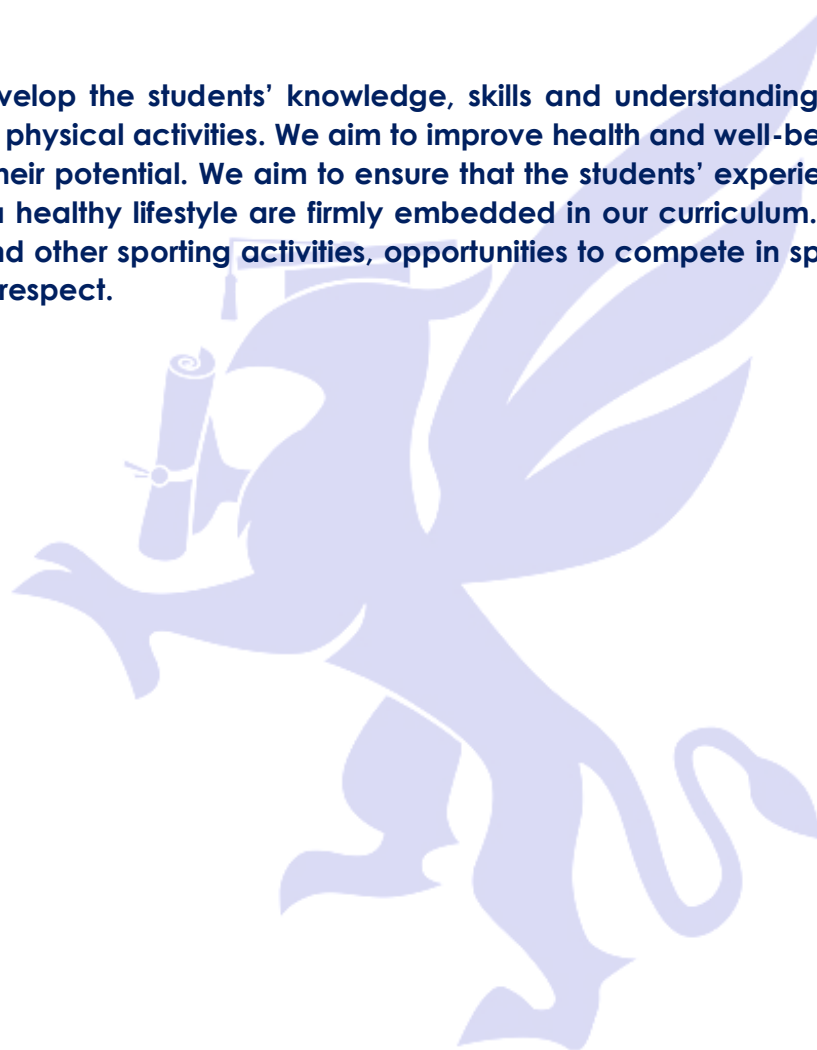


## PHYSICAL EDUCATION CURRICULUM OVERVIEW 2021-2022

Through Physical Education we aim to develop the students' knowledge, skills and understanding, so that they can perform with increasing confidence and competence in a range of physical activities. We aim to improve health and well-being, promote active participation and long-life learning, and for each student to fulfil their potential. We aim to ensure that the students' experience of Physical Education is a positive and motivating and that student's attitudes to a healthy lifestyle are firmly embedded in our curriculum. Our curriculum aims to inspire all pupils to succeed and excel in competitive sport and other sporting activities, opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	THE BIG QUESTION	THE BIG QUESTION	THE BIG QUESTION	THE BIG QUESTION	THE BIG QUESTION	THE BIG QUESTION
	<b>MASTERING STAGE</b> <b>WIDER ROLES WITHIN SPORT.</b>					
YEAR 11 CORE	<b>INVASION GAMES.</b>  <b>What other skills do you use within a game that aren't performance based?</b> <ul style="list-style-type: none"> <li>Maintaining the student's previous knowledge and techniques.</li> <li>Creating and officiating games with peers</li> <li>Developing wider skills that sports can offer; communication, respect, confidence and resilience.</li> <li>Develop a love for sport and life long participation.</li> </ul> <p>Sports covered within the term; Hockey, Handball, Netball, Basketball.</p>	<b>NET/WALL GAMES/HEALTH RELATED FITNESS.</b>  <b>What would you do if touched the net when playing a game and it wasn't picked up on?</b> <ul style="list-style-type: none"> <li>Maintaining the student's previous knowledge and techniques.</li> <li>Creating and officiating games with peers</li> <li>Developing wider skills that sports can offer; communication, respect, confidence and resilience.</li> <li>Develop a love for sport and lifelong participation.</li> </ul> <p>Sports covered within the term; Badminton, Volleyball, Table Tennis, Circuit training, Fitness Suite sessions.</p>	<b>STRIKING AND FIELDING.</b>  <b>What skills are needed to be an effective team player?</b> <ul style="list-style-type: none"> <li>Maintaining the student's previous knowledge and techniques.</li> <li>Creating and officiating games with peers</li> <li>Developing wider skills that sports can offer; communication, respect, confidence and resilience.</li> <li>Develop a love for sport and lifelong participation.</li> </ul>	<b>TRACK AND FIELD.</b>  <b>What actions show good sportsmanship?</b> <ul style="list-style-type: none"> <li>Maintaining the student's previous knowledge and techniques.</li> <li>Creating and officiating games with peers</li> <li>Developing wider skills that sports can offer; communication, respect, confidence and resilience.</li> <li>Develop a love for sport and lifelong participation.</li> </ul> <p>Sports covered within the term; running events/ track, throwing events, jump events.</p>		

