



Cambridge Lower Secondary Physical Education

Curriculum outline



Physical education is a vital part of a balanced school curriculum. Regular exercise improves physical and mental health and there is growing evidence that it improves academic performance across the curriculum. Establishing good exercise patterns in lower secondary schools also provides learners with the foundation of an active and healthy lifestyle for life.

What will students learn?

Cambridge Lower Secondary Physical Education is about learning to move and about moving to learn. Learners develop movement skills through a wide variety of age-appropriate physical activities, including games, team sports, gymnastics and dance. They will improve their coordination, flexibility, speed, stamina and strength. Students also develop important social skills such as taking turns and sharing, as well as their understanding of leadership, collaboration and fair play through a range of activities.



Cambridge Lower Secondary Physical Education learners will:

- develop their confidence, moving with increasing control, fluency and variety
- improve their understanding of concepts, rules, tactics, strategies and compositional ideas
- participate as individuals and group members in respectful and responsible ways, engaging appropriately and safely
- improve knowledge and understanding of how physical education can contribute to a healthy and active lifestyle
- develop transferable skills promoting physical, cognitive and social development, and become independent, critical and reflective movers and thinkers.

Students develop collaborative and leadership skills that will help with many aspects of their future learning and development. The course builds on what students have learned in Cambridge Primary Physical Education and supports progression to the next stage of the Cambridge Pathway.



The curriculum and progression

Cambridge Lower Secondary Physical Education includes a comprehensive set of learning objectives that provide a structure for teaching and learning, and a reference against which learners' attainment and skills can be checked. Learning objectives are divided into six main areas called 'strands' that can be taught separately or together. We have designed the learning objectives to ensure progression in learning from Stage 7 to Stage 9 and onwards into Cambridge Upper Secondary.

Each learning objective enables development of knowledge, understanding and skills through a spiral approach. For example, the learning objective 'perform, combine and apply a variety of movement skills in complex sequences' is revisited several times in the context of different physical activities. This allows learners to show progression as they develop and apply their skills at deeper levels.

How is the programme taught?

Cambridge Lower Secondary Physical Education is taught through a broad range of tasks, challenges and physical activities. It includes cooperative, competitive, athletic, adventurous and health-based contexts that are appropriate for each learning stage. Learners will move for as much of each lesson as possible, with activities designed to promote their confidence, self-esteem, cognitive abilities and social skills.

We provide a wide range of support to help deliver Cambridge Lower Secondary Physical Education, including activities that can be adapted to suit a range of contexts and resources.



How are students assessed?

The emphasis of Cambridge Lower Secondary Physical Education is for teachers to focus on formative feedback on the understanding and skills they want students to develop. This subject should be assessed in the classroom through discussion, observation and lesson outputs where teachers discuss with students 'what went well' and how they can improve further, so they can reflect on, and improve, their performance.

There are no Cambridge Primary Progression Tests or Checkpoint in this subject. To support assessment, we have produced guidance that is available on the Cambridge Lower Secondary support site.

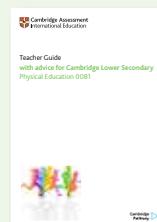
Support to help you deliver the course:



Teaching support

- **Curriculum framework** – outlines the structure of the curriculum, specifying how learning is organised.
- **Teacher guide** – support to plan and deliver lessons using effective teaching and learning approaches.
- **Schemes of work** – one for every stage; contains a suggested long-term plan, a medium-term plan and sample lesson plans with suggested teaching and learning activities and projects.

Go to <https://lowersecondary.cambridgeinternational.org>



Community

- **Online forum** – ask questions about the curriculum or share ideas, challenges, resources and best practice with other Cambridge teachers.
- **Local networks/schools.**
- **Social media.**

Cambridge Lower Secondary Art & Design support

Online training – tutor-guided, this allows teachers to study at their own pace (February 2020 onwards). Learn more at cambridgeinternational.org/training

Assessment support – to support the delivery of assessment in the classroom. Learn more at <https://lowersecondary.cambridgeinternational.org>



About Cambridge Lower Secondary

Cambridge Lower Secondary provides a natural progression for children from primary education and prepares them for post-14 education programmes that lead to formal qualifications. Typically for students aged 11 to 14 years, it develops young learners who are confident, responsible, reflective, innovative and engaged. The programme offers a broad curriculum with 10 subjects including English, mathematics and science.

Schools can shape the curriculum around their learners, with flexible ways to offer a wide range of subjects. For more information about how to implement Cambridge Lower Secondary in your school, visit *Implementing the Curriculum with Cambridge* on our website at www.cambridgeinternational.org/implementing-curriculum

Learn more! Visit cambridgeinternational.org/lowersecondary to find out more and register for the programme.