

Subject: Physical Education

Vision / Rationale for curriculum

To be active learners who love to create, perform, play and compete to the best of their ability in all PE lessons and activities covered. They try their best and take an active role in leading their own learning. They work well with others showing good teamwork, sportsmanship and communication whilst being respectful to others. They develop a healthy active lifestyle for life long participation to ensure physically, socially and mentally healthy young people.

Notes: - All pupils will study the same content but timings will vary depending on facility availability. Sports/activities will be selected considering class teacher, facility available and composition of the group.

	1 st Half-term	2 nd Half-term	3 rd Half-term	4 th Half-term	5 th Half-term	6 th Half-term
Year 7 Introducing and developing	<p>Transition Unit Physical Literacy Fundamental physical skills-running/ jumping/ throwing and catching/ agility/ coordination.</p> <p style="text-align: center;">KEY SKILLS</p> <p>Be able to control the body effectively. Be able to move effectively. Fundamental techniques applied in a range of activities.</p> <p style="text-align: center;">KEY KNOWLEDGE</p> <p>What is a warm up, and how our body changes during a WP. Introduction to muscle names and locations. Fitness suite induction Benefits of a healthy active lifestyle.</p>	<p>Decision making and development of skills and techniques in a variety of team and individual sports. My Personal Best Teamwork and collaboration.</p> <p style="text-align: center;">KEY SKILLS</p> <p>Understand how to work in a team. Employ basic tactics for a range of activities. Be able to communicate and collaborate with each other.</p> <p style="text-align: center;">KEY KNOWLEDGE</p> <p>What Sportsmanship is and how it is demonstrated. Knowledge of techniques in a variety of sports and activities. How to use equipment safely. Benefits of a healthy active lifestyle.</p>	<p>Decision making and development of skills in a variety of team and individual sports and Health, fitness and Wellbeing unit. My Personal Best Communication and self-motivation/self-management</p> <p style="text-align: center;">KEY SKILLS</p> <p>Be able to control the body effectively. Be able to move effectively. Be able to perform a range of basic techniques.</p> <p style="text-align: center;">KEY KNOWLEDGE</p> <p>Benefits of a healthy active lifestyle. How to use equipment safely. Basic understanding of how to improve and effect performance.</p>	<p>Decision making and development of skills in a variety of team and individual sports. My Personal Best Analysis of work WWW/EBI Innovation in performance Integrity and responsibility</p> <p style="text-align: center;">KEY SKILLS</p> <p>Understand how to work in a team. Employ basic tactics for a range of activities. Be able to communicate and collaborate with each other.</p> <p style="text-align: center;">KEY KNOWLEDGE</p> <p>Basic understanding of how to improve and effect performance. Knowledge of techniques in a variety of sports and activities. Basic understanding of a variety of tactics. Benefits of a healthy active lifestyle.</p>	<p>Technique development in athletics. My Personal Best Resilience and self-motivation/self-management</p> <p style="text-align: center;">KEY SKILLS</p> <p>Be able to control the body effectively. Be able to move effectively. Fundamental techniques applied in a range of activities.</p> <p style="text-align: center;">KEY KNOWLEDGE</p> <p>Knowledge of techniques in a variety of sports and activities. How to use equipment safely. Basic understanding of how to improve and effect performance. Benefits of a healthy active lifestyle.</p>	<p>Decision making and development of skills in a variety of Striking and Fielding sports My Personal Best Teamwork and collaboration. Empathy.</p> <p style="text-align: center;">KEY SKILLS</p> <p>Understand how to work in a team. Employ basic tactics for a range of activities. Be able to communicate and collaborate with each other.</p> <p style="text-align: center;">KEY KNOWLEDGE</p> <p>Knowledge of techniques in a variety of sports and activities. Basic understanding of a variety of tactics. Basic knowledge of officiating. What Sportsmanship is and how it is demonstrated. Benefits of a healthy active lifestyle.</p>

