

Curriculum Overview – Physical Education (Key Stage 3 and Key Stage 4 Core)

Overview

Year 7	By the end of year 7, students will understand a variety of skills, techniques and rules in several sports. Furthermore, students will know and understand why the respective rules are in place. They will have been physically active during all Physical Education lessons and be able to demonstrate how to apply skills and techniques during closed skill practices and small sided competitive situations. Students will know why these skills and techniques are used and in which situations. They will be able to lead some stages of a warm-up to small groups and explain its purpose. Students will be able to analyse their own performance and know how to improve their future performance.
Year 8	By the end of year 8, students will practically develop and perform broader range of skills and techniques within their sports. They will know why these skills and techniques are used and in which situations. Students will start to show and have a deeper understanding of rules and start to apply tactics in games situations. Furthermore, students will show a greater knowledge and understanding of why the respective rules and regulations are in place. Students will be able to lead skills sessions to a small group and explain the purpose behind them.
Year 9	Students will consolidate skills and knowledge acquired in year 7 and 8 - being able to demonstrate and apply skills, techniques, tactics and knowledge of rules in competitive game situations. This includes officiating with greater fluency and detailed reference to terminology, rules and techniques within a given sport. Students will make independent decisions when playing to help and influence scores and results. Students will work collaboratively in a team or independently depending on the sport. Students will be able to take small leadership roles, such as leading in warm-ups, choosing roles/positions for teammates or being influential in game situations.
Extra-curricular	Extra-curricular clubs and competitions are offered to students relating to the sports/activities being studied. School, Local, County and National competitions are available, including Sports Day. Club/school links allow pupils to access sports at local clubs. Club coaches deliver 'taster' sessions. Trips give experience of elite level sport and sports facilities in alternative sports including rock climbing, gymnastics, water sports, outdoor education.

Autumn 1 (Weeks 1 – 7)	Autumn 2 (Weeks 8 – 14)		Spring 1 (Weeks 15 – 20)	Spring 2 (Weeks 21 – 25)	Summer 1 (Weeks 26 – 32)	Summer 2 (Weeks 33 – 38)		Student Resources
Rugby Netball Badminton Table tennis <u>CET Core topics</u> <i>Practical performance</i> <i>Leadership</i> <i>Knowledge of Sport</i> <i>Teamwork</i> <i>Communication</i>	Rugby Netball Volleyball Trampolining <u>CET Core topics</u> <i>Practical performance</i> <i>Leadership</i> <i>Knowledge of Sport</i> <i>Teamwork</i> <i>Communication</i>	Key Stage 3 CET Assessment 3) Head - The <i>thinking</i> physical student Cognitive development (Analytical / theoretical understanding)	Football (Boys) HRE Basketball Gymnastics <u>CET Core topics</u> <i>Fitness for sport</i> <i>Health and wellbeing</i> <i>Anatomy and physiology</i> <i>Technology and Media in Sport</i>	Football (Boys) Basketball Mini Tennis <u>CET Core topics</u> <i>Practical performance.</i> <i>Leadership</i> <i>Knowledge of Sport</i> <i>Teamwork</i> <i>Communication</i>	Athletics <u>CET Core topics</u> <i>Practical performance</i> <i>Leadership</i> <i>Knowledge of Sport</i> <i>Teamwork</i> <i>Communication</i>	Football (Girls) Cricket Rounders Handball <u>CET Core topics</u> <i>Practical performance</i> <i>Leadership</i> <i>Knowledge of Sport</i> <i>Teamwork</i> <i>Communication</i>	Key Stage 3 CET Assessment 3) Head - The <i>thinking</i> physical student Cognitive development (Analytical / theoretical understanding)	National Governing Bodies websites: www.thefa.com www.englandrugby.com www.englandnetball.co.uk http://news.bbc.co.uk/sportacademy www.badmintonengland.co.uk www.basketballengland.co.uk www.british-gymnastics.org www.ecb.co.uk www.roundersengland.co.uk Local clubs: Caister Roma football Great Yarmouth and Lowestoft rugby Great Yarmouth athletics Great Yarmouth swimming club Caister Cricket club
Assessment Summative assessment 1) Hands - The <i>doing</i> physical student Practical performance (Technique / application) 2) Heart - The <i>feeling</i> physical student Attitude to learning (motivation and effort)	Continual formative assessment 2) Heart - The <i>feeling</i> physical student Attitude to learning (motivation and effort)		Continual formative assessment	Continual formative assessment	Continual formative assessment	Assessment Summative assessment 1) Hands - The <i>doing</i> physical student Practical performance (Technique / application) 2) Heart - The <i>feeling</i> physical student Attitude to learning (motivation and effort)		

Year 10 / 11 Core PE	Students learn to tackle complex and demanding physical activities. They will get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Students will be taught to use and develop a variety of tactics and strategies to overcome opponents in team and individual games. They will further develop their technique and improve their performance in other competitive sports. They will take part in a range of environments which present intellectual and physical challenges, which encourage them to work in a team, building on trust and developing skills to solve problems, either individually or as a group. They will evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best. There is no formal assessment during this curriculum time.
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