

## Physical Education

### Year 7 – 13 Curriculum rationale: Sequencing

TEAMWORK - CHALLENGE - HEALTHLY ACTIVE LIFESTYLE - ENGAGEMENT - SPORTS SCIENCE - FUN

Curriculum intent: The PE department aims to equip students with an understanding of, and acceptance of, health and fitness and respect and teamwork, whilst enabling them to build character through participation in physically demanding activities.

Literacy/Reading/Oracy opportunities: Key words on knowledge organisers, major bones and muscles used in PE.

Yr10-13 theory lessons will focus on key words per topics covered

**Year 7** – Introduction to skills and activity basics: covering H&S, rules and warmups.

**Year 8** - Development of skills with students challenged into a greater depth of understanding covering: tactics, strategies and game play.

**Year 9** – More independent learning with focus on evaluation of performance and leadership.

**Year 10 / 11 Core PE** – Variety and choice to maximise engagement. Development of game play with large focus on fun and 100% participation.

**GCSE PE 2023-2025** – (currently only year 10) AQA with 2 theory and one practical lesson per week. Analysis of performance coursework and 3 sports assessed and filmed in a competitive situation.

**BTEC Sport Level 2** - (currently only year 11 as phasing in new GCSE course) - Component 2 in November / December 2023. External exam in May 2024.

**BTEC Sport Level 3** – Sept / Jan 2024 – Unit 1 Anatomy and Physiology. Feb / July 2024 – Unit 7 Practical sports Performance.

|                                  | Autumn  | Spring   | Summer  |
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| <b>Year 7</b>                    | <p><b>Swimming</b> – Introduction to: Front crawl / Back stroke / Breaststroke / butterfly / starts / turns</p> <p><b>Athletics</b> - 100m 200m ,400m, 800m, 1500m, long jump, high jump, Shot, discuss, javelin, experience competing in differentiated races /groups</p> <p><b>Football</b> – Introduction passing / control / dribbling / shooting / possession / small-sided games / teamwork</p> <p><b>Netball</b> - Introduction to chest / bounce / should pass / footwork / pivot / shoot / court positions / 7 v 7 game play</p> | <p><b>Gym</b> – Introduce Travel and Balance. Basic floor moves (forward and backwards rolls, cartwheel) and balances (individual and Partner)</p> <p><b>Dance</b> – Basic movement patterns to music. Looks at basic styles of dance techniques</p> <p><b>Basketball</b> – Introduction to set shot / lay-up / passing (chest / bounce / javelin) pivot, dribble, 3 v 3 &amp; 5 v 5. man to man &amp; zone defence / rebound</p> <p><b>Trampolining</b> - Introduction to body tension, tuck, pike, straddle, twists, seat drop, front &amp; back drop, Safety, spotting, coaching, sequence, routine</p> | <p><b>Rounders</b> – Introduction to bat, posts, pitch, bowler, bases, fielding positions, types of bowling, scoring, half / full rounders</p> <p><b>Cricket</b> – Introduction to grip and basic forward shots, fielding skills and stepping into bowling techniques</p> <p><b>Orienteering</b> - Introduction into maps, keys and basic orienteering points / waypoints</p> <p><b>Water polo</b> - Introduction to pitch / scoring / passing / shooting / defending / tactics / dribbling</p> |
| Why?                             | <ul style="list-style-type: none"> <li>• Heat index (+30 degrees so safe activity)</li> <li>• Island life / increased chance of sea swimming</li> <li>• Get team sports up and running in the first term – more fixtures</li> </ul>   | <ul style="list-style-type: none"> <li>• Broad and balanced curriculum offer</li> <li>• Balance of Individual and Team sports</li> <li>• Good sequencing from Basic moves in Gym – to development on Trampoline</li> </ul>   | <ul style="list-style-type: none"> <li>• Heat index (+30 degrees so safe activity)</li> <li>• Slightly less activity and more skill-based work in hotter summer months</li> </ul>   |
| How parents / carers can support | <ul style="list-style-type: none"> <li>• YouTube tutorials per skill / per sport</li> <li>• <a href="#">leThe Pull - How To Swim Front Crawl   Freestyle Swimming Technique - YouTube</a></li> <li>• Participate in the activity with your child; e.g. - practice for Sports Day</li> <li>• Look for local sports clubs to join</li> <li>• Encourage afterschool participation</li> </ul>   | <ul style="list-style-type: none"> <li>• YouTube tutorials per skill / per sport</li> <li>• <a href="#">le Changing your Feet in a Lay Up   Basketball - YouTube</a></li> <li>• Participate in the activity with your child</li> <li>• Discuss what they learnt in PE</li> <li>• Look for local sports clubs to join</li> <li>• Encourage afterschool participation</li> </ul>   | <ul style="list-style-type: none"> <li>• YouTube tutorials per skill / per sport</li> <li>• <a href="#">le How to Bowl in Cricket - Part 1   Cricket - YouTube</a></li> <li>• Participate in the activity with your child at home</li> <li>• Discuss what they learnt in PE</li> <li>• Look for local sports clubs to join</li> </ul>   |

