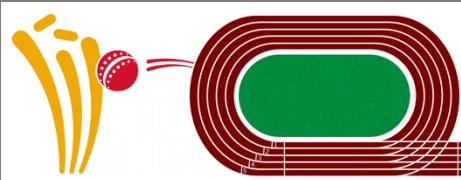


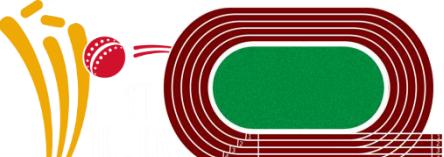


Physical Education

Year 7 (KS3 PE – Focus: Skill Development)

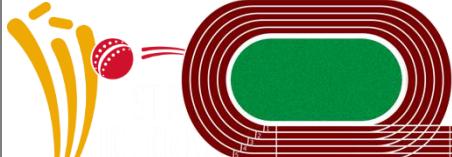
Autumn Term	Spring Term	Summer Term
Half Term 1	Half Term 3	Half Term 5
 <ul style="list-style-type: none"> • Handball (Boys) • Netball (Girls) • Basketball (Mixed) • Health & Wellbeing – Baseline (All pupils) <p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	 <ul style="list-style-type: none"> • Badminton (Boys & Girls) • Football (Mixed) • Health & Wellbeing – Movement & Balance through Dance (All pupils) <p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. • Develop their technique and improve their performance in other competitive sports. • Perform dances using advanced dance techniques within a range of dance styles and forms. 	 <ul style="list-style-type: none"> • Striking & Fielding (All pupils) • Athletics (All pupils) <p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports. • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
Half Term 2	Half Term 4	Half Term 6
 <ul style="list-style-type: none"> • Basketball (Boys) • Football (Girls) • Netball (Mixed) • Health & Wellbeing - Cardiovascular fitness through OAA (All pupils) <p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems (Individual/group) 	 <ul style="list-style-type: none"> • Table Tennis (Boys & Girls) • Badminton (Mixed) • Athletics (All pupils) <p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports. • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. 	 <ul style="list-style-type: none"> • Touch Rugby (Boys) • Handball (Girls) • Handball (Mixed) • Health & Wellbeing – Coordination through games (All pupils) <p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. • Develop their technique and improve their performance in other competitive sports.

Year 8 (KS3 PE – Focus: Tactics & Strategies)

Autumn Term	Spring Term	Summer Term
Half Term 1	Half Term 3	Half Term 5
 <ul style="list-style-type: none"> Rugby (Boys) Netball (Girls) Basketball (Mixed) Health & Wellbeing - Baseline (All pupils) 	 <ul style="list-style-type: none"> Badminton (Boys & Girls) Football (Mixed) Health & Wellbeing – Movement & Balance through Dance (All pupils) 	 <ul style="list-style-type: none"> Striking & Fielding (All pupils) Athletics (All pupils)
KS3 National Curriculum Links <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	KS3 National Curriculum Links <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports. Perform dances using advanced dance techniques within a range of dance styles and forms. 	KS3 National Curriculum Links <ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
Half Term 2	Half Term 4	Half Term 6
 <ul style="list-style-type: none"> Basketball (Boys) Football (Girls) Netball (Mixed) Health & Wellbeing - Cardiovascular fitness through OAA (All pupils) 	 <ul style="list-style-type: none"> Table Tennis (Boys & Girls) Badminton (Mixed) Athletics (All pupils) 	 <ul style="list-style-type: none"> Handball (Boys & Girls) Handball (Mixed) Health & Wellbeing – Coordination through games (All pupils)
KS3 National Curriculum Links <ul style="list-style-type: none"> Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems (Individual/group) 	KS3 National Curriculum Links <ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. 	KS3 National Curriculum Links <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. Develop their technique and improve their performance in other competitive sports.

