

CURRICULUM OVERVIEW 2019-2020

SUBJECT: PHYSICAL EDUCATION – CORE PE

| | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
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| | THE BIG QUESTIONS | THE BIG QUESTIONS | THE BIG QUESTIONS | THE BIG QUESTIONS | THE BIG QUESTIONS | THE BIG QUESTIONS |
| KS4 Year 11 6 week rotation (6 lessons) | <p><u>Health related fitness</u> (Girls & boys): Components of fitness; training methods; principles of training.</p> <p>How can the key fitness components and training principles be used to improve performance through a training programme?</p> <p><u>Badminton</u> (Girls & boys): Serving; return of serve; forehand shots – smash; backhand shots; footwork, court positioning; singles and doubles matches.</p> <p>What advanced techniques and tactics can be developed to outwit your opponent in singles and doubles matches?</p> <p><u>Netball</u> (Girls only): Footwork; dodging; ball handling; passing; shooting; marking; intercepting; set plays; tactics.</p> <p>How can advanced individual skills and set plays be used in attack and defence? What skills are required to umpire effectively?</p> <p><u>Trampolining</u> (Girls only): Landings; jumps; turns; rotation.</p> <p>What are the basic skills required in trampolining which can be developed into more advanced skills to apply into a routine?</p> <p><u>Hockey</u> (Boys only): Passing; receiving; dribbling; tackling; shooting; tactics.</p> <p>How can width, depth and tactics be used to outwit your opposing team in hockey?</p> <p><u>Handball</u> (Boys only): Passing; dribbling; shooting; game play; tactics; positions.</p> <p>What are the basic skills and techniques required to outwit your opposing team in handball?</p> | | | | <p><u>Tennis</u> (Boys only): Groundstrokes; volleys; serving; positioning; tactics; doubles.</p> <p>What advanced techniques and tactics can be applied to outwit your opponent?</p> <p><u>Rounders</u> (Girls only): Bowling; fielding; batting; positioning; tactics.</p> <p>What tactics and strategies can aid success in outwitting your opposing team in rounders?</p> | |

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| KS4 Year 10 6 week rotation (6 lessons) | <p><u>Health related fitness (Girls & boys):</u> Principles of training. How can the key training principles be applied to health related fitness?</p> <p><u>Badminton (Girls & boys):</u> Serving; return of serve; forehand shots – smash; backhand shots; footwork, court positioning. Why is it important to perform consistent forehand and backhand shots in a game situation? Why is the serve important, and how can it be used to a players' advantage?</p> <p><u>Netball (Girls only):</u> Footwork; dodging; ball handling; passing; shooting; marking; intercepting; set plays; tactics. How can attacking and defending tactics and strategies be used to outwit opponents in netball?</p> <p><u>Volleyball (Girls only):</u> Dig; set; volley; serve; positions; scoring. What are the basic skills and techniques required to outwit your opposing team in volleyball?</p> <p><u>Football (Boys only):</u> Passing; shooting; dribbling; heading; tackling; marking; with dominant and non-dominant foot. What skills, techniques and tactics are required to outwit your opponent in football?</p> <p><u>Table tennis (Boys only):</u> Drives; pushes; footwork; serving; return of serve; topspin. What advanced techniques and tactics can be developed to outwit your opponent in competitive singles matches? What are the procedures regarding playing doubles?</p> | | | | <p><u>Tennis (Girls & boys):</u> Groundstrokes; ready position; volleys; serving; positioning. What advanced techniques and tactics can be developed to outwit your opponent?</p> <p><u>Rounders (Girls & boys):</u> Bowling; fielding; batting; positioning; tactics. What tactics and strategies can aid success in outwitting your opposing team in rounders?</p> | |

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| KS4 Year 9 6 week rotation (6 lessons) | <p><u>Basketball</u> (Girls & boys): Passing; shooting; dribbling; marking. What are the basic skills and techniques required to outwit your opposing team in basketball?</p> <p><u>Health related fitness</u> (Girls & boys): Training methods. How can individual fitness components be improved using different training methods?</p> <p><u>Outdoor and adventurous activities</u> (OAA) (Girls & boys): Map orientation; key symbols; physical capacity. What are the basic skills and techniques required to find the controls effectively and efficiently in a range of orienteering events? What qualities does a successful team need in order to work together effectively to solve problems?</p> <p><u>Badminton</u> (Girls only): Serving; return of serve; forehand shots – smash; backhand shots; footwork, court positioning. Which elements of backhand or forehand shots are identified as strengths and weaknesses?</p> <p><u>Table tennis</u> (Boys only): Drives; pushes; footwork; serving; return of serve. Why is the serve the most important shot played in table tennis; and how can it be used to a players’ advantage?</p> | | | | <p><u>Tennis</u> (Girls & boys): Groundstrokes; ready position; volleys; serving; positioning. What advanced techniques and tactics can be applied to outwit your opponent?</p> <p><u>Rounders</u> (Girls only): Bowling; fielding; batting; positioning. How can techniques for batting, bowling and fielding be developed to outwit opponents in rounders?</p> <p><u>Athletics</u> (Boys only): Running; jumping; throwing. What advanced techniques and tactics are required to perform each event with efficiency in athletics?</p> | |

