



Physical Education

	Content
Year 7 HT1	<p><u>Netball/ Basketball/ Rugby</u></p> <p>In girls PE lessons they will explore the sports of Netball and Basketball. In boys PE lessons they will explore the sport of Rugby. Students are introduced to the fundamental skills associated with these sports and taught how to apply them into small-sided games. Students are taught how to observe other's performances and identify what they think they do well in order to improve their ability to give and respond to feedback. The focus is on movement, passing and dribbling skills for possession, rules to stop/start and basic scoring.</p> <p><u>Fitness</u></p> <p>Boys PE also explore the a module of 'Fitness' alongside Rugby. Students will learn how to perform functional movement skills correctly together with improving their knowledge of health through a variety of training methods. Health-related and skill related factors of fitness and value in health & sport are a focus, alongside preparing for exercise & performing warm-ups. In this half term, we perform fitness testing & compare results to assess fitness.</p>
Year 7 HT2	<p><u>Netball/Handball/Football</u></p> <p>In the second half term, girls PE lessons continue to study 'Netball' for another few weeks. Students consolidate their foundation skills they learnt in half term 1, alongside applying these skills into mini-games. Students have a stronger understanding of the rules and games are extended to include more positions to allow for progression ready for Year 8. Girls PE also explore the sports of Handball and Football in this term.</p> <p><u>Rugby/Football</u></p> <p>Similarly to girls PE, boys PE lesson continue to study 'Rugby' for another few weeks. Due to the complexity of rules, skills and positions, students have an extra few lessons to consolidate knowledge of foundation skills and apply these into mini-games. Boys PE will also explore 'Football' as an invasion game during this half term.</p>
Year 7 HT3	<p><u>Dance/ Fitness:</u></p> <p>In girls PE, students will be encouraged to demonstrate their musicality, coordination and flexibility as they work cooperatively with their peers to devise, develop, refine and execute a number of performances. Students will be introduced to the three different strands of dance: performance, choreography and appreciation.</p> <ul style="list-style-type: none"> ● Performance: posture, alignment, focus, musicality, coordination, extension, timing, accuracy, precision. ● Choreography: creativity, originality, range of movement, use of space, use of directions, use of levels. ● Appreciation: understanding, observation, knowledge, evaluation of others and self. <p>Students will learn how to perform functional movement skills correctly together with improving their knowledge of health through a variety of training methods. Health-related and skill related factors of fitness and value in health & sport are a focus, alongside preparing for exercise & performing warm-ups. In this half term, we perform fitness testing & compare results to assess fitness.</p> <p><u>Basketball/ Football</u></p> <p>In boys PE, students will participate in the sports of basketball and football. Students are introduced to the fundamental skills associated with these sports and taught how to apply them into small-sided games. Students are taught how to observe other's performances and identify what they think they do well in order to improve their ability to give and respond to feedback. The focus is on movement, passing and dribbling skills for possession, rules to stop/start and basic scoring.</p>
Year 7 HT5	<p><u>Athletics:</u></p> <p>In this unit pupils will accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. In all athletic activity, pupils will engage in performing and improving their skills and personal bests in relation to speed, height and distances.</p> <p>Pupils will be able to understand and use words relating to running, e.g. stride length leg and arm action, head position and pacing. We will work on jumping e.g. approach run, acceleration, and momentum and throwing e.g. grip, stance, release and angle of release. There will be opportunities for pupils to record results, watch video/analyse correct technique and learn rules and procedures for safe setup & performance in athletic events.</p>



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Year 7 HT6

Rounders/Cricket/Softball:

In boys PE lessons, they will explore the sports of cricket and softball. In girls PE, they will explore the sport of Rounders. Students will be introduced to the fundamental skills of 'striking' and 'fielding', such as bowling, batting, throwing, and catching. Pupils will be encouraged to accurately score & officiate games. Skills will focus on catching in the deep (high) and short, long barrier & intercepting skills, throwing techniques – overarm and underarm bowling, hitting techniques to contact the ball.

Badminton

Alongside Rounders, girls PE lessons will also include Badminton. There is a focus on the fundamentals of correct grip, stance & swing patterns to make contact and students develop their ability to serve & perform overhead/ push shots to form rallies. Rules to safely setup & play competitive points are developed through low risk activities and students are introduced to the basic scoring.



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Content

Year 8 HT1

Basketball/Netball/Rugby

In girls PE lessons they will explore the sports of Netball and Basketball. In boys PE lessons they will explore the sport of Rugby. Students will build upon the fundamental skills they learnt in Year 7 and develop more confidence when applying them into game situations. Students will be introduced to more rules and participate regularly in larger competitive games. There are more opportunities to apply skills into games, as well as observe others in lessons and offer constructive feedback.

