

Physical Education and Sport

Subject Overview

Year 7 Physical Education

Half term/ Summer or Winter Activity	HT1 - Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 - Summer Activity 1/2/3	HT6 - Summer Activity 1/2/3
Activity	Rugby League	Basketball/Netball	Handball	Football	Tennis	Athletics
Learning Question	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a small-sided tag rugby game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a 3v3 basketball game? Can you demonstrate knowledge and understanding of techniques, tactics and rules during a High 5 netball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a 4v4 handball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a small side 5v5 game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a mini red tennis game?	Can you demonstrate knowledge and understanding of techniques and rules when performing a range of track and field events?
Key Procedural and Declarative Knowledge	Motor Competencies Running with the ball, passing and handling skills, creating space and committing defenders, tag tackling, contact tackling in 1v1 scenarios, pop passing, play of the ball. Rules, Strategies and Tactics: Defensive line, movement into space, overloads in 2v1's and 4v2's, offside, knock on,	Basketball Motor Competencies Shooting – set and jump, attacking and defensive dribbling, crossover, chest pass, bounce pass, skip pass, jump stop, front pivot, reverse pivot, rebounding, signalling and receiving, defensive stance. Netball Motor Competencies Chest pass, bounce pass, shoulder pass, footwork,	Motor Competencies Passing – shoulder, side and bounce, catcalling – still and on the move, standing shot, signalling and receiving, defensive stance, blocking. Rules, Strategies and Tactics 3 step rule, defensive area rule, restarting the game at the sideline and baseline, foot on the sideline for restarts, moving the defence, drawing the opponent,	Motor Competencies Ball control, directional ball control, dribbling, change of direction and speed, defending – positioning and tackling, passing – weight, timing and technique, shooting for accuracy and power. Rules, Strategies and Tactics Moving into space, pass and move, retaining possession, creating shooting	Motor Competencies Footwork, split step, ready position, grip, forehand, backhand, volley, underarm serve. Rules, Strategies and Tactics Tie break scoring, serving and returning positioning, let, faults, how to win a point, rallying, winners. Healthy Participation	Motor Competencies Sprinting, sprint start, long distance, pacing, relay changeovers, standing javelin, standing shot put, standing discus, one footed jumping, jumping for distance, jumping for height, run up. Rules, Strategies and Tactics Individual event rules, false starts, lane violations, relay violations, no throws,

Year 8 Physical Education

Half term/ Summer or Winter Activity	HT1 - Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 - Summer Activity 1/2/3	HT6 - Summer Activity 1/2/3
Activity	Trampolining	Basketball/Netball	Handball	Football	Badminton	Athletics
Learning Question	Can you demonstrate knowledge and understanding of techniques and composition when designing and performing a 8 or 10-bounce routine?	Can you demonstrate knowledge and understanding of developed techniques, tactics and rules during a 3v3 basketball game? Can you demonstrate knowledge and understanding of techniques, tactics and rules during a High 5 and 7 a side netball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a 5v5 handball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a small side 6v6 game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a half-court game of singles?	Can you demonstrate knowledge and understanding of developed techniques and rules when performing a range of track and field events?
Key Procedural and Declarative Knowledge	Motor Competencies Straight, tuck, straddle, pike, seated landing, front landing, back landing half twist, full twist, combinations, advanced combinations body tension, pointed toes, body control. Rules, Strategies and Tactics	Basketball Motor Competencies Shooting – set and jump, layups, attacking and defensive dribbling, crossover, crossover variations, in-out dribble, chest pass, bounce pass, skip pass, one handed pass, entry pass, outlet pass, jump stop, front pivot, reverse pivot, situational pivots, rebounding, signalling and	Motor Competencies Passing – shoulder, side and bounce, catcalling – still and on the move, standing shot, signalling and receiving, defensive stance, blocking, introduction to contact defending. Rules, Strategies and Tactics 3 step rule, defensive area rule, restarting the game at the sideline and baseline, foot	Motor Competencies Ball control, directional ball control, dribbling, change of direction and speed, defending – positioning and tackling, passing – weight, timing and technique, shooting for accuracy and power. Rules, Strategies and Tactics Moving into space, pass and move, retaining possession,	Motor Competencies Footwork, ready position, grip, overhead clear, smash, net shots, lift, high serve, low serve. Rules, Strategies and Tactics Badminton scoring, serving and returning positioning, faults, how to win a point, rallying, winners. Healthy Participation	Motor Competencies Sprinting, sprint start, long distance, pacing, relay changeovers, 1 step javelin, 1 step shot put, 1 step discus, one footed jumping, jumping for distance, jumping for height, fosby flop, run up. Rules, Strategies and Tactics Individual event rules, false starts, lane violations, relay violations, no throws,

