



## **Early Years Foundation Stage**

### **Moving and Handling**

All children should be able to:

- Experiment with different ways of moving
- Jumps off an object and lands appropriately
- Negotiates spaces successfully when playing  
Racing and chasing games, adjust speed and  
Change directions to avoid obstacles
- Travels with confidence and skill around,  
Under, over and through balancing and climbing  
Equipment
- Shows increasing control over an object in pushing  
Patting, throwing, catching or kicking it

Children show good control and coordination in large and small movements, They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Children can hop confidently and skip in time to music.

Children show some understanding that good practices with regard to exercise, eating sleeping and hygiene can contribute to good health.

Shows understanding of the need for safety when tackling new challenges and considers and manages some risk

Shows understanding of how to transport and store equipment safely

Practice some appropriate safety measures without direct supervision

Children know about and can make healthy choices in relation to healthy eating and exercise. They can dress and undress independently.

RECEPTION Term 1	Half Term 1 Sep - October		Half Term 2 October - December	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Movement	Movement	Netball	Dance / Gym
Core Skill	Agility, Balance, Coordination		Agility, Coordination Throwing / Catching /Running	Balance, Coordination
Technique Focus	Navigating space safely and changing direction Making shapes with bodies.		Bounce / Push Pass Teamwork	Balances, Shape Making
Competition	Small warm up games / tag etc		Individual challenge Small team games	Performance of work
Healthy Active Lifestyles			Pupils will understand safety features of a PE lesson; warm up, clothing, drink and shoes	

RECEPTION Term 2	Half Term 3 Jan - Feb		Half Term 4 Feb - April	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
<b>Sport Focus</b>	<b>Basketball</b>	<b>Football</b>	<b>Dance / Gym</b>	<b>Volleyball</b>
Core Skill	Agility	Agility, Balance, Coordination	Balance	Coordination
Technique Focus	Bounce Pass Teamwork	Kicking, Shooting, Team work	Individual and Paired Balances / Basic Rolls	Working around a net, throwing and catching over a net
Competition	Mini Games Self Challenge	Mini Games Self Challenges	Performance of work	Mini Games Self Challenge
Healthy Active Lifestyles	Pupils will understand what happens in a warm up and be able to contribute to a class warm up		Pupils will understand that we have muscles and bones that help us move and be able to point to where they are	

RECEPTION Term 3	Half Term 5 April - Jun		Half Term 6 Jun - Jul	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
<b>Sport Focus</b>	<b>Athletics</b>	<b>Athletics</b>	<b>Rounders</b>	<b>Cricket</b>
Core Skill	Agility, Balance, Coordination		Throwing / Catching Coordination	Throwing / Catching Coordination
Technique Focus	Sprinting, Shot Put, Javelin, Long Jump		Batting and Fielding Staying on a base	Batting and Fielding Running between wickets
Competition	Direct competition Beating personal bests		Team Games Self challenges	Team Games Self challenges
Healthy Active Lifestyles	Pupils will understand that PE lessons make is health and must be linked with healthy eating and hygiene		Pupils will understand and demonstrate how to care for and carry equipment safely	
Performance Analysis	I can... Pupils make statements	I can Pupils make statements	I am good at... Pupils make statements	I am good at... Pupils make statements



## **Key Stage 1**

### **Purpose of study**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.



### **Pupils should be taught to:**

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Year 1 Term 1	Half Term 1 Sep - October		Half Term 2 October - December	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
<b>Sport Focus</b>	<b>Football</b>	<b>Cross Country / Fitness</b>	<b>Hockey</b>	<b>OAA</b>
Core Skill	Balance, Coordination, Agility	Endurance, Strength,	Balance, Coordination, Agility	Endurance, Problem Solving
Technique Focus	Passing /Receiving Ball Control Dribbling and Moving	Pace, Technique of fitness activities	Ball Control Push / Slap Pass	Team Building Games
Competition  External Comp	1 v 1, Small games	Personal competition Personal bests	1 v1, small games	Personal and Team comps
Healthy Active Lifestyles	Pupils will be able to name the main bones in the body; Femur, tibia, fibula, humerus, ulna, radius		Pupils will be able to recall healthy and unhealthy food choices	
Performance Analysis	I can statements	I can statements	I can statements	I can statements

Year 1 Term 2	Half Term 3 Jan - Feb		Half Term 4 Feb - April	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Gym / Dance	Basketball / Badminton	Tag Rugby	Netball
Core Skill	Flexibility, Strength, Coordination, balance	Agility, Coordination	Power, Endurance, Agility,	Agility, Coordination, Speed
Technique Focus	Jumps, Balances Timing, Movement	Ball Control, Dribbling Serving, Rallying	Ball Control Tag Tackling	Passing, Dodging
Competition	Group Routines Personal Performances	1 v 1, mini games	Mini games, 1 v1	1 v1, mini games
Healthy Active Lifestyles	Pupils will be able to name the main muscles in the body, bicep, tricep. Hamstring, quadriceps, abdominals		Pupils will understand the physical importance of exercise and be able to recall why we need to do it	
Performance Analysis	I can statements	I can improve on statements	I can statements	I can improve on statements....