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| KS3 Year 8 6 week rotation (12 lessons) | <p><u>Badminton</u> (Girls & boys): Serving; return of serve; forehand shots – overhead clear, drop shot, underarm clear, drive, net shots.</p> <p>What advanced skills can be used effectively with basic tactics to outwit your opponent?</p> <p><u>Health related fitness</u> (Girls & boys): Components of fitness.</p> <p>How can different components of fitness help to improve overall fitness performance?</p> <p><u>Dance</u> (Girls only): Motif; key movements; balance; body shape; expression.</p> <p>What are the five basic actions in dance? How can a stimulus be used to create a dance performance?</p> <p><u>Netball</u> (Girls only): Footwork; dodging; ball handling; passing; shooting; marking.</p> <p>How can different attacking skills, and defending strategies be used to outwit your opponents in netball?</p> <p><u>Football</u> (Boys only): Ball control; passing – short, long, clearance; shooting – short and long range; dribbling; heading; tackling; marking.</p> <p>What basic skills and techniques are required to outwit your opponent in football?</p> <p><u>Gymnastics</u> (Boys only): Rolls; balances; turns; jumps; travel.</p> <p>What are the key features of a gymnastics routine?</p> | | | | <p><u>Athletics</u> (Girls & boys): Running; jumping; throwing.</p> <p>What are the key skills and techniques required to perform each event with efficiency in athletics?</p> <p><u>Rounders</u> (Girls only): Bowling; fielding; batting.</p> <p>What basic skills and techniques are required to outwit your opposing team in rounders?</p> <p><u>Tennis</u> (Boys only): Groundstrokes; ready position; volleys; serving.</p> <p>Why is the serve important in tennis; and how can basic tactics be used to outwit your opponent?</p> | |
| <p align="center"><u>Year 8: Theory content (delivered throughout all activities)</u></p> <p>Understand the key components of a cool down:</p> <ul style="list-style-type: none"> Pulse lowering; and stretching. <p>Know the physical benefits of a cool down:</p> <ul style="list-style-type: none"> Helps the body's transition back to a resting state; gradually lowers heart rate; gradually lowers body temperature; circulates blood and oxygen; reduces breathing rate; and removes waste products such as lactic acid. <p>Intrinsic factors influencing the risk of injury:</p> <ul style="list-style-type: none"> Physical preparation; individual variables; psychological factors; posture and causes of poor posture; and sports injuries related to poor posture. | | | | | | |

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| KS3 Year 7 6 week rotation (12 lessons) | <p><u>Hockey</u> (Girls & boys): Passing; dribbling; shooting; tackling. What key skills are required to outwit your opposing team in hockey?</p> <p><u>Gymnastics</u> (Girls only): Rolls; balances; turns; jumps; travel. What are the key features of a gymnastics routine?</p> <p><u>Netball</u> (Girls only): Footwork; dodging; ball handling; passing; shooting. What are the basic attacking skills and techniques required to outwit your opposing team?</p> <p><u>Badminton</u> (Girls only): Serving - short and long; return of serve, forehand shots – overhead clear, underarm clear. What key skills are required to outwit your opponent in badminton?</p> <p><u>Dance</u> (Boys only): Aesthetics; balance; body shape; expression. What movements, techniques and sequences are used in boxing as a dance?</p> <p><u>Rugby</u> (Boys only): Handling and carrying; passing; receiving; beating an opponent. What basic skills are required to outwit your opponent in rugby?</p> <p><u>Table tennis</u> (Boys only): Drives; pushes; footwork. What are the differences between pushes and drives? Why is footwork important in table tennis?</p> | | | | <p><u>Athletics</u> (Girls & boys): Running; jumping; throwing. What are the key skills required to perform each event in athletics?</p> <p><u>Tennis</u> (Girls & boys): Groundstrokes; ready position; volleys. What skills are required to outwit your opponent in tennis?</p> | |
| <p><u>Year 7: Theory content (delivered throughout all activities)</u></p> <p>Understand the key components of a warm up:</p> <ul style="list-style-type: none">• Pulse raising; mobility; stretching; dynamic movements; and skill rehearsal. <p>Know the physical benefits of a warm up:</p> <ul style="list-style-type: none">• Warming up muscles / preparing the body for physical activity (including identification of the key muscle groups); body temperature; heart rate; flexibility of muscles and joints; pliability of ligaments and tendons; blood flow and oxygen to muscles; and the speed of muscle contraction. <p>Extrinsic factors influencing the risk of injury:</p> <ul style="list-style-type: none">• Type of activity; coaching / supervision; environmental factors; equipment; and safety hazards. Application to practical examples throughout the year. | | | | | | |