	<p>Difficulty and execution, creating routines, 6, 8 and 10 bounce routines.</p> <p>Healthy Participation</p> <p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME in PE curriculum based on YST My Personal Best.</p>	<p>receiving, cutting – to the basket and backdoor, defensive stance.</p> <p>Netball Motor Competencies</p> <p>Chest pass, bounce pass, shoulder pass, footwork, pivot, jump stop, 1-2 stop, signalling and receiving, defensive stance, intercepting, shooting.</p> <p>Basketball Rules, Strategies and Tactics</p> <p>Travelling, double dribble, carry, inbounding the ball, defensive 3 second rule, defensive foul, offensive foul (charge), 3v3 rules, cut, give and go, fake a pass to make a pass, fake and dribble. Using screens and dribble hand off.</p> <p>Netball Rules, Strategies and Tactics</p> <p>Netball rules, positional boundaries for GK, WD, GD, C, GA, WA and GS, footwork, replaying the ball, contact.</p> <p>Basketball/Netball Healthy Participation</p> <p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME</p>	<p>on the sideline for restarts, moving the defence, drawing the opponent, shooting into the corners, low shots, basic combinations with teammates, isolating defenders, attacking the gap, contact rules.</p> <p>Healthy Participation</p> <p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME in PE curriculum based on YST My Personal Best.</p>	<p>counter-attack, isolating defenders, creating shooting opportunities in larger overload scenarios 4v2 or 3, overloads, throw ins, goal kicks, corners, goalkeeper specific rules, fouls and misconduct, handball.</p> <p>Healthy Participation</p> <p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME in PE curriculum based on YST My Personal Best.</p>	<p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME in PE curriculum based on YST My Personal Best.</p>	<p>weights, no jumps, pacing, running your own race, staying on the shoulder, sprint finish.</p> <p>Healthy Participation</p> <p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME in PE curriculum based on YST My Personal Best.</p>
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		in PE curriculum based on YST My Personal Best.				
Building and Revisiting	Building and revisiting compositional and performance skills developed in year 7 dance.	Building and revisiting motor competencies, tactics, strategies, techniques and skills developed in year 7 basketball and netball.	Building and revisiting motor competencies, tactics, strategies, techniques and skills developed in year 7 handball.	Building and revisiting Motor competencies, tactics, strategies, techniques and skills developed in year 7 football.	Building and revisiting Motor competencies, tactics, strategies, techniques and skills developed in year 7 tennis.	Building and revisiting Motor competencies, tactics, strategies, techniques and skills developed in year 7 athletics.
Assessment	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.	RAP, Q&A, Peer Assessment, Self-Assessment, Birchwood ME in PE criteria.

Year 9 Physical Education

Half term/ Summer or Winter Activity	HT1 - Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 - Summer Activity 1/2/3	HT6 - Summer Activity 1/2/3
Activity	Trampolining	Basketball/Netball	Handball	Football	Volleyball	Athletics
Learning Question	Can you demonstrate knowledge and understanding of techniques and composition when designing and performing a 8 or 10-bounce routine?	Can you demonstrate knowledge and understanding of developed techniques, tactics and rules during a 3v3 basketball game? Can you demonstrate knowledge and understanding of techniques, tactics and rules during a High 5 and 7 a side netball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a 5v5 handball game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a small side 6v6 game?	Can you demonstrate knowledge and understanding of techniques, tactics and rules during a small sided 3v3 or 4v4 game?	Can you demonstrate knowledge and understanding of developed techniques and rules when performing a range of track and field events?

