

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 we
	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 use
	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 sit 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 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 in 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 collaborative 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. Clu 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)	thinking physical student understanding)	Student Resources
Rugby	Rugby	Football	Basketball	physical	Athletics	Football (Girls)	stuc	National Governing Bodies websites:
Netball	Netball	HRE	HRE	hys		Cricket		
Badminton	Volleyball	Basketball	Mini Tennis	60		Rounders	ysica ing)	www.thefa.com
Table tennis	Trampolining	Gymnastics / Trampolining	Sport taster	oin			hd_ bne	www.englandrugby.com
Handball	Handball		Football	ed			ing rsta	www.englandnetball.co.uk
				ЧЦ			nde	http://news.bbc.co.uk/sportacademy
<u>CET Core topics</u>	<u>CET Core topics</u>	CET Core topics	CET Core topics	S I	<u>CET Core topics</u>	CET Core topics		www.badmintonengland.co.uk
Practical performance	Practical performance	Fitness for sport	Practical performance.	ands	Practical performance	Practical performance	The tical	www.basketballengland.co.uk
Leadership	Leadership	Health and wellbeing	Leadership	Ha	Leadership	Leadership	e i	www.british-gymnastics.org
Knowledge of Sport	Knowledge of Sport	Anatomy and physiology	Knowledge of Sport	1)	Knowledge of Sport	Knowledge of Sport	Head theor	www.ecb.co.uk
Teamwork	Teamwork	Technology and Media in Sport	Teamwork	ent	Teamwork	Teamwork	$\overline{\mathbf{c}}$	www.roundersengland.co.uk
Communication	Communication		Communication	essm	Communication	Communication		
Continual formative assessment	Continual formative assessment	Continual formative assessment	Continual formative assessment Summative assessment	nce ass	Continual formative assessment	Summative assessment	Assessment 3 .nt (Analytical	Local clubs:
1) Hands	1) Hands	1) Hands		ma -	1) Hands	1) Hands	nei	Caister Roma football
- The <u>doing</u> physical student	- The <u>doing</u> physical student	- The <i>doing</i> physical student	1) Hands	for	- The doing physical student	- The <u>doing</u> physical student	3 CET	Great Yarmouth and Lowestoft rugby
Practical performance	Practical performance	Practical performance (Technique	- The <i>doing</i> physical student	per	Practical performance	Practical performance	see.	Great Yarmouth athletics
(Technique / application)	(Technique / application)	/ application)	Practical performance (Technique / application)	Practical	(Technique / application)	(Technique / application)	/ Stage /e devel	Great Yarmouth swimming club Caister Cricket club
2) Heart	2) Heart	2) Heart	(rechnique / application)	raci	2) Heart	2) Heart	Key nitive	
- The <i>feeling</i> physical student	- The <i>feeling</i> physical student At		2) Heart	З Р	- The <i>feeling</i> physical student	- The <i>feeling</i> physical student	Cogi	
Attitude to learning	titude to learning	Attitude to learning	- The <i>feeling</i> physical student	KS3	Attitude to learning	Attitude to learning	0	
(motivation and effort)	(motivation and effort)	(motivation and effort)	Attitude to learning		(motivation and effort)	(motivation and effort)		
· · ·			(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 evalua 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.								vill evaluate their performances compared to
	previous ones and demonstrate in	mprovement across a range of physic	cal activities to achieve their persor	nal best	. There is no formal assessment du	ring this curriculum time.		

will have been physically active during all Physical Education used and in which situations. They will be able to lead some

situations. Students will start to show and have a deeper ace. Students will be able to lead skills sessions to a small

includes officiating with greater fluency and detailed ively in a team or independently depending on the sport.

Club/school links allow pupils to access sports at local clubs.



