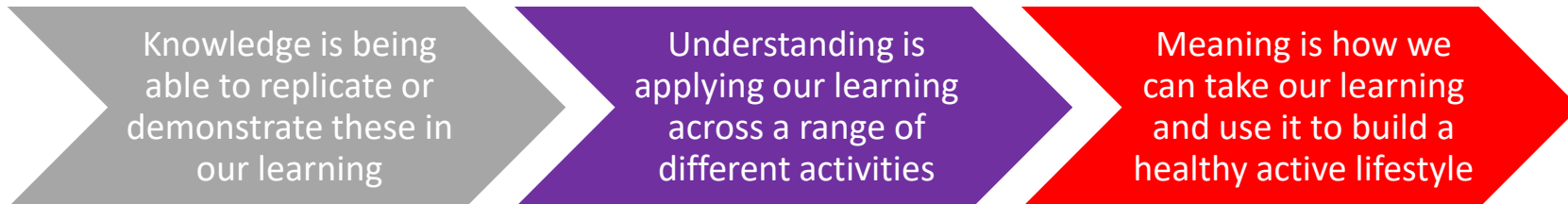




Curriculum Overview | Physical Education (PE) 2022-23



What will my child learn in PE?



	My Movement	My Knowledge	My Mentality	My Actions
Year 7 Content	<ul style="list-style-type: none"> Skills - I can learn and apply skills and techniques fluently in a range of activities Rules – I can apply and abide by the rules of the activities we participate in 	<ul style="list-style-type: none"> Working With Others – I know how to be an effective team member Terminology – I can use the correct vocabulary across a range of activities 	<ul style="list-style-type: none"> Motivated – I have a desire to take part and be at my best Confidence – I am able to challenge myself 	<ul style="list-style-type: none"> Actively Participate - I always positively contribute in lessons Communication – I can speak clearly and listen attentively to others
Year 8 Content	<ul style="list-style-type: none"> Tactics – I can apply simple tactics such as attacking and defending Transferable Skills - I can adapt my skills and performance across a range of activities 	<ul style="list-style-type: none"> Officiating – I am willing and able to take on the role of an officials Assessing Others - I cooperate well and give thoughtful and effective feedback 	<ul style="list-style-type: none"> Being Reflective – I can recognise strengths, weaknesses and how to improve Resilience – I can cope with a react positively to failure 	<ul style="list-style-type: none"> Respect – I am tolerant of other peoples differences and abilities Empathy - I show patience and support others
Year 9 Content	<ul style="list-style-type: none"> Performance - I can perform accurately under pressure Decision Making – I can make effective decisions in varying environments 	<ul style="list-style-type: none"> Leading Others – I can lead small teams and groups, and question others appropriately Benefits of Physical Activity – I know why its important to be physically active 	<ul style="list-style-type: none"> Setting Goals – I can set appropriate targets to improve myself and others Role Model – I am positive role model to others 	<ul style="list-style-type: none"> Perseverance - I keep going when it gets hard Patience – I remain calm and positive when I find things challenging





Curriculum Overview | Physical Education (PE) 2022-23



What will my child learn in PE?

Knowledge is being able to replicate or demonstrate these in our learning

Understanding is applying our learning across a range of different activities

Meaning is how we can take our learning and use it to build a healthy active lifestyle

My Movement

Skills
Actively Participate

My Knowledge

Communication
Working With Others

My Mentality

Confidence
Empathy

My Actions

Respect
Resilience

All Year 7 will develop the 4 strands of our physical literacy curriculum throughout the year, while participating in a range of sports and activities. The order will be a rotation throughout the year and will include.

Year 7	Rugby	Football	Netball	Gymnastics	Basketball	Athletics
	<ul style="list-style-type: none"> 1. Evasion & confidence 2. Passing & working with others 3. Passing working with others 4. Tackle and confidence 5. Games and actively participate 	<ul style="list-style-type: none"> 1. 1v1 & actively participate 2. Individual possession and confidence 3. Passing and Skills 4. 2 v 1 & working with others 5. attacking & defending & respect 	<ul style="list-style-type: none"> 1. Introduction to footwork & confidence 2. Passing & skills 3. Actively participate & attacking 4. Defending 1/2nd stage & working with others 5. shooting & games & resilience 	<ul style="list-style-type: none"> 1. Balances & confidence 2. Rolls & motivated 3. Travel & communication 4. Routine/flight & working with others 5. Performance & actively participate 	<ul style="list-style-type: none"> 1. Passing and terminology 2. Dribbling & working with others 3. Passing, movement & communication 4. Shooting & Rules 5. Lay up and actively participate 	<ul style="list-style-type: none"> 1. Sprints & resilience, shotput & skills 2. middle distance & confidence & Discuss & communication 3. Javelin communication & Long jump Skills 4. Relay working with others 5. High jump & skills
	<p>Outdoor Adventure Activities</p> <ul style="list-style-type: none"> 1. Problem solving & communication 2. PS and Map orientation & working with others 3. 4 figure grid reference & actively participate 	<p>Fitness</p> <ul style="list-style-type: none"> 1. Strength, reaction time & Balance and empathy 2. CV endurance & flexibility & resilience 3. Muscular endurance & power & working with others 4. Speed and agility and communication 5. CoF challenges & actively participate 	<p>Tennis</p> <ul style="list-style-type: none"> 1. Forehand & working with others 2. Backhand & empathy 3. Volley & confidence 	<p>Rounders / Cricket</p> <ul style="list-style-type: none"> 1. Throwing & catching & confidence 2. Fielding – Long barrier & communication 3. Batting & confidence 4. Rules & confidence to challenge 5. Tactics & working with others 	<p>Dance</p> <ul style="list-style-type: none"> 1. Introduction to Dance & Confidence 2. Contemporary and actively participate 3. Rock & Roll & working with others 4. Bollywood & motivated 5. Intimidation dance & terminology 	