Year 1 Term 3	Half Term 5 April - Jun		Half Term 6 Jun - Jul	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Athletics	Athletics	Cricket	Rounders
Core Skill	Agility, Balance, Coordination, Flexibility, Strength, Speed, Safety		Agility, Coordination, Speed, Decision Making	Agility, Coordination, Speed, Decision Making
Technique Focus	Sprint, Long Distance, Relay Long Jump, Shot Put, Javelin		Throwing and Catching Scoring Runs Batting	Throwing and Catching Navigating Bases Batting
Competition	Personal and Direct competition Beating personal bests		Team and paired games	Mini Games
Healthy Active Lifestyles	Pupils will understand why we warm up and be able to create their own		Pupils will understand that we breathe in oxygen into our lungs and the heart pumps blood around the body	
Performance Analysis	I can statements		I can improve on.. statements	I can improve on ...statements

Year 2 Term 1	Half Term 1 Sep - October		Half Term 2 October - December	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
<b>Sport Focus</b>	<b>Basketball</b>	<b>Tag Rugby</b>	<b>Netball</b>	<b>OAA</b>
Core Skill	Speed, Balance, Coordination, Agility	Power, Agility, Speed	Coordination, Speed, Agility, Balance	Agility, Speed, Endurance
Technique Focus	Ball Control, Passing, Receiving, Intercepting	Ball Control, Tag Tackling, Dodging, Scoring a Try	Passing, Dodging and Marking, Hi 5 Netball structure	Team Building Games Orienteering
Competition  External Comp	Up to 5 a side games	Up to 5 a side games	Up to 5 a side games	Personal and team challenges
Healthy Active Lifestyles	Pupils will be able to recall more advanced bones including vertebrae, cranium, scapula and clavicle		Pupils will understand that our body needs food to create energy and why this is important in PE	
Performance Analysis	I can statements	I need to improve on statements	I can statements	I need to improve on statements

Year 2 Term 2	Half Term 3 Jan - Feb		Half Term 4 Feb - April	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
<b>Sport Focus</b>	<b>Football</b>	<b>Cross Country / Fitness</b>	<b>Gym / Dance</b>	<b>Hockey / Badminton</b>
Core Skill	Agility, Speed, Coordination, Power	Speed, Endurance, Strength	Flexibility, Balance, coordination	Agility, Coordination, power, Endurance
Technique Focus	Ball Control Passing and Moving Dribbling		Rolls, Routine Work, Advanced Balances	Ball Control, Intercepting, shooting Service, Rally, Scoring
Competition	Up to 5 a side games	Personal Challenges, Races etc	Group and individual performances	Up to 5 a side games
Healthy Active Lifestyles	Pupils will be able to name more advanced muscles including gastrocnemius, gluteus maximus, deltoids		Pupils will understand the social benefits of exercise and why it's important	
Performance Analysis	Recognising strengths in another's performance	Recognising weakness in another's performance	Recognising strengths in another's performance	Recognising weakness in another's performance

Year 2 Term 3	Half Term 5 April - Jun		Half Term 6 Jun - Jul	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Athletics	Athletics	Rounders	Cricket
Core Skill	Speed, Endurance, Power, Strength		Speed, Coordination, Power	Speed, Coordination, Power
Technique Focus	Sprint, Long Distance, Relay Long Jump, Shot Put Javelin		Bowling Stumping	Bowling Fielding Technique
Competition	House Competition for Sports Day Achieving Personal Bests, Races and throwing comps.		Batting Vs Fielding Teams, Mini competition in skill work	Batting Vs Fielding Teams, Mini competition in skill work
Healthy Active Lifestyles	Pupils will independently create and carry out warm ups within small groups		Pupils will understand that we have red blood cells that carry oxygen to our muscles when we need it	
Performance Analysis	Recognising strengths in another's performance Recognising weakness in another's performance		Recognising weakness in another's performance	Recognising strengths in another's performance



## Key Stage 2

**Purpose of study** Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.



## **Pupils should be taught to:**

- Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.



