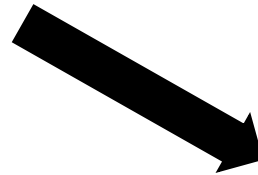
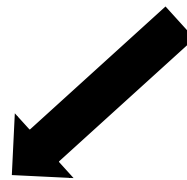


PE 5 Year curriculum Overview

Y7 Aims	
Broader concepts:	
Introduce students to a wide range of activities and basic skills needed to play sport, including games, aesthetics, net and wall, athletics and strike and fielding. Each sport will be delivered half termly.	
Skills:	Knowledge:
Students will be introduced to the basic skills of each sport. This includes:- Passing Receiving Dribbling Shooting Defending Attacking Outwitting opponent Leadership Aesthetics Use of a bat/racket Using correct technique	Students will develop knowledge on the basic skills needed and develop them in how to play each type of sport. Students will develop understanding of basic rules of each sport. Students will gain an introductory knowledge of tactics in each sport. Identify benefits of warming up and cooling down. Names and locations of muscles and bones. Identify short term effects of exercise. Understand sportsmanship and gamesmanship.
Recall: any skills learnt in KS2 (catching, throwing, kicking, running, jumping, body control)	
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf	



Y8 Aims	
Broader concepts:	
Students will continue to develop their basic skills in a broad range of sports from Y7 and work on core skills that are fundamental for each sport. Each sport will be delivered half termly.	
Skills:	Knowledge:
Basic skills will continue to be developed and core skills will be introduced including:- Passing Receiving Dribbling Shooting Defending Attacking Outwitting opponent Leadership Handling Carrying Tackling Putting weight on hands Balances Routines Striking a ball with a bat/racket Serving Spin Rallying Using correct technique	Students will continue to build on knowledge of performing basic skills as well as develop knowledge of core skills in specific sports. Students will increase knowledge of tactics, rules and regulations of each sport. Students will begin to develop leadership skills through warm-ups and officiating. Explain benefits of warming up and cooling down. Names and locations of muscles and bones. Explain short term effects of exercise. Explain sportsmanship and gamesmanship.
Recall: any basic skills learnt in Y7	
Passing, receiving, dribbling, shooting, attacking, defending, aesthetics, use of racket/bat, correct technique.	



Y9 Aims	
Broader concepts:	
During Y9 students will continue to develop core skills and also focus on developing their advanced skills in sport. Students will take on leadership and officiating roles within lessons to increase confidence and interpersonal skills. Each sport will be delivered half termly. In Y9, pupils also experience taster sessions of our exam courses over a 2 week period to help inform them of their choices and help bridge the transition from KS3 to KS4.	
Skills:	Knowledge:
Core skills will continue to be developed and advanced skills will be introduced including:- Passing Receiving Dribbling Shooting Defending Attacking Outwitting opponent Leadership Handling Carrying Tackling Putting weight on hands Balances Routines Striking a ball with a bat/racket serving Spin Rallying Using correct technique Backhand shots Volleys Aerials Falling shots Formations and positions.	Students will be challenged to increase knowledge in advanced skills. Students will regularly learn how to apply tactics in competitive situations. Students will regularly be given leadership and officiating responsibility. Justify benefits of warming up and cooling down. Names and locations of muscles and bones. Justify short term effects of exercise. Justify sportsmanship and gamesmanship.
Recall: any core skills learnt in Y8	
Passing, receiving, dribbling, shooting, defending, attacking, outwitting opponent, leadership, handling, carrying, tackling, putting weight on hands, balances, routines, striking a ball with a bat/racket, using correct technique.	