Curriculum Overview | Physical Education (PE) 2022-23



What will my child learn in PE?

Knowledge is being able to replicate or demonstrate these in our learning

Understanding is applying our learning across a range of different activities

Meaning is how we can take our learning and use it to build a healthy active lifestyle

My Movement

- Skills
- Rules
- Tactics
- Transferable skills

My Knowledge

- Working with others
- Terminology
- Officiating
- Assessing others

My Mentality

- Motivation
- Confidence
- Being reflective
- Being resilient

My Actions

- Actively participate
- Communication
- Respect
- Empathy

Year 8 will develop the 4 strands of our physical literacy curriculum throughout the year, while participating in a range of sports and activities. The order will be a rotation throughout the year and will include.

Year 8	Rugby	Football	Netball	Gymnastics	Basketball	Athletics
	<ol style="list-style-type: none"> Scrum position & Assessing others Further tackling & Assessing myself Rucks & Working with others Rucks & Rules Game play & Resilience 	<ol style="list-style-type: none"> 1v1's & Assessing others Defending & Resilience 2v1's & Tactics Shooting & Assessing myself Game play & Officiating 	<ol style="list-style-type: none"> Footwork/Passing & Assessing myself Creating space & Assessing others Defending & Tactics Shooting & Resilience Game play & Officiating 	<ol style="list-style-type: none"> Paired balances & Respect Routines & Being reflective Performance & Assessing others Flight & Resilience Flight & Being reflective 	<ol style="list-style-type: none"> Rules & Officiating Attacking & Resilience Defending & Tactics Lay up & Confidence Jump shot – Being reflective 	<ol style="list-style-type: none"> Sprints, Shot putt & Officiating, Rules Middle distance, Discus & Assessing myself, Motivating Javelin, Long jump & Assessing others Relay & Working with others High jump & Resilience
	<h3>Outdoor Adventure Activities</h3> <ol style="list-style-type: none"> Problem solving & Being reflective Using tactics & Actively participate Orienteering & Empathy 	<h3>Fitness</h3> <ol style="list-style-type: none"> Interval training & Motivation Continuous/Fartlek training & Resilience Plyometric/Flexibility training & Actively participate Circuit training & Motivation CoF & Officiating 	<h3>Tennis</h3> <ol style="list-style-type: none"> Ground strokes & Officiating Serving & Rules Smash & Assessing others 	<h3>Rounders / Cricket</h3> <ol style="list-style-type: none"> Throwing/catching & Assessing others Long barrier, retrieving & Rules Batting & Tactics Batting in game & Officiating Fielding in game & Tactics 	<h3>Dance</h3> <ol style="list-style-type: none"> Street dance & Being reflective Athletic dance & Respect Parkour & Transferable skills Salsa & Working with others Performances & Assessing others 	



Curriculum Overview | Physical Education (PE) 2022-23



What will my child learn in PE?

Knowledge is being able to replicate or demonstrate these in our learning

Understanding is applying our learning across a range of different activities

Meaning is how we can take our learning and use it to build a healthy active lifestyle



My Movement

- Skills
- Rules
- Tactics
- Transferable skills
- Performance
- Decision making

My Knowledge

- Actively participate
- Communication
- Respect
- Empathy
- Perserverance
- Patience

My Mentality

- Motivation
- Confidence
- Being reflective
- Being resilient
- Setting goals
- Role model

My Actions

- Working with others
- Terminology
- Officiating
- Assessing others
- Leading others
- Benefits of physical activity

Year 9 will develop the 4 strands of our physical literacy curriculum throughout the year, while participating in a range of sports and activities. The order will be a rotation throughout the year and will include.9

