

Physical Education

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Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<ul style="list-style-type: none">■ Netball■ Badminton■ OAA		<ul style="list-style-type: none">■ Handball■ Gymnastics/Trampolining■ OAA		<ul style="list-style-type: none">■ Athletics■ Tennis■ Rounders	
Y7 Theme	<p>Logical</p> <ul style="list-style-type: none">● Students will gain knowledge and understanding of the rules and regulations of each sport● Students will be able to explain the key teaching points for a range of skills <p>Social</p> <ul style="list-style-type: none">● Students will learn how to work effectively as a team● Students will gain confidence in a range of basic skills in each sport● Students will learn how to be respectful and respected in PE● Students will learn how to apply ‘work hard and be kind’ in PE <p>Practical</p> <ul style="list-style-type: none">● Students will learn basic skills and techniques in a range of sports● Students will use basic skills and techniques in isolation, in unopposed and opposed drills and conditioned games● Students will learn how to outwit an opponent● Students will learn how to apply basic skills in competitive games					

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Year 8	<ul style="list-style-type: none"> ■ Netball ■ Badminton ■ OAA 	<ul style="list-style-type: none"> ■ Handball ■ Trampolining ■ OAA 	<ul style="list-style-type: none"> ■ Athletics ■ Tennis ■ Rounders
Y8 Theme	<p>Logical</p> <ul style="list-style-type: none"> ● Students will develop knowledge and understanding of the rules and regulations of each sport <p>Social</p> <ul style="list-style-type: none"> ● Students will learn how to be an excellent team player and learn to work effectively as a team ● Students will gain confidence in a range of basic and complex skills in each sport ● Students will learn how to be respectful and respected in PE ● Students will learn how to apply 'work hard & be kind' in PE <p>Practical</p> <ul style="list-style-type: none"> ● Students will develop basic skills and techniques in a range of sports ● Students will learn some complex skills and techniques in a range of sports ● Students will use basic and complex skills and techniques in isolation, in unopposed and opposed drills and conditioned games ● Students will learn how to effectively apply tactics to outwit an opponent ● Students will learn how to apply basic and complex skills in competitive games 		

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Year 9	<ul style="list-style-type: none"> ■ Netball ■ Badminton ■ OAA 	<ul style="list-style-type: none"> ■ Handball ■ Trampolining ■ OAA 	<ul style="list-style-type: none"> ■ Athletics ■ Tennis ■ Rounders
Y9 Theme	<p>Logical</p> <ul style="list-style-type: none"> ● Students will master knowledge and understanding of the rules and regulations of each sport <p>Social</p> <ul style="list-style-type: none"> ● Students will gain confidence in a range of basic and complex skills in each sport ● Students will learn how to be respectful and respected in PE and across the academy ● Students will learn how to apply 'work hard & be kind' in PE <p>Practical</p> <ul style="list-style-type: none"> ● Students will learn complex skills and techniques in a range of sports ● Students will use complex kills and techniques in isolation, in unopposed and opposed drills and conditioned games ● Students will show high levels of fitness in PE lessons ● Students will learn how to apply complex skills in competitive games 		
KS4 Core PE	<p>Students are given pathways of 6 sports across the year.</p> <p>The students select the pathway based on personal interests.</p> <p>A focus of recreational participation is encouraged with the desire to ensure students are given valuable opportunities to stay active and that a positive mental, social and physical well-being is provided.</p> <p>Pathway 1 - Badminton, Football, Handball, Basketball, Tennis, Rounders</p> <p>Pathway 2 - Netball, Badminton, Trampolining, Handball, Tennis, Rounders</p>		