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|                                  |  |   | <ul style="list-style-type: none"> <li>Encourage afterschool participation</li> </ul>  |
|                                  | <b>Autumn</b>  | <b>Spring</b>   | <b>Summer</b>  |
| <b>Year 8</b>                    | <p><b>Swimming</b> – Development: Front crawl / Back stroke / Breaststroke / Butterfly / starts / turns / competitions</p> <p><b>Athletics</b> - Development: 100m, 200m, 400m, 800m, 1500m, develop run ups and preparation to long jump, high jump, Shot, discuss, javelin. Further experience competing in differentiated races /groups</p> <p><b>Football</b> – Development: Passing / control / dribbling / shooting / possession / small-sided games. Deeper understanding of positions / defending / attacking / formations.</p> <p><b>Netball</b> - Development: chest / bounce / should pass / footwork / pivot / shoot / court positions / 7 v 7 game play / tactics &amp; strategies / developed rules.</p> | <p><b>Gym</b> – Development: Travel and Balance. Basic flight moves with jumps and landings. Introduction to bigger equipment.</p> <p><b>Dance</b> – Development: Variety of movement patterns to different music. Develop styles of dance techniques</p> <p><b>Basketball</b> - Development: set shot / lay-up / passing (chest / bounce / javelin) pivot, dribble, 4 v 4 and 5 v 5 game play / tactics: man to man &amp; zone defence.</p> <p><b>Trampolining</b> - Development: of basic moves. Safety, spotting, coaching, sequence. Peer Coaching / 6, 8 or 10 bounce sequence with evaluation of peers routine self-evaluation with IPAD.</p> | <p><b>Rounders</b> - Development: of basics from Year 7 – progressing to; rounders scoring systems and tactics / positions of play / strategies / advanced rules and regulations.</p> <p><b>Cricket</b> – Development: from basics to more advanced skills ie jogging into bowling techniques and spin bowling</p> <p><b>Orienteering</b> - Development: into maps, keys and basic orienteering points / waypoints. Challenging courses – using HV when appropriate.</p> <p><b>Water polo</b> - Development: of basic moves and progress of passing / movement / dribbling / tactics / strategies and rules.</p> |
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|               | <b>Autumn</b>  | <b>Spring</b>  | <b>Summer</b>   |
| <b>Year 9</b> | <p><b>Swimming</b> – Development: Front crawl / Back stroke / Breaststroke / Butterfly / starts / turns / competitions. Lifesaving and personal survival.</p> <p><b>Athletics</b> - Development: 100m, 200m, 400m, 800m, 1500m, develop run ups and preparation to long jump, high jump, Shot, discuss, javelin. Further experience competing in differentiated races /groups</p> <p><b>Football or Hockey</b>– Development: Passing / control / dribbling / shooting / possession / small-sided games. Deeper understanding of positions / defending / attacking / formations of game play / strategies.</p> <p><b>Netball</b> - Development: chest / bounce / should pass / footwork / pivot / shoot / court positions / 7 v 7 game play / tactics &amp; strategies / developed rules.</p> <p><b>Evaluation of Performance</b> and increased <b>Leadership</b> opportunities: coaching small groups in hockey / football, leading a lane for technique development in swimming and coaching small groups in Netball.</p> | <p><b>Table Tennis</b> - equipment set up safely / push shot / drive / top spin / back spin. Development: game play / rules / scoring / completions / doubles. Evaluation &amp; Leadership: experience refereeing / coaching / self-evaluation.</p> <p><b>Fitness</b> – Methods of training / Fitness testing / reps &amp; set / recording of results. Development: normative data / Health lifestyles / continuous training / circuit training. Evaluation &amp; Leadership: Personal Exercise Plan / identifying own strengths &amp; weaknesses.</p> <p><b>Volleyball</b> - volley, set, Spike, block, serve. Development: 3 touch volleyball / technique development for efficiency / teamwork / scoring / rules / court regulations. Evaluation &amp; Leadership: experience refereeing / coaching / self-evaluation</p> <p>Additional Options: handball or Lacrosse based on buses, groups size and sets.</p> | <p><b>Basketball</b> - Development: set shot / lay-up / passing (chest / bounce / javelin) pivot, dribble, 4 v 4 and 5 v 5 game play / tactics: man to man &amp; zone defence. Strategies in attack i.e. cut / drive / horseshoe.</p> <p><b>Rounders</b> - Development from Year 8 – progressing to; rounders scoring systems and tactics / positions of play / developed strategies / advanced rules and regulations.</p> <p><b>Cricket</b> – Development into more advanced skills i.e. running into bowling techniques and spin bowling. Range of batting strokes.</p> <p><b>Water polo</b> - Development of moves and progress of passing / movement / dribbling / tactics / strategies and rules. Focus on structured attacks ie wide down wings – then across goal. Refereeing and coaching opportunities within game play.</p> |
| Why?          | <ul style="list-style-type: none"> <li>Pupils to further build on Year 8 work but with greater independence. Year 9's have some options of choice and will be grouped according to sports liked to increase motivation levels.</li> </ul>  | <ul style="list-style-type: none"> <li>New activities to increase motivation to learn a new skill (ie table tennis)</li> </ul>   | <ul style="list-style-type: none"> <li>New activities to increase motivation to learn a new skill ( ie table tennis)</li> </ul>   |

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