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Physical Education

Principles: **Creative, Problem Solving, Social, Leadership, Physical**

Term	1	2	3	4	5	6
Principles	Creative	Creative, Social and Problem Solving	Leadership/Social	Physical and Problem Solving	Physical and Leadership	Social
	passing /receiving Ball control/movement Attacking /defending principles, Creating space	passing /receiving Ball control/movement Attacking /defending principles, Creating space	passing /receiving Ball control/movement Attacking /defending principles, Creating space Badminton - serving/rules/gameplay Clearance shots Footwork/movement netplay/dropshots	Fitness: Muscular Endurance Cardiovascular endurance Power Speed OAA: Teamwork Leadership Decision Making Tag rugby: Passing/receiving Basic rules Attacking / defensive line set up Attacking principles	Throwing Short distance Long distance Jumping	Throwing Catching Striking Decision making
National Curriculum	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.	Perform dances using advanced dance techniques with a range of dance styles and forms.	Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	Take part in outdoor and adventurous activities which present intellectual and physical challenges.Be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Develop their technique and improve their performance in other competitive sport. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. 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
Activities- principles taught throughout	Football and Netball	Dance and Basketball	Badminton and handball	Tag rugby/ OAA/Health and fitness	Physical Fitness Technique/ Athletics	Cricket/ Rounders/ Softball/ Ultimate Frisbee

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Physical Education

Principles: **Creative, Problem Solving, Social, Leadership, Physical**

Term

1**2****3****4****5****6**

Principles

Creative

Creative, Social and
Problem Solving

Leadership/Social

Physical and Problem
Solving

Physical and Leadership

Social

Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.

Perform dances using advanced dance techniques with a range of dance styles and forms.

Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.

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

Develop their technique and improve their performance in other competitive sport. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.

use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. 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

National
Curriculum

Activities that will the principles will be taught through

Football and Netball

Dance and Basketball

Badminton and
handballTag rugby/ OAA/Health
and fitnessPhysical Fitness
Technique/ AthleticsCricket/ Rounders/
Softball/ Ultimate
Frisbee

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Activities that will the principles will be taught through	Football and Netball	Dance and Basketball	Badminton and handball	Tag rugby/ OAA/Health and fitness	Physical Fitness Technique/ Athletics	Cricket/ Rounders/ Softball/ Ultimate Frisbee

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PE (sports science)






Term	1	2	3	4	5	6
Topic	Reducing the risk of injury	Reducing the risk of injury	Applying principles of training	Applying principles of training	Applying principles of training	Applying principles of training
Knowledge Skills & Understanding	Pupils will learn how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions,	Pupils will learn how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions,	Pupils will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing.	Pupils will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing.	Pupils will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing.	Pupils will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing.
Assessment	Students will be assessed using past paper questions in preparation for the exam	Students will be assessed using past paper questions in preparation for the exam	Students will be assessed using their written coursework	Students will be assessed using their written coursework	Students will be assessed using their written coursework	Students will be assessed using their written coursework
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PE (Sports Studies)

Term	1	2	3	4	5	6
Topic	Contemporary issues in sport	Contemporary issues in sport	Contemporary issues in sport.	Sport and the media	Sport and the media.	Sport and the media
Knowledge Skills & Understanding	Pupils will learn how to understand and identify the issues which affect participation in sport, know about the role of sport in promoting values, understand the importance of hosting major sporting events and know about the role of national governing bodies in sport.	Pupils will learn how to understand and identify the issues which affect participation in sport, know about the role of sport in promoting values, understand the importance of hosting major sporting events and know about the role of national governing bodies in sport.	Pupils will learn how to understand and identify the issues which affect participation in sport, know about the role of sport in promoting values, understand the importance of hosting major sporting events and know about the role of national governing bodies in sport.	Pupils will develop knowledge and understanding of how sport is covered across the media, understand the positive and negative effects that the media can have on sport, understand the relationship between sport and the media, be able to evaluate media coverage of sport.	Pupils will develop knowledge and understanding of how sport is covered across the media, understand the positive and negative effects that the media can have on sport, understand the relationship between sport and the media, be able to evaluate media coverage of sport.	Pupils will develop knowledge and understanding of how sport is covered across the media, understand the positive and negative effects that the media can have on sport, understand the relationship between sport and the media, be able to evaluate media coverage of sport.
Assessment	Students will be assessed using past paper questions in preparation for the exam	Students will be assessed using past paper questions in preparation for the exam	Students will be assessed using past paper questions in preparation for the exam.	Students will be assessed using their written coursework	Students will be assessed using their written coursework	Students will be assessed using their written coursework
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PE (Sports Studies)