<p>Key Knowledge</p>	<p>Motor Competencies</p> <p>Straight, tuck, straddle, pike, seated landing, front landing, back landing half twist, full twist, somersaults, combinations, advanced combinations, body tension, pointed toes, body control.</p> <p>Rules, Strategies and Tactics</p> <p>Difficulty and execution, creating routines, 8 and 10 bounce routines.</p> <p>Healthy Participation</p> <p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME in PE curriculum based on YST My Personal Best.</p>	<p>Basketball Motor Competencies</p> <p>Shooting – set and jump, layups, attacking and defensive dribbling, crossover, crossover variations, in-out dribble, chest pass, bounce pass, skip pass, one handed pass, entry pass, outlet pass, jump stop, front pivot, reverse pivot, situational pivots, rebounding, signalling and receiving, cutting – to the basket and backdoor, v cut, defensive stance, screens, dribble hand offs.</p> <p>Netball Motor Competencies</p> <p>Chest pass, bounce pass, shoulder pass, footwork, pivot, jump stop, 1-2 stop, signalling and receiving, defensive stance, intercepting, shooting, getting free.</p> <p>Basketball Rules, Strategies and Tactics</p> <p>Travelling, double dribble, carry, inbounding the ball, defensive 3 second rule, defensive foul, offensive foul (charge), 3v3 rules, cut, give and go, fake a pass to make a</p>	<p>Motor Competencies</p> <p>Passing – shoulder, side and bounce, catcalling – still and on the move, standing shot, signalling and receiving, defensive stance, blocking, introduction to contact defending.</p> <p>Rules, Strategies and Tactics</p> <p>3 step rule, defensive area rule, restarting the game at the sideline and baseline, foot on the sideline for restarts, moving the defence, drawing the opponent, shooting into the corners, low shots, basic combinations with teammates, isolating defenders, attacking the gap, contact rules.</p> <p>Healthy Participation</p> <p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME in PE curriculum based on YST My Personal Best.</p>	<p>Motor Competencies</p> <p>Ball control, directional ball control, dribbling, change of direction and speed, defending – positioning and tackling, passing – weight, timing and technique, shooting for accuracy and power.</p> <p>Rules, Strategies and Tactics</p> <p>Moving into space, pass and move, retaining possession, counter-attack, isolating defenders, creating shooting opportunities in larger overload scenarios 4v2 or 3, overloads, throw ins, goal kicks, corners, goalkeeper specific rules, fouls and misconduct, handball.</p> <p>Healthy Participation</p> <p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME in PE curriculum based on YST My Personal Best.</p>	<p>Motor Competencies</p> <p>Footwork, ready position, set, volley, dig, spike, block and serve.</p> <p>Rules, Strategies and Tactics</p> <p>Volleyball scoring, serving and returning positioning, positions on the court, rotations, faults, how to win a point, 3 touch rule, double hit.</p> <p>Healthy Participation</p> <p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME in PE curriculum based on YST My Personal Best.</p>	<p>Motor Competencies</p> <p>Sprinting, sprint start, drive phase, long distance, pacing, relay changeovers, 3 step javelin, 1 step shot put, 1 step discus, one footed jumping, jumping for distance, jumping for height, fosby flop, run up.</p> <p>Rules, Strategies and Tactics</p> <p>Individual event rules, false starts, lane violations, relay violations, no throws, weights, no jumps, pacing, running your own race, staying on the shoulder, sprint finish, heart rate zones for training.</p> <p>Healthy Participation</p> <p>Warm-ups, cool downs, types of stretching, fitness components, Birchwood ME in PE curriculum based on YST My Personal Best.</p>
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KS4 Games Pathway

