

# Curriculum Information

## PE



What I learn about in the curriculum...

Year		Topics	How does this build on from previous learning?	The key concepts we cover
7	Autumn 1	Multi Sports	Ensuring students are organised, understand what is a healthy lifestyle and understand the key social and moral implications of PE are key to lifelong fitness and physical development and so form the building blocks and start of the concept curriculum. This focuses upon 3 key strands.	Organisation Healthy Lifestyle Respect Teamwork Fitness Testing Resilience
	Autumn 2	Football / Badminton / Rugby	Physical development, social development and emotional development.	
	Spring 1	Football / Badminton / Rugby	Organisation is essential and the transition from Primary to Secondary is challenging for students. Students will learn how and why organisation is so important within PE. Teamwork builds upon organisation, ensuring students are understanding and are able to demonstrate the key attributes needed to be and feel part of a successful team.	
	Spring 2	Football / Badminton / Rugby	Fitness Testing builds upon healthy lifestyle, and provides opportunities for students to challenge and develop knowledge of their own physical fitness, physical literacy strengths and areas for physical development.	
	Summer 1	Athletics	Resilience builds upon respect. Knowing perseverance is key within sport and never giving up are key not only to sport but also within life in order to progress and develop, sharing in both success and defeat and treating both equally the same.	
	Summer 2	Rounders/ Softball	<p>Students each follow the same sports over their KS3 journey. This ensures students develop the depth of knowledge needs to master these sports focusing upon motor competencies, technical and tactical knowledge, rules and regulations and "fair play" with a strong SMSC focus.</p> <p>Students will over the course of KS3 follow a 9 week block of Swimming each year over 7-9 building on their KS2 Swimming program as part of a life skills program. In addition students will be taught forest skills in Year 7&amp;8 and Duke of Edinburgh in Year 9.</p>	

8	Autumn 1	Football Handball /Netball Rugby Badminton	<p><b>How does this build on from previous learning?</b></p> <p>Problem solving and mindset build upon the social knowledge in Year 7 ensuring students are able to overcome problems which may happen in sport. Having a strong mindset is key in sport and builds on problem solving , making sure students know why this is a key factor in achieving success in sport.</p> <p>Diet and Nutrition is taught to ensure students know how a healthy balanced diet can improve performance in sport. This information then feeds in to the human body concept and how understanding the mechanics of this are important to achieve both individual and team success.</p> <p>Recognising strengths and areas for improvement through feedback , will allow students to identify strengths and areas for improvement allowing them to make informed decisions on their performance and set goals for physical improvement.</p> <p>Recognising different emotions happen whilst playing sport is key. Students will experience this, and understanding how to harness and use emotions to your advantage is advantageous both as an individual and within a team setting.</p>	<p>Problem Solving Diet and Nutrition Feedback Mindset Human Body Emotions in Sport</p>
	Autumn 2	Football Handball /Netball Rugby Badminton		
	Spring 1	Football Handball /Netball Rugby Badminton		
	Spring 2	Football Handball /Netball Rugby Badminton		
	Summer 1	Athletics		
	Summer 2	Rounders/ Softball		
9	Autumn 1	Football Basketball Handball/Netball Badminton	<p><b>How does this build on from previous learning?</b></p> <p>Leadership and self- awareness are key social attributes needed in sport and builds upon social knowledge in year 7 and 8.</p> <p>Leadership is key within sport by helping others to become better sports people , to inspire others and understanding leadership is something that is inside everyone. Self - awareness is so important and builds upon mindset in Year 8. Understanding how you can improve as a individual and also how your actions</p>	<p>Leadership Components of Fitness Mental Health Self Awareness Training Methods Sports Injuries</p>
	Autumn 2	Football Basketball Handball/Netball Badminton		
	Spring 1	Football Basketball Handball/Netball Badminton		

	Spring 2	Football Basketball Handball/Netball Badminton	<p>can have a positive or negative affect on others and their sporting performance.</p> <p>Components of fitness and training methods are taught in year 9 as a taster of topics which will be taught in KS4 sport examination pathways and so prepare students for this.</p> <p>Sport comprises different components of fitness. Understanding how to develop these through key training methods and schedules will link in to students being able to understand physical aspects they need, in order to understand and pursue lifelong health and fitness.</p>	
	Summer 1	Athletics		
	Summer 2	Rounders/Softball		
10	Autumn 1	Football Trampolining	<p><b>How does this build on from previous learning?</b></p> <p>In year 10 3 key competencies are taught leadership, physical fitness and mental health.</p> <p>This builds upon knowledge in KS3 recognising these 3 key areas are crucial to lifelong health and fitness.</p> <p>Various sub topics on these key areas are taught over year 10 and 11 ensuring students have the breadth and depth of knowledge needed.</p> <p>Different sports are introduced in KS4 allowing students to experience different activities and opportunities within sport.</p> <p>With a number of key sports continued to be taught in Year 10 and Year 11 building on students KS3 knowledge.</p>	<p>Leadership</p> <p>Mental Health</p> <p>Physical Fitness</p>
	Autumn 2	Football Trampolining		
	Spring 1	Handball Basketball Badminton		
	Spring 2	Basketball Handball Football		
	Summer 1	Training Methods Handball Basketball Badminton		

