



Key content – knowledge and skills	National Curriculum Links
<p>Each term will focus on one/two sports which will look at specific techniques, skills and health benefits.</p> <p>Autumn 1: Boys – Basketball: Pupils will continue to develop the skills necessary to outwit opponents with the use of tactical decision making. Pupils will be able to analyse and improve a sporting performance. Pupils will be given the opportunity to 'coach' and 'officiate' skill and/or small sided games.</p> <p>Girls – Netball: Pupils will learn to choose, combine and perform netball skills with fluency, consistency, accuracy and quality. Laws of the game and tactical awareness will be taught through small sided games.</p> <p>Autumn 2: Boys – Rugby: Pupils will develop the skills necessary to outwit opponents. Ball handling and tactical awareness will be developed through small sided games and conditional situations. Principles of defence and attack will be covered in some depth. The core values of Rugby will be present in every lesson.</p> <p>Girls – Net Games: Pupils will learn a select skill set for use in 'Net Games'. In particular they will focus on Table Tennis and/or Badminton on a weekly basis. Ruling and tactics will be introduced as pupils develop their knowledge and understanding.</p> <p>Spring 1: Boys – Football: Pupils will develop the skills necessary to outwit opponents. Ball control and tactical awareness will be developed through small sided games and conditioned situations. Pupils will develop on their teamwork and sportsmanship through their skills and games.</p> <p>Girls – Basketball: Pupils will develop the skills necessary to outwit opponents with the use of tactical decision making. Pupils will be able to analyse and improve a sporting performance.</p>	<p>Subject content:</p> <p>Autumn Cross connected curriculum links with Science: Muscular system Pupils will learn about the following:-</p> <ul style="list-style-type: none"> • Antagonistic pairs <p>Muscles, joints and movement</p> <p>Spring Cross connected curriculum links with Science: The Cardiovascular system Pupils will learn about the following:-</p> <ul style="list-style-type: none"> • The immediate effects of exercise on the CV system • The long term benefits of exercise on the CV system <p>Summer Cross connected curriculum links with Science: Respiratory system Pupils will learn about the following:-</p> <ul style="list-style-type: none"> • Oxygen debt • Lactic acid <p><i>Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.</i></p> <p><i>They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</i></p> <p><i>Pupils will be taught to:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> - 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, athletics, rugby and tennis] <input type="checkbox"/> - Develop their technique and improve their performance in other competitive

GCSE PE – 30mins @ start of lesson with HA groups in a classroom.

Spring 2:

Boys – Net Games:

Pupils will learn a select skill set for use in 'Net Games'. In particular they will focus on Table Tennis and/or Badminton on a weekly basis. Ruling and tactics will be introduced as pupils develop their knowledge and understanding.

Girls – Football:

Pupils will develop the skills necessary to outwit opponents. Ball control and tactical awareness will be developed through small sided games and conditioned situations. Pupils will develop on their teamwork and sportsmanship through their skills and games.

Summer 1:

HA – Athletics:

Pupils will develop the skills of sprinting, sustained running, jumping and throwing. Pupils will be given the opportunity to officiate for each other and know how to perform athletic disciplines in the specific environment.

LA – Striking and Fielding:

Pupils will build upon previously taught skills in Cricket/Rounders and be introduced to further laws of the game in order to be able to officiate and improve performance.

Summer 2:

HA – Striking and Fielding:

Pupils will build upon previously taught skills in Cricket/Rounders and be introduced to further laws of the game in order to be able to officiate and improve performance.

LA – Athletics:

Pupils will develop the skills of sprinting, sustained running, jumping and throwing. Pupils will be given the opportunity to officiate for each other and know how to perform athletic disciplines in the specific environment.

sports [for example, athletics and gymnastics].

□- 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. This will be through the year 7 residential.

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

Key assessment points

One assessment each half term, focused on each of the following AOs:

- 1) Ability to complete all of the skills with correct technique and have a high success rate in all of the skills.
- 2) Ability to perform all skills at pace in situations under direct pressure from an opponent with a high success rate, mistakes will be minimal.

- 3) Do they have a positive influence on the game in both attack and defence? Can they communicate with team mates and use the correct tactic in the correct situation nearly every time?
- 4) Are they highly organised and self-disciplined? Do they listen to the teacher intently, takes ownership of learning and problem solve independently?

Christian ethos

Christian values will be promoted in each and every PE lesson and extra-curricular activities through the experiences we offer within our curriculum. For example:

- Students will be kind, supportive, honest and treat others how you would like to be treated within all sporting activities.
- Be polite, respectful and show good manners in both lessons and when representing the school in matches

British values

British values are regularly promoted through high quality PE teaching and by a positive behaviour policy which allows students to develop and demonstrate skills and attributes that will allow them to contribute in a positive manner in Modern Britain. These values and attitudes are promoted and reinforced by all staff and used to provide a model of behaviour for all our students both on and off the sports pitches. An example of promoting British values is to demonstrate formal recognition of good sportsmanship and fair play. This will include respect for the rules of the game and all participants involved. Shaking hands with fellow competitors after a competitive game or lesson.