Half term/ Summer or Winter Activity	HT1 - Winter 1	HT2 – Winter 2	HT3 – Spring 1	HT4 – Spring 2	HT5 - Summer 1	HT6 - Summer 2
Activity	Tennis/Cricket	Football/Rugby League	Basketball/Dodgeball	Volleyball/Badminton	Athletics/Frisbee	Football/Rugby League
Learning Question	<p>Tennis</p> <p>Can you work co-operatively with a partner to improve tennis skills and apply strategies and tactics in singles and doubles games to win points?</p> <p>Cricket</p> <p>Can you work as part of a team to improve fielding, batting and bowling and execute these skills in game scenarios?</p>	<p>Can you act as an effective team member by developing and using a variety of tactics and strategies to overcome your opponent in rugby and football?</p>	<p>Can you act as an effective team member by developing and using a variety of tactics and strategies to overcome your opponent in basketball and dodgeball?</p>	<p>Can you use sport specific skills whilst transferring tactical concepts from other sports to beat your opponent when playing volleyball and badminton?</p>	<p>Can you achieve a personal best in each event?</p> <p>Can you acquire new skills and learn new rules and tactics in an emerging sport?</p>	<p>Can you evaluate your performance in the earlier unit of work and set targets to improve your performance?</p>
<p>Key Knowledge</p> <p><i>All key stage 3 content is assumed knowledge. Listed below is new knowledge introduced or developed at key stage 4</i></p>	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios.</p> <p>Strategies, Rules and Tactics</p> <p>Improving understanding of position on court and positional roles on the field, game structure and rules in small and larger sided games. Improving knowledge of</p>	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios.</p> <p>Strategies, Rules and Tactics</p> <p>Improve understanding of positional roles within game structure, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small</p>	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios.</p> <p>Strategies, Rules and Tactics</p> <p>Improve understanding of positional roles on the court, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small</p>	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3 net wall games units into cooperative practices, games and game scenarios.</p> <p>Strategies, Rules and Tactics</p> <p>Improve understanding of position on the court, improving knowledge of positional roles on the court, improve knowledge of</p>	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3 athletics units of work to achieve a personal best.</p> <p>Throwing, catching, judging the flight of the frisbee, one handed receiving, forehand throws, backhand throws, single, one-handed rim catch, two-handed rim catch.</p> <p>Strategies, Rules and Tactics</p>	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios.</p> <p>Strategies, Rules and Tactics</p> <p>Improve understanding of positional roles within game structure, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small</p>

	<p>different formats of games. For example, in tennis:</p> <ul style="list-style-type: none"> - Singles - Doubles - Tie Break - Fast fours - Sets <p>In cricket:</p> <ul style="list-style-type: none"> - Kwik cricket - Pairs cricket - Limited over cricket. <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.</p>	<p>and larger sided games. Improve knowledge of different formats of games. For example, in football:</p> <ul style="list-style-type: none"> - 5v5 - 7v7 - 9v9 - 11v11 <p>In rugby league:</p> <ul style="list-style-type: none"> - Tag Rugby - Touch Rugby - Contact <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.</p>	<p>and larger sided games. Improve knowledge of different formats of basketball games. For example, in basketball:</p> <ul style="list-style-type: none"> - 3v3 - 5v5 <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.</p>	<p>attacking and defensive strategies, improve knowledge of rules in small and larger sided games and in different formats. Improve knowledge of different formats of badminton games. For example, in badminton:</p> <ul style="list-style-type: none"> - Singles - doubles <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.</p>	<p>Improve and embed understanding of individual event rules and strategies learned throughout key stage 3. Implement strategies developed in key stage 3 to achieve a personal best.</p> <p>Improve understanding of basic rules and strategies in small-sided games of 5v5. Improve understanding of roles on the field in different positions.</p> <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.</p>	<p>and larger sided games. Improve knowledge of different formats of games. For example, in football:</p> <ul style="list-style-type: none"> - 5v5 - 7v7 - 9v9 - 11v11 <p>In rugby league:</p> <ul style="list-style-type: none"> - Tag Rugby - Touch Rugby - Contact <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.</p>
<p>Building and Revisiting</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 during net wall games will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 during athletics units of work will also be revisited and built upon. Knowledge of invasion games developed in key stage 3 will also be developed and revisited. Knowledge of healthy participation should be embedded and demonstrated independently.</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.</p>

Assessment	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.
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KS4 Mixed Pathway

