

Physical Education

KS3

| Year 7 | | Year 8 | | Year 9 | |
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| <p>HT1: <i>For ease of reference the sports accessed by pupils are grouped into half termly units. *In reality, activities operate as a carousel in order to make optimal use of sporting spaces available and may not correspond to the HT listed. Pupils revisit learning in each sport, increasing their skills repertoire. The aim is to foster participation & confidence, build character & develop pupils' appreciation of the benefits of exercise.</i></p> | <p>HT2: Benchmarking: Each group participates in 2 benchmarking lessons per week over 6 weeks. This facilitates the assessment of individual fitness, skill and ability so that teachers can group pupils appropriately and apply appropriate levels of challenge. Pupils are assessed through 7 different fitness tests and 2 cross country lessons.</p> | <p>HT1: Spring / Summer Sports: Pupils revisit skills learned in Year 7 HT 6. In *striking & fielding, pupils play rounders, softball & cricket, developing skills in catching & throwing, batting, fielding, bowling & game play. Pupils learn the values of team play, fairness and respect. *Athletics 'proper' – pupils participate in track & field events, evaluating and refining skills and techniques.</p> | <p>HT2: Autumn / Winter Sports: Pupils revisit the invasion games of *rugby, football & hockey, building physical confidence to support health & fitness. Pupils consolidate skills & understanding focusing on passing & receiving, attack & defence, tackling and strategies for effective game play. Pupils develop the ability to work as part of a team and are encouraged to play sport competitively.</p> | <p>HT1: Spring / Summer Sports: Pupils revisit Year 8 skills in *striking & fielding and in *athletics. Pupils progress to become increasingly competent, understanding the skills and processes required and using this understanding to better their performance.</p> | <p>HT2: Autumn / Winter Activities: Revisiting invasion games such as *netball, handball & basketball ensures that pupils can maintain physical activity for sustained periods and instils sporting values of fairness & respect. Pupils gain the expertise to excel in game situations, aiming to overcome opponents with assurance.</p> |
| <p>HT 3: Autumn / Winter Activities: *Football, rugby, hockey – Through participation in drills and competition, pupils develop the core skills of passing & receiving, (including dribbling and stop pass for football / hockey respectively) attacking, defending, and tackling along with a growing range of strategies & tactics to develop effective game play and overcome opponents.</p> | <p>HT 4: Autumn / Winter Sports: *Basketball, Netball, Handball – Pupils learn a range of ball handling skills, throwing & receiving & shooting skills, as well as dribbling & pivoting, defensive & attacking play. Pupils analyse their own & others' performance in order to refine personal technique. *Orienteering – Physical & intellectual challenges promote teamwork, trust and problem-solving skills.</p> | <p>HT 3: Autumn / Winter Sports: Pupils further develop skills in the invasion games of *netball, handball & basketball. Skills in throwing & receiving, shooting, dribbling & pivoting, defensive & attacking play are refined so that pupils develop confidence & ability to overcome opponents in a game situation. *Orienteering offers further challenges in outdoor & adventurous pursuits.</p> | <p>HT 4: Autumn / Winter Sports: Pupils build on their skills in *gymnastics & badminton, maintaining physical activity for sustained periods. Pupils apply and develop skills learned in Year 7 to demonstrate increased skill, strength & agility in game situations in badminton and with apparatus & routines in gymnastics.</p> | <p>HT 3: Autumn / Winter Activities: Further practise at the invasion games of *rugby, football & hockey builds confidence for pupils in a way which supports their health & fitness. Pupils exhibit a growing range of tactics and strategies, applying them with confidence in competitive situations. Pupils build trust through working as a team.</p> | <p>HT 4: Pupils are given further opportunities in outdoor pursuits, attempting challenges and solving problems in collaboration with others in *orienteering. There are further chances to develop strength, mobility and skill in *gymnastics, and to play competitive *badminton. All of this requires pupils to develop techniques with the aim of improving performance.</p> |
| <p>HT 5: Autumn / Winter Sports: *Badminton – Pupils learn racket skills & safety and develop skills including rallying, low serve, net shots, overhead clear and effective game play. *Gymnastics – Pupils refine skills in locomotion, balance, rotation & flight to develop competence in routine & apparatus work.</p> | <p>HT 6: Spring / Summer Sports: *Striking & Fielding – Pupils play rounders, softball & cricket, developing skills in catching & throwing, batting, fielding, bowling & game play. Pupils learn the values of team play, fairness and respect. *Athletics – Indoor versions of events enable pupils to practise and refine jumping & throwing techniques.</p> | <p>HT 5: Autumn / Winter Sports: *Fitness & Aerobic Dance – Through fitness, aerobics and circuit training pupils learn about heart rate, build cardio strength & endurance and increase in agility. Pupils begin to learn about different dance aerobic techniques and routines (see also Creative Arts overview).</p> | <p>HT 6: Spring / Summer Sports: Pupils revisit *striking & fielding skills gained in Year 7, evaluating what makes a performance effective and applying this learning to their own & others' performance. Similarly, pupils seek to better their own performance in *athletics events, refining specific throwing and jumping skills and improving pace and stamina.</p> | <p>HT 5: Autumn / Winter Sports: Pupils apply and develop skills and knowledge gained in Fitness & Aerobic Dance in Year 8 to perform fitness routines using more advanced dance/ recall techniques (see also Creative Arts) and to tackle more challenging fitness circuits. Pupils are encouraged to recognise the long-term benefits of physical activity and to seek further opportunities outside of school</p> | <p>HT 6: Spring / Summer Sports: Pupils revisit *striking & fielding skills developed in Year 8, evaluating what makes a performance effective and applying this learning to their own & others' performance. Pupils also seek to better their own performance in *athletics events, refining specific throwing and jumping skills and improving pace and stamina.</p> |