Fitness

In boys PE, they will also explore a unit of Fitness. Students are introduced to the 'Fitness Suite' and how to use weight machines safely and correctly. Students will learn key muscles of the body (name & locate), and the effect of resistance training on these, types of training and their related benefits to fitness, safe setup, preparation & procedures of training.

Year 8 HT2

Handball/Football

Girls PE lessons will move onto Handball and Football. Boys PE lessons will include Football as well. Students will build upon the fundamental skills they learnt in Year 7 and develop more confidence when applying them into game situations. Students will be introduced to more rules and participate regularly in larger competitive games. There are more opportunities to apply skills into games, as well as observe others in lessons and offer constructive feedback.

Table Tennis

Year 8 boys PE will explore Table Tennis this half term. Students will be introduced to different serves and strokes, building confidence through small practices. Students will also build knowledge of scoring and rules in order to self-manage their own games.

Year 8 HT3

Dance/Fitness Suite

Students are introduced to the 'Fitness Suite' and how to use weight machines safely and correctly. Students will learn key muscles of the body (name & locate), and the effect of resistance training on these, types of training and their related benefits to fitness, safe setup, preparation & procedures of training. Students will be encouraged to demonstrate their musicality, coordination and flexibility as they work cooperatively with their peers to devise, develop, refine and execute a number of performances. Students will be introduced to the three different strands of dance: performance, choreography and appreciation.

Basketball/ Football

Students will build upon the fundamental skills they learnt in Year 7 and develop more confidence when applying them into game situations. Students will be introduced to more rules and participate regularly in larger competitive games. There are more opportunities to apply skills into games, as well as observe others in lessons and offer constructive feedback.

Year 8 HT4

Tag Rugby/ Gymnastics

In girls PE, students will explore Tag Rugby and Gymnastics this half term. In Tag Rugby, students build on the skills of passing, attacking, defending and scoring that they learnt in Year 7. Students will build upon attack and defensive strategies that they have already learnt in Netball, Basketball and Handball previously in the year.

During Gymnastics, students will explore basic gymnastics movements such as rotation, travel and jumps. They will explore how to perform these movements successfully and create an aesthetic sequence combining the movements they have learnt and mastered.

Badminton/Hockey

In boys PE, they will study Badminton and Hockey. For Badminton, as students develop their confidence and remember the basic techniques taught to them they will be encouraged to refine their skills to work both cooperatively and competitively with their peers.

Skills developed this half term will include shot consistency & combinations, net & attacking shots to gain advantage, applying rules & consequences to play singles & doubles competition, analysis of strengths & possible improvements, transfer of techniques, rules (& tactics) across net/wall activities.



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Year 8 HT5	<p><u>Athletics:</u> In this unit pupils will accurately replicate running (100m-1500m), jumping (Long Jump, High Jump & Boys Triple Jump) and throwing skills (Shot, Javelin, Discus) and learn specific techniques for events in order to improve on their prior performances. They will use event-specific techniques to improve distances & times – run ups, shuffles, changeovers, bend running while exploring new running and jumping events & techniques. They will evaluate strengths & weakness of performance and be encouraged to use video-analysis to adapt their technique developing their metacognition.</p>
Year 8 HT6	<p><u>Rounders/Cricket/Softball:</u> In boys PE lessons, they will explore the sports of cricket and softball. In girls PE, they will explore the sport of Rounders. Students will build upon and consolidate the skills of 'striking' and 'fielding', such as bowling, batting, throwing, and catching. Pupils will be encouraged to accurately score & officiate games. Skills will focus on catching in the deep (high) and short, long barrier & intercepting skills, throwing techniques – overarm and underarm bowling, hitting techniques to contact the ball.</p> <p><u>Badminton</u> Alongside Rounders, girls PE lessons will also include Badminton. There is a focus on the fundamentals of correct grip, stance & swing patterns to make contact and students develop their ability to serve & perform overhead/ push shots to form rallies. Rules to safely setup & play competitive points are developed through low risk activities and students are introduced to the basic scoring.</p>