Half term/ Summer or Winter Activity	HT1 - Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 - Summer Activity 1/2/3	HT6 - Summer Activity 1/2/3
Activity	Football/Rugby League	Dodgeball/Fitness	Volleyball/Badminton	Trampolining	Tennis/Cricket	Rounders/Frisbee
Learning Question	Can you evaluate your performance in the earlier unit of work and set targets to improve your performance?	Can you act as an effective team member by developing and using a variety of tactics and strategies to overcome your opponent in dodgeball? Can you evaluate your performance in a range of fitness activities and create targets to improve your performance?	Can you use sport specific skills whilst transferring tactical concepts from other sports to beat your opponent when playing volleyball and badminton?	Can you develop your technique and performance when completing a 10-bounce routine?	Tennis Can you work co-operatively with a partner to improve tennis skills and apply strategies and tactics in singles and doubles games to win points? Cricket Can you work as part of a team to improve fielding, batting and bowling and execute these skills in game scenarios?	Rounders Can you work as part of a team to improve fielding, batting and bowling and execute these skills in game scenarios? Frisbee Can you acquire new skills and learn new rules and tactics in an emerging sport?
Key Knowledge	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios. Strategies, Rules and Tactics Improve understanding of positional roles within game	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios. Learning common fitness movements mainly focussed on bodyweight exercises such	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 net wall games units into cooperative practices, games and game scenarios. Strategies, Rules and Tactics	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 trampolining to create a 10-bounce routine. Students may also introduce somersaults into their routine.	Motor Competencies Practising and transferring skills and techniques learned throughout key stage 3 into cooperative practices, games and game scenarios. Strategies, Rules and Tactics Improving understanding of position on court and	Motor Competencies Throwing, catching, batting, fielding techniques such as short and long barrier, backing up. Throwing, catching, judging the flight of the frisbee, one handed receiving, forehand throws, backhand throws,

	<p>structure, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small and larger sided games. Improve knowledge of different formats of games. For example, in football:</p> <ul style="list-style-type: none"> - 5v5 - 7v7 - 9v9 - 11v11 <p>In rugby league:</p> <ul style="list-style-type: none"> - Tag Rugby - Touch Rugby - Contact <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.</p>	<p>as press ups, pull ups, squats, lunges, box jumps.</p> <p>Strategies, Rules and Tactics</p> <p>Improve understanding of positional roles within game structure, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small and larger sided games.</p> <p>Improve understanding of how to perform activities safely in competition format to maximise speed and quality of movement.</p> <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique. Understanding of how to train using different methods of training.</p>	<p>Improve understanding of position on the court, improving knowledge of positional roles on the court, improve knowledge of attacking and defensive strategies, improve knowledge of rules in small and larger sided games and in different formats. Improve knowledge of different formats of games. For example, in badminton:</p> <ul style="list-style-type: none"> - Singles - doubles <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.</p>	<p>Strategies, Rules and Tactics</p> <p>Improve understanding of execution by working on body tension, linking skills, pointed toes and creating an aesthetic performance.</p> <p>Healthy Participation</p> <p>Trampoline specific warm up routines.</p>	<p>positional roles on the field, game structure and rules in small and larger sided games. Improving knowledge of different formats of games. For example, in tennis:</p> <ul style="list-style-type: none"> - Singles - Doubles - Tie Break - Fast fours - Sets <p>In cricket:</p> <ul style="list-style-type: none"> - Kwik cricket - Pairs cricket - Limited over cricket. <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique.</p>	<p>single, one-handed rim catch, two-handed rim catch.</p> <p>Strategies, Rules and Tactics</p> <p>Improving understanding of position on the field and positional roles on the field, game structure and rules in small and larger sided games</p> <p>Improve understanding of basic rules and strategies in small-sided games of 5v5. Improve understanding of roles on the field in different positions.</p> <p>Healthy Participation</p> <p>Independent warm ups and cool downs, Independent technical drills focussed on improving a specified technique</p>
Building and Revisiting	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 during net wall games will also be revisited and built upon. Knowledge of healthy participation should be</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 during trampoline lessons will also be revisited and built upon. Knowledge of healthy participation should be</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be</p>	<p>Motor competencies developed in key stage 3 will be revisited and practised. Strategies, tactics and rules introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be</p>

	embedded and demonstrated independently.	embedded and demonstrated independently.	embedded and demonstrated independently.	embedded and demonstrated independently.	embedded and demonstrated independently.	embedded and demonstrated independently.
Assessment	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.