Curriculum Pathway 2023-2024
Physical Education

Year 9 (KS3 PE – Focus: Analysis & Feedback)

Autumn Term	Spring Term	Summer Term
Half Term 1	Half Term 3	Half Term 5
 <ul style="list-style-type: none"> • Rugby (Boys) • Netball (Girls) • Basketball (Mixed) • Health & Wellbeing - Baseline (All pupils) 	 <ul style="list-style-type: none"> • Badminton (Boys & Girls) • Football (Mixed) • Health & Wellbeing – Movement & Balance through gym (All pupils) 	 <ul style="list-style-type: none"> • Striking and Fielding (All pupils) • Athletics (All pupils)
KS3 National Curriculum Links	KS3 National Curriculum Links	KS3 National Curriculum Links
<ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. • Develop their technique and improve their performance in other competitive sports. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. • Perform dances using advanced dance techniques within a range of dance styles and forms. 	<ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports. • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
Half Term 2	Half Term 4	Half Term 6
 <ul style="list-style-type: none"> • Basketball (Boys) • Football (Girls) • Netball (Mixed) • Health & Wellbeing - Cardiovascular fitness through OAA (All pupils) 	 <ul style="list-style-type: none"> • Table Tennis (Boys & Girls) • Badminton (Mixed) • Athletics (All pupils) 	 <ul style="list-style-type: none"> • Handball (Boys & Girls) • Handball (Mixed) • Health & Wellbeing – Coordination through games (All pupils)
KS3 National Curriculum Links	KS3 National Curriculum Links	KS3 National Curriculum Links
<ul style="list-style-type: none"> • Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems (Individual/group) • Analyse their performances. 	<ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports. • Analyse their performances. 	<ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. • Develop their technique and improve their performance in other competitive sports. • Analyse their performances.

Curriculum Pathway 2023-2024
Physical Education

Year 10 (KS4 Core PE – Focus: Leadership through Sport)

Autumn Term	Spring Term	Summer Term
Half Term 1	Half Term 3	Half Term 5
  	  	 
Rugby Netball Fitness Basketball	Badminton Kinball Volleyball Fitness	Athletics Cricket Rounders Fitness
Preparation for activity (i.e. warm ups) <ol style="list-style-type: none"> 1. Pulse raisers 2. Stretches 3. Skill based warm ups 4. Warm up delivery 5. Warm up delivery 6. Warm up delivery 	Safety/risk assessment <ol style="list-style-type: none"> 1. Potential hazards 2. Actions to reduce risk 3. Importance of warming up 4. Importance of correct clothing (inc. jewellery, not chewing gum etc) 5. Sportsmanship/fair play 6. SALTAPS (pupil response to injury) 	Officiating <ol style="list-style-type: none"> 1. Rules 2. Timing 3. Scoring 4. Officiating 5. Officiating 6. Officiating
KS4 National Curriculum Links <ul style="list-style-type: none"> • Use and develop a variety of tactics and strategies to overcome opponents in team and individual games 	KS4 National Curriculum Links <ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports • Use and develop a variety of tactics and strategies to overcome opponents in team and individual games 	KS4 National Curriculum Links <ul style="list-style-type: none"> • Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best • Develop their technique and improve their performance in other competitive sports
Half Term 2	Half Term 4	Half Term 6
  	  	  
Football Basketball OAA/Problem solving Fitness	Dance Table tennis Athletics Fitness	Tennis Handball Softball Fitness
Effective Communication <ol style="list-style-type: none"> 1. Verbal 2. Non-verbal (hand signals) 3. Use of a whistle 4. Positioning 5. Group management 6. Voice projection 	Coaching and planning drills <ol style="list-style-type: none"> 1. Drills set up (equipment) 2. Coaching principles 3. Coaching delivery 4. Coaching delivery 5. Coaching delivery 6. Coaching delivery 	Competition <ol style="list-style-type: none"> 1. Team selection 2. Formats 3. Competition 4. Competition 5. Competition 6. Competition

Curriculum Pathway 2023-2024
Physical Education

KS4 National Curriculum Links	KS4 National Curriculum Links	KS4 National Curriculum Links
<ul style="list-style-type: none">• Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group• Use and develop a variety of tactics and strategies to overcome opponents in team and individual games	<ul style="list-style-type: none">• Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best	<ul style="list-style-type: none">• Use and develop a variety of tactics and strategies to overcome opponents in team and individual games

Curriculum Pathway 2023-2024
Physical Education

Year 11 (KS4 Core PE – Focus: Sport Education linked to Fitness)

Autumn Term	Spring Term	Summer Term
Half Term 1	Half Term 3	Half Term 5
  	  	 
Rugby Basketball Netball Fitness	Badminton Kinball Volleyball Fitness	Option(s)
Cardiovascular fitness	Flexibility	Coordination
KS4 National Curriculum Links <ul style="list-style-type: none"> Use and develop a variety of tactics and strategies to overcome opponents in team and individual games 	KS4 National Curriculum Links <ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports Use and develop a variety of tactics and strategies to overcome opponents in team and individual games 	KS4 National Curriculum Links <ul style="list-style-type: none"> Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best Develop their technique and improve their performance in other competitive sports
Half Term 2	Half Term 4	Half Term 6
  	  	