Term	1	2	3	4	5	6
Topic	Developing sports skills	Developing sports skills	Sports Leadership	Sports Leadership	Sports Leadership	Developing sports skills
Knowledge Skills & Understanding	Pupils will develop and understanding to be able to use skills, techniques and tactics as an individuals and as a team performer in sporting activity, be able to officiate in a sporting activity, be able to apply practice methods to support improvement in a sporting activity.	Pupils will develop and understanding to be able to use skills, techniques and tactics as an individuals and as a team performer in sporting activity, be able to officiate in a sporting activity, be able to apply practice methods to support improvement in a sporting activity.	Pupils will be develop and understand the personal qualities, styles, roles and responsibilities associated with effective sport leadership, be able to plan sports activity sessions, be able to deliver sports activity sessions and be able to evaluate their own performances in delivering a sports activity sessions.	Pupils will be develop and understand the personal qualities, styles, roles and responsibilities associated with effective sport leadership, be able to plan sports activity sessions, be able to deliver sports activity sessions and be able to evaluate their own performances in delivering a sports activity sessions.	Pupils will be develop and understand the personal qualities, styles, roles and responsibilities associated with effective sport leadership, be able to plan sports activity sessions, be able to deliver sports activity sessions and be able to evaluate their own performances in delivering a sports activity sessions.	Pupils will develop knowledge and understanding of how sport is covered across the media, understand the positive and negative effects that the media can have on sport, understand the relationship between sport and the media, be able to evaluate media coverage of sport.
Assessment	Students will be assessed on their practical performance.	Students will be assessed on their practical performance.	Students will be assessed using their written coursework.	Students will be assessed using their written coursework.	Students will be assessed using their written coursework.	Students will be assessed on their practical performance.
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PE (sports science)

Term	1	2	3	4	5
Topic	Technology in sport	Reducing the risk of injury (exam prep/revision)	Technology in sport	Technology in sport	Reducing the risk of injury
Knowledge Skills & Understanding	Pupils will develop an understanding of the variety of ways in which technology is being used in sport to enhance both performance and the experience of sport for performers and for spectators. They will also develop an appreciation of some of the counter-arguments regarding the increasing use of technology in sport.	Pupils will learn how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions,	Pupils will develop an understanding of the variety of ways in which technology is being used in sport to enhance both performance and the experience of sport for performers and for spectators. They will also develop an appreciation of some of the counter-arguments regarding the increasing use of technology in sport.	Pupils will develop an understanding of the variety of ways in which technology is being used in sport to enhance both performance and the experience of sport for performers and for spectators. They will also develop an appreciation of some of the counter-arguments regarding the increasing use of technology in sport.	Pupils will learn how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions,
Assessment	Students will be assessed using their written coursework	Students will be assessed using the 1 hr written exam (Jan exam)	Students will be assessed using their written coursework	Students will be assessed using their written coursework	Students will be assessed using the 1 hr written exam
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PE (Sports Studies)

Term	1	2	3	4	5	6
Topic	Contemporary issues in sport	Sports Leadership	Developing Sports Skills	Contemporary Issues in Sport	Contemporary Issues in Sport	
Knowledge Skills & Understanding	Pupils will learn how to understand and identify the issues which affect participation in sport, know about the role of sport in promoting values, understand the importance of hosting major sporting events and know about the role of national governing bodies in sport.	Pupils will be develop and understand the personal qualities, styles, roles and responsibilities associated with effective sport leadership, be able to plan sports activity sessions, be able to deliver sports activity sessions and be able to evaluate their own performances in delivering a sports activity sessions.	Pupils will develop and understanding to be able to use skills, techniques and tactics as an individuals and as a team performer in sporting activity, be able to officiate in a sporting activity, be able to apply practice methods to support improvement in a sporting activity.	Pupils will learn how to understand and identify the issues which affect participation in sport, know about the role of sport in promoting values, understand the importance of hosting major sporting events and know about the role of national governing bodies in sport.	Pupils will learn how to understand and identify the issues which affect participation in sport, know about the role of sport in promoting values, understand the importance of hosting major sporting events and know about the role of national governing bodies in sport.	
Assessment	Students will be assessed using past paper questions in preparation for the exam.	Students will be assessed on their practical performance.	Students will be assessed on their practical performance.	Students will be assessed using past paper questions in preparation for the exam.	Students will be assessed using past paper questions in preparation for the exam.	
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