	Summer 2	Striking and Fielding		
11	Autumn 1	Football Trampolining Basketball	<p><b>How does this build on from previous learning?</b></p> <p>The same key sub topics of leadership, physical fitness and mental fitness are taught in Year 11 building on year 10 knowledge. The focus will be on students taking ownership of their learning assessing their performance, and of others and be able to make informed decisions on how they can progress and develop their learning.</p> <p>Students will be able to make informed decisions on their health, recognising the different roles within sport not just practical. And how sport and health and fitness are important to physical social and emotional development.</p>	<p>Leadership Mental Health Physical Fitness</p>
	Autumn 2	Basketball Net/Wall Football		
	Spring 1	Handball Football Invasion Games		
	Spring 2	Net / Wall Futsal		
	Summer 1	Softball Striking and Fielding		
	Summer 2	Striking and Fielding Net / Wall		

	Information
Personal Development within the Curriculum	<p>Students will study a small number of sports over each term over the course of the year. These sports will be revisited over KS3 building on prior learning to deepen knowledge and understanding. Ensuring students have the depth and knowledge needed to master and cement their learning.</p> <p>Some key sports will continue in to KS4 building on knowledge even further, linking in with every increasing and progressive situation to deepen learning.</p> <p>New sports and topics will be introduced in KS4 to add some variety and deeper learning opportunities to the curriculum program. Allowing students to experience new sports and activities, recognising the health and physical benefits these provide, allowing students to develop a life- long love for sport.</p> <p>Swimming will be taught at KS3. Students will receive a 9 -week block of Swimming on a carousel basis. The swimming module builds on the NC PE guidelines at KS2 of students being able to swim 25 metres unaided. The department recognise this subject area is a key life skill, and by revisiting this topic over a 3 year period it is designed to increase and build upon students water confidence, stroke development and individual and team personal survival &amp; lifesaving. The Forest skills and Duke of Edinburgh program provides all students with the opportunity to expand upon the National Curriculum PE guidelines in KS2 for taking part in outdoor and adventurous activities. Key outdoor skills will be developed in Year 7 &amp; 8 with the Duke of Edinburgh module building on this prior learning. Students will have the opportunity to start the Duke of Edinburgh award in KS4 studying the bronze and silver award.</p> <p>A fully and inclusive extra - curricular program will complement the core PE program with students having the opportunity to attend a variety of extra- curricular clubs over KS3 and KS4 with inter and intra sporting opportunities competitions and events.</p>
Extra Curricular Opportunities	<p>A fully extensive extra curricular program will take place over the course of the year. This will change in accordance to sporting seasons and competitions , student voice to ensure a wide variety of extra curricular opportunities, competitions and events are accessible and available to all students.</p> <p>Students will have the study to represent the school in a variety of different competitions and events through a strong inter sports program.</p> <p>A house sports program compliments this allowing students the opportunity to represent their house in whole school events such as sports day and house sporting competitions.</p> <p>Students will have the opportunity to be sports leaders and assist with sporting events working in collaboration with the schools school games organiser.</p> <p>A strong Duke of Edinburgh program is available to students in Years 9-11 allowing them to complete both the Bronze and Silver award.</p>
Assessment	<p>Students will be assessed termly through diagnostic testing which will identify students strengths linking in to the key concepts being studied each term. This will form part of a students overall assessment alongside their practical performance whereby students will be assessed on their performance, technical and tactical knowledge in a number of sports.</p> <p>In KS4 students have the opportunity to complete their examination pathway studying the BTEC Tech Award in Sport <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></p>
Qualification Information	<p>In KS4 students have the opportunity to complete their examination pathway studying the BTEC Tech Award in Sport <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></p>

Ways to Support your Child in  
this subject

Providing sporting opportunities for students to develop their physical, social and emotional development.  
Share in students sporting successes.  
Support students who are studying a KS4 sporting examination program.  
Encourage students to live a healthy lifestyle.