			Sports covered within the term; Cricket, Rounders, Softball		
YEAR 11 OCR SPORTS STUDIES	<b>Unit R051: Contemporary issues in sport.</b>  Learners will explore a range of topical and ethical behaviour through sports and the role of high profile sporting events and National Governing Bodies in advancing sports, attempts to positively impact upon society and highlight their worth beyond providing entertainment.	<b>Unit R056: Outdoor activities.</b>  Learners will know about the range of outdoor activities that are available in the UK and able to identify organisations that provide access to these activities. They will also be able to appreciate the reasons why people become involved in these activities and the risks they face when participating. Learners will consider how to plan an activity and how to participate in one. They will gain an understanding of health and safety and risk assessments in outdoor scenarios, of detailed planning for group activity with multiple variables, and will develop their communication, decision-making and leadership skills in challenging scenarios and environment.		<b>Unit R052: Developing sports skills.</b>  Learners will develop their skills, techniques and use tactics/strategies in both an individual and a team sporting activity, as well as their understanding of the rules to allow them to act in a number of officiating roles within an activity. They will also consider the use of different practice methods in order to improve their performance. The unit builds upon the core themes of the National Curriculum for PE education in KS3/4 and offers the learners the opportunity to refine and display skills developed as part of that programme of study.	
	ACCOMPLISHED STAGE				
YEAR 10 CORE	<b>INVASION GAMES.</b>  How does your decision-making impact the whole team performance? <ul style="list-style-type: none"><li>Overloading procession, 3vs2, switching play.</li><li>Whole part whole drill</li></ul>	<b>NET/WALL GAMES.</b>  Why is it important to be unpredictable when playing an opponent? <ul style="list-style-type: none"><li>Game replication to</li></ul>	<b>HEALTH REALATED FITNESS/ TRAMPOLINING.</b>  What makes a good routine on a trampoline?	<b>STRIKING AND FIELDING.</b>  Does tactics take priority over skill and techniques? <ul style="list-style-type: none"><li>Whole part whole drill</li></ul>	<b>TRACK AND FIELD.</b>  Is speed and power more important that technique when it comes to track and field events?