PE 5 Year curriculum Overview



Broader concepts:	
<p>In Y10 students will chose one of three pathway options:</p> <ol style="list-style-type: none"> 1. GCSE PE [5 hours] 2. Cambridge National Sport Science [5 hours] 3. Core PE [2 hours] 	
<p>Skills:</p>	<p>Knowledge:</p>
<p>GCSE PE Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. Interpreting figures and data. Plotting and describing graphs.</p> <p>Cambridge National Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently. Analyse exam questions and develop exam technique.</p> <p>Core PE Use and develop a variety of tactics and strategies to overcome opponents in team and individual games. Develop their technique and improve their performance in other competitive sports, or other physical activities. Are physically active for sustained periods of time and lead healthy, active lives.</p>	<p>Skeletal System Muscular System Movement Analysis Cardiovascular System Respiratory System Short/Long term effects Components of Fitness Principles of Training Training Methods Warm-ups / Cool downs Preventing injury in Sport</p> <p>Identify principles of training Identify methods of training Fitness tests Develop a fitness programme Factors which influence the risk of injury Benefits of a warm-up & cool-down How to respond to injuries Medical conditions</p> <p>Students will be challenged to increase ability and knowledge in advanced skills. Students will regularly learn how to apply tactics in competitive situations. Students will regularly be given leadership and officiating responsibility. Students will learn about healthy living and active lifestyles.</p> <p>We hope this helps them later in life to live and lead healthy active lifestyles.</p>
<p>Recall: Advanced skills from year 9 and knowledge related to the theory content of our exam courses.</p>	
<p>Passing, receiving, dribbling, shooting, defending, attacking, outwitting opponent, leadership, handling, carrying, tackling, putting weight on hands, balances, routines, striking a ball with a bat/racket serving, spin, rallying, using correct technique, backhand shots, volleys, aerials, falling shots, formations and positions.</p> <p>Justify benefits of warming up and cooling down, names and locations of muscles and bones, justify short term effects of exercise, justify sportsmanship and gamesmanship.</p>	

Y10 Aims

Work Hard | Be Kind | Aim High | Show GRIT

PE 5 Year curriculum Overview



Broader concepts:	
<p>In Y11 students will continue their chosen pathway:</p> <ol style="list-style-type: none"> 1. GCSEP PE [5 hours] 2. Cambridge National Sport Science [5 hours] 3. Core PE [2 hours] 	
Skills:	Knowledge:
<p>GCSE PE Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently.</p> <p>Cambridge National Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently.</p> <p>Core PE Use and develop a variety of tactics and strategies to overcome opponents in team and individual games. Develop their technique and improve their performance in other competitive sports, or other physical activities. Are physically active for sustained periods of time and lead healthy, active lives.</p>	<p>Classification of Skills Goal Setting Mental Prep Guidance & Feedback AEP - Coursework Engagement in Sport Commercialisation Ethics in Sport Health, Fitness & Wellbeing</p> <p>Know the components of the musculo-skeletal and cardio-respiratory systems, their functions and roles. Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness. Be able to assess short-term effects and long-term effects on the musculo-skeletal and cardio-respiratory systems. Know about the nutrients needed for a healthy, balanced diet. Understand the importance of nutrition in sport. Know about the effects of a poor diet on sports performance. Develop diet plans for performers.</p> <p>Students will be challenged to increase ability and knowledge in advanced skills. Students will regularly learn how to apply tactics in competitive situations. Students will regularly be given leadership and officiating responsibility. Students will learn about healthy living and active lifestyles.</p> <p>We hope this helps them later in life to live and lead healthy active lifestyles.</p>
<p>Recall: Advanced skills from year 9/year 10 and knowledge related to the theory content of our exam courses.</p>	
<p>Passing, receiving, dribbling, shooting, defending, attacking, outwitting opponent, leadership, handling, carrying, tackling, putting weight on hands, balances, routines, striking a ball with a bat/racket serving, spin, rallying, using correct technique, backhand shots, volleys, aerials, falling shots, formations and positions.</p> <p>Justify benefits of warming up and cooling down, names and locations of muscles and bones, justify short term effects of exercise, justify sportsmanship and gamesmanship.</p>	

Y11 Aims

Work Hard | Be Kind | Aim High | Show GRIT