

## PHYSICAL EDUCATION CURRICULUM OVERVIEW 2023-2024

### PHYSICAL EDUCATION DEPARTMENT INTENT:

Through Physical Education we aim to develop the student's 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 high-quality education 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 WIDER ROLES WITHIN SPORT.</b>					
<b>YEAR 11 CORE</b>	<p><b>INVASION GAMES.</b></p> <p><b>What other skills do you use within a game that aren't performance based?</b></p> <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>	<p><b>NET/WALL GAMES/HEALTH RELATED FITNESS.</b></p> <p><b>What would you do if touched the net when playing a game and it wasn't picked up on?</b></p> <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>	<p><b>STRIKING AND FIELDING.</b></p> <p><b>What skills are needed to be an effective team player?</b></p> <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><b>TRACK AND FIELD.</b></p> <p><b>What actions show good sportsmanship?</b></p> <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	
<b>YEAR 11 OCR SPORTS STUDIES</b>	<p><b>R186: Sports and the media</b></p> <p>This is assessed by a set assignment in this unit you will understand the different sides of a range of media sources and apply real life examples to show the nature of the relationship between media and sport. You will also learn how rapid development in technology is enabling sport to be viewed, replayed and discussed whenever and wherever the spectator wants. You will then develop your ability to evaluate and interpret the different ways in which sport is represented by the media. Topics include; the different sources of media that cover sport, positive effects of the media in sport, negative effects of the media in sport.</p>	<p><b>R184: Contemporary issues in sport</b></p> <p>This is assessed by an exam. By completing this unit you will understand a range of topical and contemporary issues in sport, including learning about participation levels and barriers to completing sporting activities. You will also learn how participation is impacted by the promotion of values and ethical behaviour, about the role of high-profile sporting events, the role of national governing bodies and how technology is used in within sport. Topics include; Issues which affect participation in sport, the role of sport in promoting values, the implications of hosting a major sporting event for a city or country, the role National Governing Bodies (NGBs) play in the development of their sport, the use of technology in sport.</p>			
	<b>ACCOMPLISHED STAGE</b>				
<b>YEAR 10 CORE</b>	<p><b>INVASION GAMES.</b></p> <p>How does your decision-making impact the whole team performance?</p> <ul style="list-style-type: none"> <li>Overloading procession, 3vs2, switching play.</li> <li>Whole part whole drill</li> <li>Game replication to improve decision making.                             <ul style="list-style-type: none"> <li>Officiating games</li> </ul> </li> </ul>	<p><b>NET/WALL GAMES.</b></p> <p>Why is it important to be unpredictable when playing an opponent?</p> <ul style="list-style-type: none"> <li>Game replication to improve decision making.</li> </ul>	<p><b>HEALTH RELATED FITNESS/ TRAMPOLINING.</b></p> <p>What makes a good routine on a trampoline?</p> <p><b>Which is the most important fitness component?</b></p>	<p><b>STRIKING AND FIELDING.</b></p> <p>Does tactics take priority over skill and techniques?</p> <ul style="list-style-type: none"> <li>Whole part whole drill</li> <li>Game replication to improve decision making.</li> <li>Officiating games</li> </ul>	<p><b>TRACK AND FIELD.</b></p> <p>Is speed and power more important that technique when it comes to track and field events?</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>

	<ul style="list-style-type: none"> <li>Giving feedback to peers and self-assessments.</li> </ul> <p>Sports covered within the terms; Hockey, Handball, Netball, Basketball</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>	<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>Giving feedback to peers and self-assessments.</li> </ul> <p>Sports covered within the term; Cricket, Rounders, Softball</p>	<p>Sports covered within the term; running events/ track, throwing events, jump events.</p>
<p><b>YEAR 10 OCR SPORTS STUDIES.</b></p>	<p><b>R185: Performance and leadership in sports activities.</b></p> <p>This is assessed by a set assignment. In this unit you will have an opportunity to develop your skills both as a performer in two different sporting activities, and as a leader, developing a range of transferable skills. You will work both independently and as part of a team, including communicating with team mates as well as being in front of an audience when you perform. You will perform under pressure, both as a participant and as a leader, and will use your initiative to solve problems and make decisions. Finally, you will deal with rapidly changing conditions and situations. Topics include; Key components of performance, applying practice methods to support improvement in a sporting activity, organising and planning a sports activity session, leading a sports activity session, reviewing your own performance in planning and leading a sports activity session.</p>		<p><b>R186: Sports and the media.</b></p> <p>This is assessed by a set assignment in this unit you will understand the different sides of a range of media sources and apply real life examples to show the nature of the relationship between media and sport. You will also learn how rapid development in technology is enabling sport to be viewed, replayed and discussed whenever and wherever the spectator wants. You will then develop your ability to evaluate and interpret the different ways in which sport is represented by the media. Topics include; the different sources of media that cover sport, positive effects of the media in sport, negative effects of the media in sport.</p>		

**DEVELOPING STAGE  
SPORT SPECIFIC SKILL DEVELOPMENT.**

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YEAR 9	<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 a range of fitness stations.</li> </ul> <p>Sports covered within the term. Circuit training, Fitness Suite sessions. Trampolining.</p>	<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>

**DEVELOPING STAGE**  
**FUNDAMENTAL MOVEMENTS: SPACE, TIME AND HEIGHT.**

YEAR 8	<p style="text-align: center;"><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 style="text-align: center;"><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 games, and develop a better understanding of game play.</li> </ul> <p>Sports covered within the term; Badminton, Volleyball, Table Tennis,</p>	<p style="text-align: center;"><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 routines, balances, transitions, rotations. Box work and flight.</p>	<p style="text-align: center;"><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 style="text-align: center;"><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>
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**EMERGING STAGE**  
**FUNDAMENTAL MOVEMENTS: HEIGHT AND TIME.**

EMERGING STAGE FUNDAMENTAL MOVEMENTS: HEIGHT AND TIME.					
YEAR 7	<p><b>INVASION GAMES/ FUNDAMENTALS OF MOVEMENT.</b> <b>What is more important attacking or defending?</b></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> <b>What is more important power or accuracy?</b></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> <b>What is more important strength or aesthetics?</b></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> <b>What is more important striking or fielding?</b></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> <b>What has more skill track or field events? Which events require more skill?</b></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>