KS4 Lifestyle Pathway

Half term/ Summer or Winter Activity	HT1 - Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 Summer Activity 1/2/3	HT6 Summer Activity 1/2/3
Activity	Dodgeball/Fitness	Volleyball/Badminton	Trampolining	Dodgeball/Fitness	Rounders/Tennis	Athletics/Frisbee
Learning Question	<p>Dodgeball</p> <p>Can you act as an effective team member by developing and using a variety of tactics and strategies to overcome your opponent in dodgeball?</p> <p>Fitness</p> <p>Can you evaluate your performance in a range of fitness activities and create targets to improve your performance?</p>	<p>Can you use sport specific skills whilst transferring tactical concepts from other sports to beat your opponent when playing volleyball and badminton?</p>	<p>Can you develop your technique and performance when completing a 10-bounce routine?</p>	<p>Dodgeball</p> <p>Can you act as an effective team member by developing and using a variety of tactics and strategies to overcome your opponent in dodgeball?</p> <p>Fitness</p> <p>Can you evaluate your performance in a range of fitness activities and create targets to improve your performance?</p>	<p>Rounders</p> <p>Can you work as part of a team to improve fielding, batting and bowling and execute these skills in game scenarios?</p> <p>Tennis</p> <p>Can you work co-operatively with a partner to improve tennis skills and apply strategies and tactics in singles and doubles games to win points?</p>	<p>Athletics</p> <p>Can you achieve a personal best in each event?</p> <p>Frisbee</p> <p>Can you acquire new skills and learn new rules and tactics in an emerging sport?</p>
Key Knowledge	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3 into</p>	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3 net wall games units into</p>	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3 trampolining to create a 10-bounce routine. Students</p>	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3 into</p>	<p>Motor Competencies</p> <p>Throwing, catching, batting, fielding techniques such as short and long barrier, backing up.</p>	<p>Motor Competencies</p> <p>Practising and transferring skills and techniques learned throughout key stage 3</p>

	introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.	introduced in key stage 3 during net wall games will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.	introduced in key stage 3 during trampoline lessons will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.	introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.	introduced in key stage 3 will also be revisited and built upon. Knowledge of healthy participation should be embedded and demonstrated independently.	introduced in key stage 3 during athletics units of work will also be revisited and built upon. Knowledge of invasion games developed in key stage 3 will also be developed and revisited. Knowledge of healthy participation should be embedded and demonstrated independently.
Assessment	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.	RAP, Q&A, Peer Assessment, Self-Assessment.

Year 10 Sports Studies

Half term/ Summer or Winter Activity	HT1 Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 Summer Activity 1/2/3	HT6 Summer Activity 1/2/3
Activity	R185: Performance and Leadership in Sports Activities	R185: Performance and Leadership in Sports Activities	R185: Performance and Leadership in Sports Activities	R185: Performance and Leadership in Sports Activities	R187: Increasing Awareness of Outdoor Adventurous Activities	R187: Increasing Awareness of Outdoor Adventurous Activities