Physical Education

	Content
Year 9 HT1	<p><u>Basketball/Netball/Rugby</u> In girls PE lessons they will explore the sports of Netball and Basketball. In boys PE lessons they will explore the sport of Rugby. Pupils should be taught to combine & modify skills & tactics to outwit opponents in a range of small-sided competition, establishing skill & knowledge transfer between activities. They should analyse their own & opponents' strengths & weaknesses, developing strategies to utilise space and produce successful outcomes, and action plan ways of improving their personal best.</p> <p><u>Fitness</u> In boys PE, they will also explore a unit of Fitness. Students will be introduced to the concepts of progression and FITT training principles together with the benefits of training (aerobic & interval) in optimising specific fitness, together with the training adaptations on the body for performance and health benefits (social, emotional & physical) in line with the GCSE courses of study.</p>
Year 9 HT2	<p><u>Handball/Football</u> Girls PE lessons will move onto Handball and Football. Boys PE lessons will include Football as well. Pupils should be taught to combine & modify skills & tactics to outwit opponents in a range of small-sided competition, establishing skill & knowledge transfer between activities. They should analyse their own & opponents' strengths & weaknesses, developing strategies to utilise space and produce successful outcomes, and action plan ways of improving their personal best.</p> <p><u>Table Tennis</u> At this stage students should have a good understanding of how to maintain a co-operative rally using a variety of shots and this half term will develop students ability to demonstrate combinations & variety of skills to utilise space and tactics (e.g. depth/width) to outwit. Students will apply rules & scoring systems to officiate, analyse tactics & action plan ways to maximise performance, transfer of skills & tactics into new net/wall activities.</p>
Year 9 HT3	<p><u>Theory</u> During Half Term 3, all Year 9 students experience six 'theory' style lessons that reflect the topics and teaching style to what they would get if they choose Physical Education as a Year 10 Option subject. During this term students explore the topics of bones and muscles, performance enhancing drugs, nutrition and the impact of media on elite sport. These topics have been chosen to engage the students interest and inspire them to think about sport beyond participation.</p> <p><u>Basketball</u> Boys PE lessons will cover the sport of Basketball. Pupils should be taught to combine & modify skills & tactics to outwit opponents in a range of small-sided competition, establishing skill & knowledge transfer between activities. They should analyse their own & opponents' strengths & weaknesses, developing strategies to utilise space and produce successful outcomes, and action plan ways of improving their personal best.</p> <p><u>Dance</u> Girls PE lessons will cover the activity of Dance. Students will be encouraged to demonstrate their musicality, coordination and flexibility as they work cooperatively with their peers to devise, develop, refine and execute a number of performances. Students will be introduced to the three different strands of dance: performance, choreography and appreciation.</p>
Year 9 HT4	<p><u>Fitness Suite/ Step Aerobics</u> During this half term girls PE lessons will explore different methods of Fitness. A method that has been popular in Year 9 is 'Step Aerobics'. Students learn set routines to music on the step boxes alongside discovering the benefits of this method of exercise. Later on in the module, students get the opportunity to lead routines for the class as well as creating their own routines to perform. In the Fitness Suite, students will be introduced to the concepts of progression and FITT training principles together with the benefits of training (aerobic & interval) in optimising specific fitness, together with the training adaptations on the body for performance and health benefits (social, emotional & physical) in line with the GCSE courses of study.</p> <p><u>Badminton/Hockey</u> In boys PE, they will study Badminton and Hockey. Students will develop the ability to demonstrate combinations & variety of skills to utilise space and tactics (e.g. depth/width) to outwit. Students will apply rules & scoring systems to officiate, analyse tactics & action plan ways to maximise performance, transfer of skills & tactics into new net/wall activities. More advanced techniques of serving, spin, angles, switching between defence and attacking play, footwork and generation of power together with more advanced doubles tactics and scoring will be delivered in this half term.</p>



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Year 9 HT5	<p><u>Athletics:</u> In this unit pupils will develop their event-specific advanced techniques to improve distances & times - Fosbury flop in high jump, hitch-kick in long jump, and O'brien in Shot Put. Students will use analysing technique to identify strengths & weaknesses, 'coaching' areas of improvement. They will apply competition rules & procedures, evaluate strengths & weakness of performance and be encouraged to use video-analysis to adapt their technique developing their metacognition. Students can also develop their leadership skills to manage equipment, space and others; and take part in athletics and outdoor & adventurous activities to develop problem solving skills, adapting course tactics for personal best times.</p>
Year 9 HT6	<p><u>Badminton</u> Girls lessons will also explore Badminton this half term. Students will develop the ability to demonstrate combinations & variety of skills to utilise space and tactics (e.g. depth/width) to outwit. Students will apply rules & scoring systems to officiate, analyse tactics & action plan ways to maximise performance, transfer of skills & tactics into new net/wall activities. More advanced techniques of serving, spin, angles, switching between defence and attacking play, footwork and generation of power together with more advanced doubles tactics and scoring will be delivered in this half term.</p> <p><u>Cricket/Softball/Rounders</u> For the Striking and Fielding unit, the boys lessons will cover Cricket and Softball, whilst the girls lessons will explore Rounders. In this unit pupils will develop mental capacity & creative thinking when devising & implementing new tactics., use rounders to develop observation skills on peer performances, skills and technique, extend knowledge of rules and umpire calls. Pupils will be encouraged to evaluate games and how they outwit opponents and reasons for this, to develop mental capacity when scoring and calculating runs. There will be opportunities to umpire/coach pupils or small groups will develop communication, leadership and decision making skills. Pupils will learn to identify and implement the principles of outwitting opposition whether fielding or batting. Pupils will implement strategic and tactical decisions based on the hitting/movement of the ball into space.</p>