	Rugby	Football	Netball	Gymnastics	Basketball	Athletics
Year 9	<ul style="list-style-type: none"> 1, Contact & empathy 2, Defence & tactics 3, Attacking plays & working with others 4, Kicking & leading others 5, Games and Role models 	<ul style="list-style-type: none"> 1. Attacking/defending & Patience 2, Ball striking & transferable skills 3, Over/underloads & leading others 4, Proccesion & Settling goals 5, Large sided games & Tactics 	<ul style="list-style-type: none"> 1, Advanced footwork & rules 2, Set plays/centre passes & Tactics 3, Defending space & Communication 4, Officiating half court games & leading others 5, Officiating full court games & Role Models 	<ul style="list-style-type: none"> 1, Group Balance & leading others 2, Travel & patience 3, Roles & Role Models 4, Levels & setting Goals 5, Performance & Perseverance 	<ul style="list-style-type: none"> 1, Refereeing & officiating 2, Lay- up & leading others 3, Defensive tactics & Tactics 4, Attacking tactics & Tactics 5, Game play & setting goals 	<ul style="list-style-type: none"> 1, Sprints & actively participate 2, Shot put & assessing myself 3, Middle Difference & Benefits of exercise 4, Discuss & assessing others 5, Javelin & setting goals 6, Long jump & rules 7, Relay & leading others 8, High Jump & patience
	OAA	Fitness	Tennis	Rounders	Dance	
	<ul style="list-style-type: none"> 1. Problem solving & Being reflective 2. Using tactics & Actively participate 3. Orienteering & Empathy 	<ul style="list-style-type: none"> 1, Principles of training & transferable skills 2, Hiit and yoga & perseverance 3, Non contact boxing & Confidence 4, CrossFit formats & benefits of exercise 5, CrossFit design & leading others 	<ul style="list-style-type: none"> 1, Reinroduce main strokes & Rules 2, The lob & Tactics 3, Doubles, Role Models 	<ul style="list-style-type: none"> 1, Advanced throwing and catching & Leading others 2, Advanced batting & resilience 3, Tactical placement & setting goals 4, Fielding and batting tactics & patience 5, Rules & -self assessment 	<ul style="list-style-type: none"> 1, Relationships & role Models 2, Action & communication 3, Space & working with others 4, Dynamics & Benefits of exercise 5, Performance 	



Curriculum Overview | Physical Education (PE) 2022-23



What will my child learn in PE?

Knowledge is being able to replicate or demonstrate these in our learning

Understanding is applying our learning across a range of different activities

Meaning is how we can take our learning and use it to build a healthy active lifestyle

Within KS4 students will follow an extended version of the curriculum making choices linked to lifelong learning and engagement in physical activity

KS 4
PE Core
Characteristics

My Movement

Skills – I am equipped to participate in a range of physical activities

Rules – I am confident to participate fairly with peers for competition, enjoyment or recreation

Tactical application – I can select and apply my knowledge of the activity to participate with others successfully

Fitness – I am able to meet the demands of every day life with undue stress

My Knowledge

Active for life - I understand the benefits of a healthy active lifestyle

Opportunities - Know how to access opportunities within school and the local community

Range of experiences – I know what activities I enjoy and why

Leadership – I can organise and lead others effectively

My Mentality

Self belief – I have the confidence to participate in a range of activities

Be brave – I am open to trying new activities with effort and enthusiasm

Well Being – I understand the benefits of physical activity to my mental health

Sportsmanship – I can play with integrity and humility, win or lose.

My Actions

Engaged – I bring my kit, participate and value PE

Active – I take part and encourage others to do the same

Enjoyment – I understand the value of physical activity

Communication – I am able to communicate effectively with others in various different ways



Curriculum Overview | Physical Education (PE) 2022-23



What will my child learn in PE?

Within KS4 students will be given a choice at the start of the year to pick a pathway most suited to them and their interests. These pathways will be suggested and there is flexibility based on student voice. Where possible, depending on their existing bookings, we try to offer all students the option of visiting our neighboring fitness centre for a 4-week taster.

Year 10 and Year 11 Pathways				
1	2	3	4	5
Football	Basketball	Netball	Table Tennis	Fitness Centre
Rugby	Table Tennis	Football	Badminton	Fitness Centre
Basketball	Flag football	Invasion games	Dodgeball	Fitness Centre
Football	Table Tennis	Basketball	Invasion games	Fitness Centre
OAA	Badminton	Rugby	Trampolining	Fitness Centre
Football	Boxing	Badminton	OAA	Fitness Centre
Boxing	Athletics	Athletics	Tennis	Fitness Centre
Athletics	Tennis	Rounders	Rounders	Fitness Centre
Softball	Cricket	Tennis	Athletics	Fitness Centre