<p>Learning Question</p>	<p>Can you maintain a performance that is consistent and confident in two sports?</p>	<p>Can you apply practice methods to support improvement?</p>	<p>Can you apply practice methods to support improvement?</p> <p>Can you organise, plan, and lead a safe and effective sports activity?</p>	<p>Can you organise, plan, and lead a safe and effective sports activity?</p> <p>Can you review your own performance in planning and leading a sports activity session?</p>	<p>Do you know what provision there is for different types of Outdoor and Adventurous Activities?</p>	<p>Do you know what provision there is for different types of Outdoor and Adventurous Activities?</p> <p>Do you understand the equipment, clothing and safety aspects involved when participating in Outdoor and Adventurous Activities?</p>
<p>Key Knowledge</p>	<p>Topic Area 1: Key components of performance.</p> <p>Performance in two selected activities, Participating in two activities, Decision making during performance, Managing and maintaining performance in individual activities, Your role and contribution to team activities.</p>	<p>Topic Area 2: Applying practice methods to support improvement in a sporting activity.</p> <p>Strengths and weaknesses of sports performance, Methods to improve performance, Measuring improvement in performance.</p>	<p>Topic Area 3: Organising and planning a sports activity session.</p> <p>Organisation of a sports activity session, Safety considerations when planning a sports activity session, Objectives to meet the needs of the group.</p> <p>Topic Area 4: Leading a sports activity session.</p> <p>Organisation of a sports activity session, Leading a sports activity session.</p>	<p>Topic Area 4: Leading a sports activity session.</p> <p>Organisation of a sports activity session, Leading a sports activity session.</p> <p>Topic Area 5: Reviewing your own performance in planning and leading an activity session.</p> <p>Review your leadership of a sports activity session,</p>	<p>Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK.</p> <p>Provision of OAA locally and nationally</p>	<p>Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK.</p> <p>Provision of OAA locally and nationally</p> <p>Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities.</p> <p>Types of equipment used, types of clothing used, Types of technology that can enhance participation or safety, Types of terrain and environment.</p>
<p>Building and Revisiting</p>	<p>Building on practical skills learnt during KS3 and revisiting KS3 peer/ self</p>	<p>Building on practical skills learnt during KS3 and revisiting KS3 peer/ self</p>	<p>Building on leadership skills and knowledge developed throughout key stage 3 when leading warm up activities.</p>	<p>Building on leadership skills and knowledge developed throughout key stage 3 when leading warm up activities.</p>	<p>Building on OAA knowledge of orienteering throughout key stage 3.</p>	<p>Building on OAA knowledge of orienteering throughout key stage 3.</p>

	assessment to help them review performance.	assessment to help them review performance.				
Assessment	Observation report. Log book Record of participation. Written review.	Training plan. Observation report. Written review.	Session Plan Risk Assessment	Session Delivery Session Evaluation	Description of provision of OAA locally and nationally	Description and explanation of equipment, clothing and safety aspects of OAA.

Year 11 Sports Studies

Half term/ Summer or Winter Activity	HT1 Summer Activity 1/2/3	HT2 - Winter Activity 1/2/3	HT3 - Winter Activity 1/2/3	HT4 - Winter Activity 1/2/3	HT5 Summer Activity 1/2/3	HT6 Summer Activity 1/2/3
Activity	R187: Increasing Awareness of Outdoor Adventurous Activities	R187: Increasing Awareness of Outdoor Adventurous Activities	R184: Contemporary Issues in Sport	R184: Contemporary Issues in Sport	R184: Contemporary Issues in Sport	R184: Contemporary Issues in Sport
Learning Question	Can you plan for and demonstrate knowledge and skills during an OAA session?	Can you plan for and demonstrate knowledge and skills during an OAA session? Can you evaluate your own performance and understand the value of participating in outdoor adventurous activities?	What are the issues that affect participation in sport?	How are values promoted through sport? What are the implications of hosting a major sporting event for a city or country?	What do NGB's do for their sport? What role does technology play in sport?	Revision
Key Knowledge	Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities. Types of equipment used, types of clothing used, Types	Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity. Let considerations when planning an OAA activity, Risk	Topic Area 1: Issues which affect participation in sport. User groups, Possible barriers, Possible Solutions, Factors that can positively and negatively impact upon	Topic Area 2: The role of sport in promoting values. Sport Values, The Olympic and Paralympic Movement, Sporting Values initiative and campaigns, The importance	Topic Area 4: The role of National Governing Bodies (NGB's) play in the development of their sport What NGBs do for their sport.	Revision of all content previously covered during R184: Contemporary Issues in Sport.