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BTEC Tech Award Sport Curriculum Overview						
Year 10	Component 1 - Preparing Participants to Take Part in Sport and Physical Activity Learning Outcome A - Explore types and provision of sport and physical activity for different types of participant	Component 1 - Preparing Participants to Take Part in Sport and Physical Activity Learning Outcome B - Examine equipment and technology required for participants to use when taking part in sport and physical activity	Component 1 - Preparing Participants to Take Part in Sport and Physical Activity Learning Outcome C - Be able to prepare participants to take part in physical activity NEA Preparation and completion	Component 1 - Preparing Participants to Take Part in Sport and Physical Activity NEA Preparation and completion	Component 2 - Taking Part and Improving Other Participants Sporting Performance	Component 2 - Taking Part and Improving Other Participants Sporting Performance Learning outcome A: Understand how different components of fitness are used in different physical activities
	Component 2 - Taking Part and Improving Other Participants Sporting Performance Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials NEA Preparation and completion	Component 2 - Taking Part and Improving Other Participants Sporting Performance Learning outcome C: Demonstrate ways to improve participants sporting techniques NEA Preparation and completion	Component 3 - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity A - Explore the importance of fitness for sports performance B - Investigate fitness testing to determine fitness levels	Component 3 - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity B - Investigate fitness testing to determine fitness levels C - Investigate different fitness training methods	Component 3 - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity C - Investigate different fitness training methods D - Investigate fitness programming to improve fitness and sports performance	Unit 3 Exam

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Curriculum Enriching Opportunities					
	Year 7	Year 8	Year 9	Year 10	Year 11
Suggested Reading	<ul style="list-style-type: none"> You are Awesome: Find your confidence and dare to be brilliant at (almost) anything - Mathew Syed You are a champion: How to be the best you can be - Marcus Rashford. Dare to be you - Matthew Syed Go Big - Matthew Burton 	<ul style="list-style-type: none"> How to win: Lessons from the premier league - the secret footballer Anything is Possible - Gareth Southgate 	<ul style="list-style-type: none"> Use your brain, raise your game - Mark Bowden Liquid Thinking - Damian Hughes Legacy of the Lions: Lessons in leadership - Gavin Hastings 	<ul style="list-style-type: none"> MAKE YOUR BED - William H. McRaven The mind management programme for confidence, success and happiness - Prof Steve Peters High Performance - Jake Humphrey & Damian Hughes 	
Suggested Viewing	<ul style="list-style-type: none"> Invincible - Disney Space Jam The Mighty Ducks Remember the Titans Glory Road 	<ul style="list-style-type: none"> Moneyball Bring it on Remember the Titans Glory Road bend it like Beckham Invictus 	<ul style="list-style-type: none"> Moneyball Million Dollar Baby The Blind Side She's the man Remember the Titans Fighting with my family Glory Road Coach Carter Friday Night Lights Invictus 	<ul style="list-style-type: none"> Moneyball Warrior The Blind Side Unbroken Remember the Titans Fighting with my family Glory Road Coach Carter Friday Night Lights Invictus 	<ul style="list-style-type: none"> Moneyball Rush Warrior The blind side Unbroken The fighter Remember the Titans Varsity Blues Fighting with my family Glory Road Coach Carter Friday Night Lights Invictus
Cultural Capital Experiences	<ul style="list-style-type: none"> Extra-curricular Clubs and Fixtures <ul style="list-style-type: none"> Enrichment opportunities Sports Leadership Events Watersports Residential Trip 				

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Links To The National Curriculum

KS3 National Curriculum Links

The National Curriculum	Reference to the National Curriculum
use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	Year 8 & 9
develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]	Year 7, 8 & 9
take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	All students
analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best	Year 9
take part in competitive sports and activities outside school through community links or sports clubs	All students

KS4 National Curriculum Links

The National Curriculum	Reference to the National Curriculum
use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	Year 10 & 11
develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] or other physical activities [for example, dance]	Year 10 & 11

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take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Year 10 & 11 (pathway selections)
evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best	Year 10 & 11 (Examination Students)
continue to take part regularly in competitive sports and activities outside school through community links or sports clubs	All students