## **Swimming and Water Safety**

### **Pupils should be taught to:**

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

### **EXTERNAL PROVISION IN YEARS 3 AND 4 TO MEET NATIONAL STANDARDS**

Year 3 Term 1	Half Term 1 Sep - October		Half Term 2 October - December	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
<b>Sport Focus</b>	<b>Fitness</b>	<b>Tag Rugby / OAA</b>	<b>Football</b>	<b>Dance / Gym</b>
Core Skill	Speed, Strength, Endurance	Power, Endurance, Speed, Agility	Balance, Coordination, Agility	Flexibility, Balance, Coordination
Technique Focus			Ball Control / movement Shooting	Flight, use of equipment
Competition  External Comp	Personal Bests	Mini Games Team work challenges	5 v 5, team challenges	Individual and Group Performances
Healthy Active Lifestyles	Pupils will be able to identify difficult bones - mandible, talus, pelvis, sternum		Pupils will understand that when we breathe, we are providing oxygen to help make energy	
Performance Analysis	Basic comparison of two performances - strengths	Basic comparison of two performances - strengths	Basic comparison of two performances - weakness	Basic comparison of two performances - weakness



Year 3 Term 2	Half Term 3 Jan - Feb		Half Term 4 Feb - April	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
<b>Sport Focus</b>	<b>Badminton</b>	<b>Netball</b>	<b>Basketball</b>	<b>Hockey</b>
Core Skill	Coordination, Reaction Time, Power	Agility, Speed, Endurance, Coordination	Balance, Agility, Coordination	Agility, Speed, Coordination, Balance
Technique Focus				
Competition	Singles, Doubles	5v5, mini games	5v5, mini games	5v5, mini games
Healthy Active Lifestyles	Pupils will be able to identify difficult muscles - tibialis anterior, latissimus dorsi, rotator cuff, pectorals		Pupils will understand the mental benefits of exercise and why we must participate in PE and sport outside of school	
Performance Analysis	Basic comparison of two performances - strengths	Basic comparison of two performances - strengths	Basic comparison of two performances - weakness	Basic comparison of two performances - weakness

Year 3 Term 3	Half Term 5 April - Jun		Half Term 6 Jun - Jul	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
<b>Sport Focus</b>	<b>Athletics</b>	<b>Athletics</b>	<b>Rounders / Cricket</b>	<b>Tennis</b>
Core Skill	Speed, Endurance, Strength, Power	Speed, Endurance, Strength, Power	Speed, Coordination, Reaction Time	Speed, Coordination, Reaction Time
Technique Focus				
Competition	Personal Bests, Direct Competition, House competition, Races		Team Competition, task based challenges	Singles, Doubles
Healthy Active Lifestyles	Pupils will create warm ups and lead small groups of peers		Pupils will understand the difference between oxygenated and deoxygenated blood	
Performance Analysis	Suggest self improvements in technique	Suggest self improvements in technique	Suggest improvements for others in technique	Suggest improvements for others in technique

Year 4 Term 1	Half Term 1 Sep - October		Half Term 2 October - December	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
<b>Sport Focus</b>	<b>OAA /Tag Rugby</b>	<b>Basketball</b>	<b>Fitness / Cross Country</b>	<b>Badminton</b>
Core Skill	Power,Endurance, Speed, Agility	Balance, Agility, Coordination	Speed, Strength, Endurance	Coordination, Reaction Time, Power
Technique Focus				
Competition  External Comp	Mini games	5v5, mini games	Personal Bests, in task challenges	Singles, Doubles
Healthy Active Lifestyles	Pupils will be able to identify which bones are being used in certain sporting movements		Pupils will be able to describe a balanced diet and link this to energy	
Performance Analysis	Suggest self improvements in technique	Suggest self improvements in technique	Suggest improvements for others in technique	Suggest improvements for others in technique

Year 4 Term 2	Half Term 3 Jan - Feb		Half Term 4 Feb - April	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Netball	Football	Dance / Gym	Volleyball
Core Skill	Agility, Speed, Endurance, Coordination	Balance, Coordination, Agility	Flexibility, Balance, Coordination	Coordination, Reaction Time, Power
Technique Focus		Ball Control Shooting Marking, Tackling		
Competition	5v5, mini games	5v5, mini games	Individual and Group Performances	6 a side games, rallies
Healthy Active Lifestyles	Pupils will be able to identify which muscles are being used in certain sporting examples		Pupils will begin to unpick gender stereotypes in sports	
Performance Analysis	Recognise when speed, endurance, strength are being used	Recognise when speed, endurance, strength are being used	Recognise when agility, balance and coordination are being used	Recognise when speed, endurance, strength are being used