	<p>of technology that can enhance participation or safety, Types of terrain and environment.</p> <p>Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity.</p> <p>Let considerations when planning an OAA activity, Risk assessment, Emergency procedures plan, Demonstrate appropriate skills in OAA.</p>	<p>assessment, Emergency procedures plan, Demonstrate appropriate skills in OAA.</p> <p>Topic Area 4: Evaluate participation in an outdoor and adventurous activity.</p> <p>Evaluate participation of outdoor activity, evaluate the value of participating in OAA.</p>	<p>the popularity of sport in the UK, The growth of emerging/new sports in the UK.</p>	<p>of etiquette and sporting behaviour of performers, The use of Performance Enhancing Drugs (PEDs).</p> <p>Topic Area 3: The implications of hosting a major sporting event for a city or country.</p> <p>The features of a major sporting event, Positive and negative pre-event aspects of hosting a major sporting event, potential positive and negative aspects of hosting a major sporting event.</p>	<p>Topic Area 5: The use of Technology in Sport</p> <p>The role of technology in sport, Positive and negative effects of the use of technology in sport.</p>	
Building and Revisiting	Building on OAA knowledge of orienteering throughout key stage 3.	Building on OAA knowledge of orienteering throughout key stage 3.	Revisiting knowledge covered earlier in the course about why we participate in sports.	Revisiting knowledge covered earlier in the unit.	Revisiting knowledge covered earlier in the unit.	Revisiting knowledge covered earlier in the unit.
Assessment	OAA Session plan OAA Risk Assessment	OAA Session Evaluation	End of unit exam End of year R184 exam	End of unit exam End of year R184 exam	End of unit exam End of year R184 exam	End of unit exam End of year R184 exam

Year 10 GCSE Physical Education

Half term/ Summer or Winter Activity	HT1 Winter 1	HT2 - Winter 2	HT3 – Spring 1	HT4 -Spring 2	HT5 Summer 1	HT6 Summer 2
Activity	Training & Fitness (theory and practice) (Wk1-7)	Training & Fitness (Wk8-15)	Sport Psychology (Wk 16-22)	Social Cultural Issues (Wk 23-29)	Health and Well Being (Wk 30-34)	Skeletal system/Coursework (Wk 35-39)
Learning Question	How can you measure skills and fitness?	How can athletes adapt their training to improve performance?	How can coaches differ their approaches when dealing with novices/experts?	What are the reasons for barriers to participation?	How does lifestyle affect health?	How does the skeletal system assist in elite performance?

Key Knowledge	Components of fitness, Fitness tests	Principles of training, Methods of training,	Skill classification, Practice, Feedback, Guidance, Mental preparation	Barriers to participation, commercialisation, ethical issues in sport	Physical, Emotional and Social health; consequences of sedentary lifestyle, Diet	Structure, functions, types, joints, movement
Building and Revisiting	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction
Assessment	Lesson feedback, Homework	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test End of unit test, End of Year exam

Year 11 GCSE Physical Education

Half term/ Summer or Winter Activity	HT1 Winter 1	HT2 - Winter 2	HT3 – Spring 1	HT4 -Spring 2	HT5 Summer 1	HT6 Summer 2
Activity	Muscular System (Wk1-4) Cardiovascular system (wk5-7)	Cardiovascular/respiratory system (Wk8-13)	Mechanics (Wk16-17) Sports Injuries (Wk18-19)	Drugs (Wk20-21) Practical (Wk 22-27)	Revision	Revision
Learning Question	How does the muscular system assist in elite performance? How does the cardiovascular system assist in elite performance?	How does the cardio-respiratory system assist in elite performance?	How can levers affect quality of movement? How can an athlete minimise the incidences of sporting injuries?	How can elite athletes improve performance through PEDs?	N/A	N/A
Key Knowledge	Muscle classification, Structure of muscular system, Antagonistic pairs, muscle fibre types Energy systems	Functions of cardiovascular system, structure of heart, structure and function of blood vessels, redistribution of blood, Function of blood and its components, Short/Long term effects of exercise/training	Planes and axis, 3 types of levers, mechanical dis/advantage Minimising sports injuries, types of sporting injuries prevalent in sport	Recreational drugs, types of PEDs and their dis/advantages	N/A	N/A

Building and Revisiting	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction	Writing and sentence construction
Assessment	Lesson feedback, Homework	Lesson feedback, Homework End of Unit Test, Mock exam	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test, Mock exam	Lesson feedback, Homework End of Unit Test	Lesson feedback, Homework End of Unit Test End of unit test, End of Year exam