	<ul style="list-style-type: none"> <li>Game replication to improve decision making. <ul style="list-style-type: none"> <li>Officiating games</li> </ul> </li> <li>Giving feedback to peers and self-assessments.</li> </ul> <p>Sports covered within the terms; Hockey, Handball, Netball, Basketball</p>	<p>improve decision making.</p> <ul style="list-style-type: none"> <li>Officiating games</li> <li>Giving feedback to peers and self-assessments.</li> </ul> <p>Sports covered within the term; Badminton, Volleyball, Table Tennis,</p>	<p><b>Which is the most important fitness component?</b></p> <ul style="list-style-type: none"> <li>Giving feedback to peers and self-assessments.</li> <li>Fitness assessments testing.</li> </ul> <p>Circuit training, Fitness Suite sessions.</p> <p>Trampolining</p>	<ul style="list-style-type: none"> <li>Game replication to improve decision making.</li> <li>Officiating games</li> <li>Giving feedback to peers and self-assessments.</li> </ul> <p>Sports covered within the term; Cricket, Rounders, Softball</p>	<ul style="list-style-type: none"> <li>Competitive races / events <ul style="list-style-type: none"> <li>Mini Olympics</li> </ul> </li> <li>Developing skills and techniques.</li> </ul> <p>Sports covered within the term; running events/ track, throwing events, jump events.</p>
<b>YEAR 10 OCR SPORTS STUDIES.</b>	<p><b>Unit R052: Developing sports skills</b></p> <p>Learners will develop their skills, techniques and use tactics/strategies in both an individual and a team sporting activity, as well as their understanding of the rules to allow them to act in a number of officiating roles within an activity. They will also consider the use of different practice methods in order to</p>	<p><b>Unit R051: Contemporary issues in sport.</b></p> <p>Learners will explore a range of topical and ethical behaviour through sports and the role of high profile sporting events and National Governing Bodies in advancing sports, attempts to positively impact upon society and highlight their worth beyond providing entertainment.</p>	<p><b>Unit R053: Developing sports leadership.</b></p> <p>The learners will develop some of the knowledge, understanding and practical skills required to be an effective sports leader and plan, deliver and review safe and effective sporting sessions themselves. They will be encouraged to consider and evaluate their delivery and by doing so, develop their ability to communicate with an audience verbally and through practical demonstrations and to adapt to developing situations and the different needs and abilities to those they are leading.</p>		

	<p>improve their performance. The unit builds upon the core themes of the National Curriculum for PE education in KS3/4 and offers the learners the opportunity to refine and display skills developed as part of that programme of study.</p>				
	<b>DEVELOPING STAGE</b> <b>SPORT SPECIFIC SKILL DEVELOPMENT.</b>				
<b>YEAR 9</b>	<p><b>INVASION GAMES.</b></p> <p><b>How can you impact a game using attacking and defending?</b></p> <ul style="list-style-type: none"> <li>Looking at transitioning from attacking to defending</li> <li>Evaluating positions and their roles within a game.</li> <li>Starting to officiate game and manage small sided games.</li> </ul> <p>Sports covered within the term; Hockey, Handball, Netball, Basketball.</p>	<p><b>NET/WALL GAMES.</b></p> <p><b>How do you utilise a range of shots to influence a game?</b></p> <ul style="list-style-type: none"> <li>Applying specific shots and applying them within a game situation.</li> <li>Develop skills and knowledge to officiate games with peers</li> </ul> <p>Sports covered within the term; Badminton, Volleyball, Table Tennis,</p>	<p><b>HEALTH RELATED FITNESS/ TRAMPOLINING.</b></p> <p><b>What is the most important component of fitness?</b></p> <p><b>What is more important height or technique?</b></p> <ul style="list-style-type: none"> <li>Introduction to trampolining</li> <li>The basic shaped</li> <li>Basic routines</li> <li>Circuit training and</li> </ul>	<p><b>STRIKING AND FIELDING.</b></p> <p><b>Is better to hit the ball into space or with power and not direction?</b></p> <ul style="list-style-type: none"> <li>Applying specific shots and applying them within a game situation.</li> <li>Develop skills and knowledge to officiate games with peers</li> </ul> <p>Sports covered within the term; Cricket, Rounders, Softball</p>	<p><b>TRACK AND FIELD.</b></p> <p><b>What is the hardest event in the heptathlon?</b></p> <ul style="list-style-type: none"> <li>Develop techniques in a range of events</li> <li>Sprint starts</li> <li>Hurdles</li> <li>Throwing events</li> <li>Developing the correct technique in relay transitions.</li> </ul> <p>Sports covered within the term; running events/ track, throwing events, jump events.</p>