Year 4 Term 3	Half Term 5 April - Jun		Half Term 6 Jun - Jul	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
<b>Sport Focus</b>	<b>Athletics</b>	<b>Athletics</b>	<b>Tennis</b>	<b>Rounders / Cricket</b>
Core Skill	Speed, Endurance, Strength, Power	Speed, Endurance, Strength, Power	Speed, Coordination, Reaction Time	Speed, Coordination, Reaction Time
Technique Focus				
Competition	Personal Bests, Direct Competition, House competition, Races		Singles, Doubles	Team Competition, task based challenges
Healthy Active Lifestyles	Pupils will lead warm ups to large groups of pupils with confidence		Pupils will evaluate the effects of exercise on their body, long term and short term	
Performance Analysis	Recognise when flexibility, power and RT are being used	Recognise when flexibility, power and RT are being used	Understand skill vs fitness	Understand skill vs fitness

Year 5 Term 1	Half Term 1 Sep - October		Half Term 2 October - December	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Football	OAA/Tag Rugby	Hockey	Fitness/ Cross Country
Core Skill	Balance, Coordination, Agility	Power,Endurance, Speed, Agility	Agility, Speed, Endurance, Coordination	Speed, Strength, Endurance
Technique Focus	Jockeying, Closing Down Positional Play			
Competition  External Comp	5v5, mini games	Self and team challenge	5v5, mini games	Personal Bests, in task challenges
Healthy Active Lifestyles	Pupils will be able to explain the roles of the skeleton		Pupils will understand why some people need more energy than others - activity, size, gender, age etc	
Performance Analysis	Understand skill vs fitness	Understand skill vs fitness	Be able to pick out whens skills / fitness elements are being used	Be able to pick out whens skills / fitness elements are being used

Year 5 Term 2	Half Term 3 Jan - Feb		Half Term 4 Feb - April	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Badminton	Basketball	Dance / Gym	Netball / volleyball
Core Skill	Coordination, Reaction Time, Power	Balance, Agility, Coordination	Flexibility, Balance, Coordination	Balance, Coordination Agility, Speed, Endurance,
Technique Focus				
Competition	Singles, Doubles	5v5, mini games	Individual and Group Performances	5v5, mini games
Healthy Active Lifestyles	Pupils will understand that muscles work in pairs to create movement		Pupils will begin to understand how other children with disabilities may be impacted in sport and PE	
Performance Analysis	Identify specific skill strengths	Identify specific skill strengths	Identify specific skill weaknesses	Identify specific skill weaknesses

Year 5 Term 3	Half Term 5 April - Jun		Half Term 6 Jun - Jul	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Athletics	Athletics	Tennis / Softball	Rounders / Cricket
Core Skill	Speed, Endurance, Strength, Power		Speed, Coordination, Reaction Time	Speed, Coordination, Reaction Time
Technique Focus				
Competition	Personal Bests, Direct Competition, House competition, Races		Singles, Doubles	Team Competition, task based challenges
Healthy Active Lifestyles	Pupils will create and lead warm ups and cool downs to large groups / whole class		Pupils will understand respiration and the role it plays in PE and sport	
Performance Analysis	Identify specific fitness strengths	Identify specific fitness strengths	Identify specific fitness weaknesses	Identify specific fitness weaknesses



Year 6 Term 1	Half Term 1 Sep - October		Half Term 2 October - December	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Football / Basketball	Cross Country/Tag Rugby	Hockey/Netball	OAA / Fitness
Core Skill	Balance, Coordination, Agility	Power,Endurance, Speed, Agility	Agility, Speed, Endurance, Coordination	Speed, Strength, Endurance
Technique Focus	Tackling / Jockeying / Closing Down / Marking / Heading			
Competition	7 a side games	races	7 a side games	Personal challenges
External Comp	G/B Football	Cross Country	5s Netball / Quick Sticks	
Healthy Active Lifestyles	Pupils will be able to identify long, short, flat and irregular bones		Pupils will understand the specific roles of food groups	
Performance Analysis	Compare performances	Compare performances	Compare performances	Compare performances

Year 6 Term 2	Half Term 3 Jan - Feb		Half Term 4 Feb - April	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Gymnastics/Dance	Badminton	Volleyball	Fitness
Core Skill	Flexibility, Balance, Coordination	Coordination, Reaction Time, Power	Coordination, Reaction Time, Power	Speed, Strength, Endurance
Technique Focus				
Competition	Individual and Group Performances	Singles, Doubles	Full modified games	Personal Bests, in task challenges
Healthy Active Lifestyles	Pupils will demonstrate basic movement types; flexion, extension, abduction and adduction		Pupils will begin to discuss how other pupil's cultures/ race/ religion may be impacted in sport	
Performance Analysis	Identify and self improve skill level	Identify and self improve skill level	Identify and self improve skill level	Identify and self improve skill level