<p>Year 8 Selecting and applying effectively</p>	<p>Decision making and development of skills and techniques in a variety of team and individual sports.</p> <p>KEY SKILLS</p> <p>Developing and applying techniques, skills and tactics in a range of activities. Make deliberate decisions outwitting your opponent. Be able to communicate and collaborate with each other effectively. Be able to control and begin to apply appropriate tension/control of the body through a wide range of fundamental movements.</p> <p>KEY KNOWLEDGE</p> <p>Progressive knowledge of health and safety. Progressive understanding on how to warm up and cool down to prevent injury. Progressive knowledge of performing a range of techniques in various activities. Benefits of a healthy active lifestyle</p>	<p>Decision making and development of skills in a variety of team and individual sports.</p> <p>Leadership qualities Coaching and officiating</p> <p>KEY SKILLS</p> <p>Developing and applying techniques, skills and tactics in a range of activities. Demonstrate a range of Techniques through a range of activities. Execute a range of tactics. Be able to communicate and collaborate as a leader.</p> <p>KEY KNOWLEDGE</p> <p>Progressive knowledge on how to lead a warm up effectively. Progressive knowledge of how to officiate, use rules and regulations. Progressive knowledge of performing a range of techniques in various activities. Advanced understanding of leadership qualities. Benefits of a healthy active lifestyle</p>	<p>Decision making and development of skills in a variety of team and individual sports, and Health, fitness and Wellbeing unit.</p> <p>KEY SKILLS</p> <p>Demonstrate a range of Techniques through a range of exercises. Be able to control and begin to apply appropriate tension/control of the body through a wide range of fundamental movements. Be able to communicate and collaborate with each other effectively</p> <p>KEY KNOWLEDGE</p> <p>Progressive knowledge of health and safety. Progressive knowledge of how to use training principles and understand the effects of exercise. Major Muscles names and locations. Progressive knowledge of how to analyse their own and others performance. Benefits of a healthy active lifestyle</p>	<p>Decision making and development of skills in a variety of team and individual sports.</p> <p>Training methods</p> <p>KEY SKILLS</p> <p>Developing and applying techniques, skills and tactics in a range of activities. Make deliberate decisions outwitting your opponent. Demonstrate a range of Techniques through a range of activities. Execute a range of tactics. Be able to communicate and collaborate with each other effectively</p> <p>KEY KNOWLEDGE</p> <p>Progressive knowledge of how to officiate, use rules and regulations. Progressive knowledge of performing a range of techniques in various activities. Progressive knowledge of how to analyse their own and others performance. Benefits of a healthy active lifestyle</p>	<p>Technique development in athletics.</p> <p>Personal achievement and resilience to performing at maximum levels.</p> <p>KEY SKILLS</p> <p>Developing and applying techniques, skills and tactics in a range of activities. Make deliberate decisions outwitting your opponent. Be able to control and begin to apply appropriate tension/control of the body through a wide range of fundamental movements.</p> <p>KEY KNOWLEDGE</p> <p>Progressive knowledge of health and safety. Progressive understanding on how to prevent injury. Progressive knowledge on how to lead a warm up effectively. Progressive knowledge of how to analyse their own and others performance. Benefits of a healthy active lifestyle</p>	<p>Decision making and development of skills in a variety of Striking and Fielding sports</p> <p>Use of tactics to succeed.</p> <p>KEY SKILLS</p> <p>Developing and applying techniques, skills and tactics in a range of activities. Make deliberate decisions outwitting your opponent. Demonstrate a range of Techniques through a range of activities. Execute a range of tactics. Be able to communicate and collaborate with each other effectively</p> <p>KEY KNOWLEDGE</p> <p>What Sportsmanship is and how it is demonstrated. More advanced rules and regulations of a variety of activities. Develop more understanding of a variety of tactics. Developing knowledge of officiating. Benefits of a healthy active lifestyle</p>
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<p>Year 9 Consistency application of more advanced skills</p>	<p>Decision making and development of skills and techniques in a variety of team and individual sports.</p> <p>KEY SKILLS Advanced techniques in are embedded in range of activities. Make deliberate decisions outwitting your opponent and Employ advanced tactics for a range of activities Understand how the body is utilised effectively and be able to control the body and move effectively. Understand how to work in a team and be able to communicate and collaborate with each other</p> <p>KEY KNOWLEDGE What are the Components of fitness Advanced competition rules and regulations of a variety of activities Advanced understanding of a variety of tactics, ideas and concepts</p>	<p>Decision making and development of skills and techniques in a variety of team and individual sports.</p> <p>Know and understand Leadership qualities Coaching and officiating</p> <p>KEY SKILLS Be able to communicate and collaborate as a leader. To demonstrate and perform advanced techniques to others To be able to apply and demonstrate advanced tactics Be able to communicate effectively in high pressured environments and be able to demonstrate working or leading a team with success.</p> <p>KEY KNOWLEDGE Advanced competition rules and regulations of a variety of activities Knowledge of advanced officiating in competitive situations Advanced understanding of leadership qualities</p>	<p>Decision making and development of skills and techniques in a variety of team and individual sports, and Health, fitness and Wellbeing unit.</p> <p>KEY SKILLS Understand how the body is utilised effectively and be able to control the body and move effectively. Advanced techniques in a range of exercises Be able to apply the appropriate control the body through an advanced wide range of fundamental movements.</p> <p>KEY KNOWLEDGE Major Muscles names and locations How to use equipment safely Advanced knowledge of how to use training principles and components of fitness Advanced knowledge of Health and safety and how to prevent injury through the use of an effective warm up.</p>	<p>Decision making and development of skills and techniques in a variety of team and individual sports. Training methods</p> <p>KEY SKILLS To demonstrate and perform advanced techniques in pressured environments. To be able to apply and demonstrate advanced tactics in a range of sporting activities. Be able to communicate effectively in high pressured environments and be able to demonstrate working in a team with success. Be able to apply the appropriate control the body through an advanced wide range of fundamental movements.</p> <p>KEY KNOWLEDGE Advanced knowledge of competition rules and regulations of a variety of activities More Advanced understanding of a variety of tactics, ideas and concepts</p>	<p>Technique development in athletics. Personal achievement and resilience to performing at maximum levels.</p> <p>KEY SKILLS Demonstrate and perform advanced techniques in pressured environments. To be able to apply and demonstrate advanced tactics in a range of sporting activities. Be able to apply the appropriate control the body through an advanced wide range of fundamental movements.</p> <p>KEY KNOWLEDGE Advanced knowledge of Health and safety in athletic events Advanced understanding on how to prevent injury through the use of an effective warm up. Advanced Knowledge of how to officiate, use rules and regulations in a range of activities.</p>	<p>Decision making and development of skills in a variety of Striking and Fielding sports Striking and Fielding Use of tactics to succeed.</p> <p>KEY SKILLS To demonstrate and perform advanced techniques in pressured environments. To be able to apply and demonstrate advanced tactics in a range of sporting activities. Be able to communicate effectively in high pressured environments and be able to demonstrate working in a team with success. Be able to apply the appropriate control the body through an advanced wide range of fundamental movements.</p> <p>KEY KNOWLEDGE Advanced knowledge of competition rules and regulations in a variety of activities More Advanced understanding of a</p>
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