			<p>a range of fitness stations.</p> <p>Sports covered within the term. Circuit training, Fitness Suite sessions.</p> <p>Trampolining.</p>		
<p><b>DEVELOPING STAGE</b> <b>FUNDAMENTAL MOVEMENTS: SPACE, TIME AND HEIGHT.</b></p>					
<b>YEAR 8</b>	<p><b>INVASION GAMES.</b></p> <p><b>Do you need use the same skills in all the positions in Invasion Games?</b></p> <ul style="list-style-type: none"> <li>Developing knowledge and understanding to creating space</li> <li>Developing knowledge and understanding to defending</li> <li>Developing knowledge and understanding to shooting and attacking</li> <li>Applying rules of a range of invasion games, and develop a better understanding of game play.</li> </ul> <p>Sports covered within the term; Hockey, Handball, Netball, Basketball.</p>	<p><b>NET/WALL GAMES.</b></p> <p><b>How can you move your opponent to gain an advantage?</b></p> <ul style="list-style-type: none"> <li>Developing knowledge and understanding to creating space</li> <li>Developing knowledge and understanding to defending</li> <li>Developing knowledge and understanding to shooting and attacking</li> <li>Applying rules of a range of invasion</li> </ul>	<p><b>GYMNASTICS/DANCE.</b></p> <p><b>What can make a creative routine and dance composition?</b></p> <ul style="list-style-type: none"> <li>Develop the correct technique when performing rolls</li> <li>Develop the correct technique when performing balances</li> <li>Creating routines with boxes and benches</li> </ul> <p>Elements covered in this term; floor</p>	<p><b>STRIKING AND FIELDING.</b></p> <p><b>Is it better to score 100 runs or catch everyone out?</b></p> <ul style="list-style-type: none"> <li>Developing the range of batting shots and the technique used in playing them.</li> <li>Develop an understanding of the fielding positions and how that impacts on the game.</li> </ul> <p>Sports covered within the term; Cricket, Rounders, Softball</p>	<p><b>TRACK AND FIELD.</b></p> <p><b>What track and field event is the most competitive and why?</b></p> <p>Sports covered within the term; running events/ track, throwing events, jump events.</p>

		<p>games, and develop a better understanding of game play.</p> <p>Sports covered within the term; Badminton, Volleyball, Table Tennis,</p>	<p>routines, balances, transitions, rotations. Box work and flight.</p>		
	<b>EMERGING STAGE</b> <b>FUNDAMENTAL MOVEMENTS: HEIGHT AND TIME.</b>				
<b>YEAR 7</b>	<p><b>INVASION GAMES/ FUNDAMENTALS OF MOVEMENT.</b> What is more important attacking or defending?</p> <p>What are the three main components that make up the fundamental movements for sport?</p> <ul style="list-style-type: none"> <li>• Introduction to creating space</li> <li>• Introduction to defending</li> <li>• Introduction to shooting and attacking</li> <li>• Introduction to basic rules of a range of invasion games.</li> </ul> <p>Sports covered within the term; Hockey, Handball, Netball, Basketball.</p>	<p><b>NET/WALL GAMES.</b> What is more important power or accuracy?</p> <ul style="list-style-type: none"> <li>• Introduction to creating space</li> <li>• Introduction to defending</li> <li>• Introduction to shooting and attacking</li> <li>• Introduction to basic rules of a range of Net/wall games.</li> </ul> <p>Sports covered within the term; Badminton, Volleyball, Table Tennis,</p>	<p><b>GYMNASTICS/ DANCE</b> What is more important strength or aesthetics?</p> <p><b>What makes a good dance routine?</b></p> <ul style="list-style-type: none"> <li>• Introduction to the basic shapes used in gymnastics</li> <li>• Introduction to transitions</li> <li>• Introduction to balances</li> <li>• Introduction to rolls</li> <li>• Creating a basic routine with a range of balances</li> </ul> <p>Elements covered in this term; floor routines, balances, transitions, rotations. Box work and flight.</p>	<p><b>STRIKING AND FIELDING.</b> What is more important striking or fielding?</p> <ul style="list-style-type: none"> <li>• Introduction to batting techniques</li> <li>• Introduction to skills used in fielding.</li> <li>• Introduction to basic rules of a range of invasion games.</li> </ul> <p>Sports covered within the term; Cricket, Rounders, Softball</p>	<p><b>TRACK AND FIELD.</b> What has more skill track or field events? Which events require more skill?</p> <ul style="list-style-type: none"> <li>• Introduction to the field events</li> <li>• Introduction to the throwing events</li> </ul> <p>Sports covered within the term; running events/ track, throwing events, jump events.</p>

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