Year 6 Term 3	Half Term 5 April - Jun		Half Term 6 Jun - Jul	
	Week 1-4	Week 5-8	Week 1-4	Week 5-7
Sport Focus	Athletics	Athletics	Tennis / Softball	Rounders / Cricket
Core Skill	Speed, Endurance, Strength, Power		Speed, Coordination, Reaction Time	Speed, Coordination, Reaction Time
Technique Focus				
Competition	Personal Bests, Direct Competition, House competition, Races		Singles, Doubles	Team Competition, task based challenges
Healthy Active Lifestyles	Pupils will lead warm ups confidently and independently and will be able to reflect on their success.		Pupils will know and identify the difference between aerobic and anaerobic sport	
Performance Analysis	Identify and self improve fitness aspect	Identify and self improve fitness aspect	Identify and self improve fitness aspect	Identify and self improve fitness aspect



## Key Stage 3

**Purpose of study** A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

**Aims** The national curriculum for physical education aims to ensure that all pupils; develop competence to excel in a broad range of physical activities / are physically active for sustained periods of time / engage in competitive sports and activities / lead healthy, active lives.

**Attainment targets** By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.



## **Pupils should be taught to:**

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- 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, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

<b><i>Year 7 Term 1</i></b>	<b>Half Term 1 Sep - October</b>		<b>Half Term 2 October - December</b>	
	<b>Week 1-4 Scheme of Work 7.1</b>	<b>Week 5-8 Scheme of Work 7.2</b>	<b>Week 1-4 Scheme of Work 7.3</b>	<b>Week 5-7 Scheme of Work 7.4</b>
<b>Sport Focus</b>	<b>Netball</b>	<b>Football</b>	<b>Hockey</b>	<b>Gymnastics/Dance</b>
<b>Skills and Tactics</b>	Passing and Receiving Dodging Marking a Player	Dribbling, Moving, Passing, Attacking and Defending	Dribbling, Moving, Passing Attacking and Defending	Balances, Jumps, Rolls, Travel Timing / Beat Counting
<b>Opportunity for Competition</b>	Full 7 a side netball games, links to girls school league	Game Play 2v2 5 a side games	Game Play 2 v 2 5 a side games	Single and group performances in front of an audience
<b>Healthy Active Lifestyles</b>	Somatotypes - students will learn Ectomorph. Endomorph and Mesomorph characteristics and which sports they are suitable for.		Skeletal System - students will learn the name and location for the following bones; cranium, vertebrae, clavicle, sternum, scapula, pelvis, humerus, ulna, radius, femur, tibia, fibula, talus, patella	
<b>Performance Analysis</b>	Identifying Strengths of own performance	Identifying strengths of own performance	Identifying weaknesses of own performance	Identify weaknesses of own performance
<b>Clubs PHSE</b>	<b>Netball Club - Girls</b> Rules and Expectations	<b>Football Club - Boys</b> Team Work	<b>Basketball Club - G &amp; B</b> Fair Play	<b>Badminton Club - G &amp; B</b> Positive Body Image

<i><b>Year 7 Term 2</b></i>	<b>Half Term 3 Jan - Feb</b>		<b>Half Term 4 Feb - April</b>	
	<b>Week 1-4 Scheme of Work 7.5</b>	<b>Week 5-8 Scheme of Work 7.6</b>	<b>Week 1-4 Scheme of Work 7.7</b>	<b>Week 5-7 Scheme of Work 7.8 / 7.9</b>
Sport Focus	<b>Badminton</b>	<b>Basketball</b>	<b>Fitness</b>	<b>OAA / Tag Rugby</b>
Skills and Tactics	Serves, Overhead, Underarm Rules and Markings	Dribbling, Passing, Receiving	Fitness Components Fitness Testing	Teamwork Problem Solving Passing and Receiving
Opportunity for Competition	Singles Games Doubles Games	2v2 3V3 5 a side games	Personal competition Races	Races and Comp games Up to 5v5 games
Healthy Active Lifestyles	Effects of exercise -pupils will learn how their body reacts to exercise in the short term, long term and immediate effects		Components of Fitness - pupils will learn the names, and definitions of all 10 components. They will be able to identify them in sports.	
Performance Analysis	Use weaknesses to improve own game	Use weaknesses to improve own game	Identify strengths and weaknesses in others	Identify strengths and weaknesses in others
<b>Clubs PHSE</b>	<b>Girls Football</b> Barriers to participation	Media Influences	<b>Cross Country</b> Constructive Feedback	<b>Rugby</b> Diet and Health

