2 2.3 2.4 2.5	1.1 1.2 1.3	
Assessment	Personal Athletics Profile	Orienteering Event & Christmas Reflection	Group Sequence	Tournament Challenge	4-Week PA Programme & Summer Reflection	80 min 44hrs
Reporting		Christmas Report		PT Meeting	Summer Report	
Year 3	<i>Strand 1 and 3</i> Athletics / PA for Health and Wellbeing	<i>Strand 4</i> Dance	<i>Strand 1</i> PA for Health and Wellbeing	<i>Strand 3</i> Indiv. & Team Challenges Adventure Activities	<i>Strand 1 and 2</i> Games	2 x 40min class/ week
Unit Title						
Learning Outcomes	3.7 3.8 3.9 1.1 1.2 1.4 1.5	4.1 4.3 4.4 4.5	1.2 1.3 1.4 1.5 1.6	3.1 3.2 3.3	1.1 1.2 1.6 2.3 2.5	
Assessment	Athletics PA Programme Design	Group Routine & Christmas Reflection	6 Week Programme	Orienteering Event	4-Week PA Programme & Summer Reflection	80 min 44hrs
Reporting	PT Meeting	Christmas Report			JC Profile of Achievement	