Physical Education

KS4

| Year 10 | | Year 11 | |
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| HT1: Spring / Summer Sports: Pupils revisit skills learned in Year 7 HT 6. In *striking & fielding , pupils play rounders, softball & cricket, developing skills in catching & throwing, batting, fielding, bowling & game play. The values of team play, fairness and respect are embedded. *Athletics 'proper' – pupils participate in track & field events, evaluating and refining skills and techniques. <i>Athletics</i> | HT2: Autumn / Winter Sports: Pupils are challenged to participate in invasion games, developing confidence, skills and tactics to overcome opponents in a game situation in *netball, handball & basketball . Pupils focus on ball-handling skills, throwing & receiving & shooting skills, as well as dribbling & pivoting, defensive & attacking play. *Orienteering further challenges pupils' intellectual & physical ability. | HT1: Physical Education Enrichment: Pupils develop & consolidate PE skills and knowledge gained through Years 7 – 10 by applying them to a selection of activities chosen from football, badminton, fitness, powerwalking, yoga, and golf . Activities are delivered on site and at venues in the local community. Pupils develop personal fitness to promote an active, healthy lifestyle. | HT2: Pupils develop & consolidate PE skills and knowledge gained through Years 7 – 10 by applying them to a selection of activities chosen from football, badminton, fitness, powerwalking, yoga, and golf . Activities are delivered on site and at venues in the local community. Pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs. |
| HT 3: Autumn / Winter Sports: Further work on invasion games – *rugby, football & hockey enables pupils to become experts in passing & receiving, (including dribbling and stop pass for football / hockey respectively) attacking, defending, and tackling. Pupils evaluate what makes a good performance and apply this learning to refine their own skills & those of their team mates. | HT 4: Autumn / Winter Sports: *Fitness & Aerobic Dance – Through dance, fitness and circuit training, pupils learn about heart rate, build cardio strength & endurance and increase in agility. Pupils develop expertise in a range of dance techniques and engage in a variety of fitness challenges including circuit training (see also Creative & Performing Arts overview). | HT 3: Pupils develop & consolidate PE skills and knowledge gained through Years 7 – 10 by applying them to a selection of activities chosen from football, badminton, fitness, powerwalking, yoga, and golf . Activities are delivered on site and at venues in the local community. Pupils are encouraged to analyse their performance against past ones and demonstrate improvement to achieve their personal best. | HT 4: Pupils develop & consolidate PE skills and knowledge gained through Years 7 – 10 by applying them to a selection of activities chosen from football, badminton, fitness, powerwalking, yoga, and golf . Activities are delivered on site and at venues in the local community. Pupils are encouraged to build habits which will support them in leading active, healthy lives. |
| HT 5: Autumn / Winter Sports: *Badminton – Pupils master racket skills including rallying, low serve, net shots and overhead clear and apply them with precision in competitive situations. *Gymnastics – Pupils demonstrate expertise and confidence in terms of locomotion, balance, rotation & flight to develop high levels of competence in routine & apparatus work. | HT 6: Spring / Summer Sports: *Striking & Fielding – Pupils participate in rounders, softball & cricket, developing skills in catching & throwing, batting, fielding, bowling & game play, and embedding the values of team play, fairness and respect. *Athletics – Pupils practise and refine an increasingly sophisticated range of jumping & throwing techniques. | HT 5: Pupils develop & consolidate PE skills and knowledge gained through Years 7 – 10 by applying them to a selection of activities chosen from football, badminton, fitness, powerwalking, yoga, and golf . Activities are delivered on site and at venues in the local community. Pupils engage in sporting activities with the aim of building character & embedding values such as team spirit, fairness and respect. | HT 6: GCSE Summer Examination Series <i>N.B. GCSE PE candidates develop all of the skills and knowledge listed as well as those required by the GCSE specification. Pupils studying GCSE PE have increased curriculum time for PE through the Options blocks, and must meet the additional challenges of the theory components.</i> |

Notes

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