<i><b>Year 7 Term 3</b></i>	<b>Half Term 5 April - Jun</b>		<b>Half Term 6 Jun - July</b>	
	<b>Week 1-4 Scheme of Work 7.10</b>	<b>Week 5-8 Scheme of Work 7.11</b>	<b>Week 1-4 Scheme of Work 7.12</b>	<b>Week 5-7 Scheme of Work 7.13</b>
<b>Sport Focus</b>	<b>Athletics</b>	<b>Athletics</b>	<b>Striking and Fielding</b>	<b>Tennis</b>
<b>Skills and Tactics</b>	Track - starts, finishes, pace Jumps - Run ups and take offs Throws - Grip, stance and preparation phase		Battling, Bowling, Basic Fielding	Service, Groundstroke, Volleys
<b>Opportunity for Competition</b>	The athletics topic will allow for personal competition, 1 on 1 competition and chance for all children to formally compete		Team competition Mini personal competition incorporated	Singles and Doubles
<b>Healthy Active Lifestyle</b>	SMART Targets - pupils will learn the acronym SMART and be able to create a personal target for improvement		Arousal - pupils will understand the term arousal and how levels can impact performance. They will be able to draw an inverted U graph	
<b>Performance Analysis</b>	Compare performances	Compare performances	Use performance analysis to improve	Use performance analysis to improve
<b>Clubs PHSE</b>	<b>Athletics</b> Anti Doping	<b>Athletics</b> Anti Doping	<b>Rounders / Cricket</b> Team Work	<b>Rounders / Cricket</b> Positive Mindsets



<i><b>Year 8 Term 1</b></i>	<b>Half Term 1 Sep - October</b>		<b>Half Term 2 October - December</b>	
	<b>Week 1-4 Scheme of Work 1.2</b>	<b>Week 5-8 Scheme of Work 2.2</b>	<b>Week 1-4</b>	<b>Week 5-7</b>
Sport Focus	<b>Netball</b>	<b>Football</b>	<b>Hockey</b>	<b>Trampolining</b>
Skills and Tactics	Shooting / Rebounding / Marking a Pass Footwork and Movement	Receiving, Marking Intercepting Corners, Penalties	Receiving, Marking, Intercepting Short Corners, Penalties	Shapes, Drops, Twists, Rotations
Opportunity for Competition	7 a side matches High 5 netball in drills Links to league	7 a side Full Games Links to league	7 a side Full Games	Routines can be scored and competition created
Healthy Active Lifestyles	Nutrition - pupils will know what carbs,protein, vitamins, nutrients, fibre, water and fats provide their. They will understand basic energy uses.		Muscular System - pupils will learn the names and location of the following muscles; biceps, triceps, abs, latissimus dorsi,	
Performance Analysis	Identify and self Improve skill level	Identify and improve others skill level	Identifying fitness weaknesses in perf.	Using technology to analyse performance
Extra Curric PHSE	Rules and Expectations	Football Club Positive Relationships	Hockey Club Body Image	Diet and Health

<i><b>Year 8 Term 2</b></i>	<b>Half Term 3 Jan - Feb</b>		<b>Half Term 4 Feb - April</b>	
	<b>Week 1-4</b>	<b>Week 5-8</b>	<b>Week 1-4</b>	<b>Week 5-7</b>
Sport Focus	<b>Badminton</b>	<b>Basketball</b>	<b>Table Tennis</b>	<b>OAA / Rugby / Fitness</b>
Skills and Tactics	Netplay, Smash Strategic Play	Shooting, LU/JS/FR Footwork, Marking Use of fake	Service, Drive, Push, Lob, Smash	Team Work, Problem Solving, Tackling# Fitness Testing
Opportunity for Competition	Singles and Doubles Games	3v3 games 5 a side matches	Singles and Doubles Strategic Play	Self and Team Comp Mini Rugby Games
Healthy Active Lifestyles	Aerobic Vs Anaerobic - pupil will be able to identify when both systems are used in sport. They will know the formulas and give examples.		Training Types - pupils will be able to plan a circuit, interval, continuous, training session.	
Performance Analysis	Identify fitness strengths in performance	Link fitness to performance	Link fitness to performance	Using data to analyse performance
Extra Curric PHSE	Media Influences	Team Work	Anti-Doping	Positive Mindsets

<i><b>Year 8 Term 3</b></i>	<b>Half Term 5 April - Jun</b>		<b>Half Term 6 Jun - July</b>	
	<b>Week 1-4</b>	<b>Week 5-8</b>	<b>Week 1-4</b>	<b>Week 5-7</b>
Sport Focus	<b>Athletics</b>	<b>Athletics</b>	<b>Tennis</b>	<b>Striking and Fielding</b>
Skills and Tactics	Track - pace, arm and leg action Jump - Flight and landing Throw - Release, follow through, recovery		Smash, Lob Power and Placement Forehand and Backhand	Tactical Fielding
Opportunity for Competition	All students will compete against peers and be selected for competition. Pupils will be encouraged to want to better one's own performance		Singles and Doubles	Team games and in lesson competitive tasks
Healthy Active Lifestyle	SPORT FITT - pupils will learn the principles of training and how to apply progressive overload		Cardiovascular System - pupils will learn the basic structure and function of the heart and lungs	
Performance Analysis	Using technology and data to analyse performance		Linking skill and fitness strengths	Linking skill and fitness weaknesses
Extra Curric PHSE	Constructive Feedback		Barriers to participation	Team Work