Football Basketball OAA/Problem solving Fitness	Dance Table tennis Athletics Fitness	
Strength	Agility	
KS4 National Curriculum Links <ul style="list-style-type: none"> Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	KS4 National Curriculum Links <ul style="list-style-type: none"> Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	KS4 National Curriculum Links

Year 10 Cambridge Nationals: Sport Science

Autumn Term	Spring Term	Summer Term
<p>Half Term 1</p> <p>R181: Applying the Principles of Training</p> <ul style="list-style-type: none"> • Topic Area 1: Components of fitness applied in sport • 1.1 – Relevance of components of fitness to different sports • 1.2 – Assess components of fitness 	<p>Half Term 1</p> <p>R181: Applying the Principles of Training</p> <ul style="list-style-type: none"> • 2.2 – Methods of training and their benefits • Topic Area 3: Organising and planning a fitness training programme • 3.1 – Factors when designing a fitness training programme • 3.2 – Planning a fitness training programme 	<p>Half Term 1</p> <p>R183: Nutrition and sports performance</p> <ul style="list-style-type: none"> • Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan • 1.1 Characteristics of a balanced nutrition plan • 1.2 The role of nutrients in sports and their sources
<p>Half Term 2</p> <p>R181: Applying the Principles of Training</p> <ul style="list-style-type: none"> • 1.3 – Application of components of fitness to skill performance • Topic Area 2: Principles of Training in Sport • 2.1 – Principles of training and goal setting in a sporting context 	<p>Half Term 2</p> <p>R181: Applying the Principles of Training</p> <ul style="list-style-type: none"> • 3.3 – Recording results from fitness training programme • Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme • 4.1 – Effectiveness of a fitness training programme 	<p>Half Term 2</p> <p>R183: Nutrition and sports performance</p> <ul style="list-style-type: none"> • Topic Area 2: Applying differing dietary requirements to varying types of sporting activity • 2.1 The dietary requirements of endurance/aerobic activities • 2.2 The dietary requirements of short intense/anaerobic activities • 2.3 The dietary requirements of strength based activities

Year 11 Cambridge Nationals: Sports Science

Autumn Term	Spring Term	Summer Term
<p>Half Term 1 R183: Nutrition and sports performance</p> <ul style="list-style-type: none"> • Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity • 3.1 – How to design and develop a balanced nutrition plan • 3.2 – Key factors when considering the success / impact of a nutrition plan • Topic Area 4: How nutritional behaviours can be managed to improve sports performance • 4.1 – The effect of overeating on sports performance • 4.2 – The effects of undereating on sports performance • 4.3 – The effect of dehydration on sports performance 	<p>Half Term 1 R180: Reducing the risk of sports injuries and responding to common medical conditions</p> <ul style="list-style-type: none"> • 2.2 – Physiological and psychological benefits of a warm up • 2.3 – Key components of a cool down • 2.4 – Physiological benefits of a cool down • Topic Area 3: Different types and causes of sports injuries • 3.1 – Acute injuries • 3.2 – Chronic injuries 	<p>Half Term 1 R180: Reducing the risk of sports injuries and responding to common medical conditions</p> <ul style="list-style-type: none"> • Topic Area 5: Causes, symptoms and treatment of medical conditions • 5.1 – Asthma • 5.2 – Diabetes • 5.3 – Epilepsy • 5.4 – Sudden cardiac arrest (SCA) • 5.5 – Other medical conditions • Revision
<p>Half Term 2 R180: Reducing the risk of sports injuries and responding to common medical conditions</p> <ul style="list-style-type: none"> • Topic Area 1: Different factors which influence the risk and severity of injury • 1.1 – Extrinsic factors • 1.2 – Intrinsic factors • Topic Area 2: Warm up and cool down routines • 2.1 – Key components of a warm up 	<p>Half Term 2 R180: Reducing the risk of sports injuries and responding to common medical conditions</p> <ul style="list-style-type: none"> • Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions • 4.1 – Measured taken before/after sport to reduce risk and severity of injury • 4.2 – Responses and treatment to injuries/medical conditions in a sporting context 	<p>Half Term 2</p> <ul style="list-style-type: none"> • Exam (May/June)