## Year 7 and 8 Assessment Schedule

- Every half term the pupils will be sent home with homework questions or a task about the theory topics covered over the two topics. This will be given a mark out of 10.
- After every topic, the pupils will be given a grade out of 15 - using the AQA GCSE PE specification for guidance.
- At the point of every progress check the student will be rewarded a mark out of 10 for sportsmanship.
- When there is a school progress check we can refer to this to get an overall picture, a percentage mark for comparisons and we can make grade boundaries from these numbers eg. 46+ would equal a 9

Year 7 Progress Tracker: Lucy O'Neill					
Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Netball 8/15					
Football 10/15					
Somatotypes 3 /10					
Sportsmanship 6 /10					
Total 27/50					
Grade: 6					



## Key Stage 4

**Purpose of study** A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

**Aims** The national curriculum for physical education aims to ensure that all pupils; develop competence to excel in a broad range of physical activities / are physically active for sustained periods of time / engage in competitive sports and activities / lead healthy, active lives.

**Attainment targets** By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.



## **Pupils should:**

- tackle complex and demanding physical activities.
- They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.
- Pupils should be taught to: use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance]
- 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
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

## **AQA GCSE PHYSICAL EDUCATION 8582**

Component	Maximum Raw Mark	Scaling Factor	Maximum Scaled Mark
The human body and movement in physical activity and sport	78	1	78
Sociocultural influences and well being in physical activity and sport	78	1	78
Practical performance in physical activity and sport	100	10.4	104
Total Scaled Mark:			260

### **Assessment Objectives**

A01 - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport

A02: apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport

A03: analyse and evaluate the factors that underpin performance in physical activity and sport

A04: demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance

ASSESSMENT OBJECTIVES	COMPONENT WEIGHTS (APPROX %)			OVERALL WEIGHTING (APPROX %)
	PAPER 1	PAPER 2	PAPER 3	
A01	13	12	0	25
A02	10	10	0	20
A03	7	8	0	15
A04	0	0	40	40
Overall weighting	30	30	40	100

Year 9 GCSE PE	Half Term 1	Half Term 2
Sport Focus (dependant on pupils strengths and choices)	Outside Team Games Hockey / Rugby / Football <u>A04: Demonstrate and Apply skills and tactics</u>	Inside Individual Activity Badminton/ TT / Tramp <u>A04: Demonstrate and Apply skills and tactics</u>
Theory Topic	3.2.2.3 - Ethical and socio-cultural issues in physical activity in sport (Hooliganism and Prohibited Substances)	3.1.1.3 Aerobic and Anaerobic exercise 3.1.1.4 the short and long term effects of exercise
Assessment Objectives	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors
Exam Technique Focus	Students will use the first half term to familiarise themselves with the assessment weighting and aspects of the GCSE PE AQA syllabus. There will be no specific focus on specific exam technique. Exam questions will be linked into lessons.	
Official Assessment	End of unit assessment Baseline assessment on team games	End of unit assessment Baseline assessment on team games



Year 9 GCSE PE	Half Term 3	Half Term 4
Sport Focus	Indoor Individual Sports Volleyball / Gym <u>A04: Demonstrate and Apply skills and tactics</u>	Outdoor Team Sports Netball <u>A04: Demonstrate and Apply skills and tactics</u>
Theory Topic	3.1.1.1 The structure and function of the musculoskeletal system	3.2.2.1 Engagement patterns in physical activity and sport
Assessment Objectives	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors
Exam Technique Focus	Command Words - pupils will be taught to recognise and understand the AQA command words	
Official Assessment	End of unit assessment Baseline assessment of sports	End of unit assessment Baseline assessments of sports

Year 9 GCSE PE	Half Term 5	Half Term 6
Sport Focus	Outdoor Team and Individual Sports - Athletics <u>A04: Demonstrate and Apply skills and tactics</u>	Outdoor Team and Individual Cricket / Tennis <u>A04: Demonstrate and Apply skills and tactics</u>
Theory Topic	3.2.2.2 Commercialisation of physical activity and sport	3.1.1.2 The structure and functions of the cardio-respiratory system  Mop Up Year 9 content
Assessment Objectives	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors
Exam Technique Focus	Reading the question - BUG technique introduced	Long Answer questions - structure and time management
Official Assessment	Paper 2 Assessment: commercialisation, engagement patterns, ethical considerations	Paper 1 Assessment: Cardiorespiratory system, musculoskeletal system, Aerobic vs Anaerobic, effects and recovery

Year 10 GCSE PE	Half Term 1	Half Term 2
Sport Focus (dependant on pupils strengths and choices)	Outside Team Games Hockey / Rugby / Football <u>A04: Demonstrate and Apply skills and tactics</u>	Inside Individual Activity Badminton/ TT / Tramp <u>A04: Demonstrate and Apply skills and tactics</u> <u><a href="#">LINK TO FITNESS TESTING</a></u>
Theory Topic	3.2.3.2 Sedentary Lifestyle 3.2.3.3 Energy use, diet, nutrition and hydration	3.1.3.1 Health and Fitness 3.1.3.2 Components of fitness 3.1.4.1 Data
Assessment Objectives	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding A03: Analyse and evaluation factors	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding A03: Analyse and evaluation factors A04: Analyse and evaluate performance
Exam Technique Focus	Time Management	Coursework
Official Assessment	End of unit assessment Practical assessment scores	Coursework marked and assessed Practical assessment scores

Year 10 GCSE PE	Half Term 3	Half Term 4
Sport Focus (dependant on pupils strengths and choices)	Indoor Individual Sports Volleyball / Gym <u>A04: Demonstrate and Apply skills and tactics</u> <u>LINK TO FITNESS TRAINING</u>	Outdoor Team Sports Netball <u>A04: Demonstrate and Apply skills and tactics</u>
Theory Topic	3.1.3.3 Principles of training 3.1.3.4 Optimise training and prevent injury 3.1.3.4 Warm Up and Cool Down	NEA: Coursework in lesson time
Assessment Objectives	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors	A04: Analyse and evaluate performance
Exam Technique Focus	Coursework	Coursework
Official Assessment	End of unit assessment Practical assessment scores Coursework marked and assessed	Coursework marked and assessed Practical assessment scores

Year 10 GCSE PE	Half Term 5	Half Term 6
Sport Focus (dependant on pupils strengths and choices)	Outdoor Team and Individual Sports - Athletics <u>A04: Demonstrate and Apply skills and tactics</u>	Outdoor Team and Individual Cricket / Tennis <u>A04: Demonstrate and Apply skills and tactics</u>
Theory Topic	3.1.2 Movement analysis	3.2.1 Sports psychology Year 10 Mop Up
Assessment Objectives	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors
Exam Technique Focus	Command Words	Revision Techniques for Summer
Official Assessment	Paper 1 Assessment: All topics Practical Assessment of 3 sports	Paper 2 Assessment: All topics Practical Assessments of 3 sports

Year 11 GCSE PE	Half Term 1	Half Term 2
Sport Focus (dependant on pupils strengths and choices)	PREP FOR MODERATION Upskilling / filming /evidence A04	PREP FOR MODERATION Upskilling / filming /evidence A04
Theory Topic	COMPLETION OF COURSEWORK PAPER 1 REVISION	COMPLETION OF COURSEWORK PAPER 2 REVISION
Assessment Objectives	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors
Exam Technique Focus	Students will be revising using different techniques, they will familiarising themselves with the exam papers and time management. Exam technique will be an ongoing overall focus	
Official Assessment	Mini assessments Closing gaps in knowledge	Year 11 mocks Closing gaps in knowledge

Year 11 GCSE PE	Half Term 3	Half Term 4
Sport Focus (dependant on pupils strengths and choices)	PREP FOR MODERATION Upskilling / filming /evidence A04	PREP FOR MODERATION Upskilling / filming /evidence A04
Theory Topic	PAPER 1 REVISION	PAPER 2 REVISION
Assessment Objectives	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding AO3: Analyse and evaluation factors
Exam Technique Focus	Students will be revising using different techniques, they will familiarising themselves with the exam papers and time management. Exam technique will be an ongoing overall focus	
Official Assessment	Mini Assessments Closing Gaps in knowledge FEB MOCKS	Mini Assessments Closing Gaps in knowledge

Year 11 GCSE PE	Half Term 5
Sport Focus (dependant on pupils strengths and choices)	PRACTICAL MODERATION A04
Theory Topic	PAPER 1 AND PAPER 2 FULL REVISION
Assessment Objectives	A01: Demonstrate knowledge and understanding A02: Apply knowledge and understanding A03: Analyse and evaluation factors
Exam Technique Focus	REVISION TIPS LONG ANSWERS COMMAND WORDS TIME MANAGEMENT
Official Assessment	PAPER 1 AND PAPER 2 - MID MAY