

Y7 PE Curriculum: In Y7 pupils are encouraged to become independent with organisational skills, time management and develop positive relationships with new peers.

Our PE curriculum has the learner at the heart of it and we look to develop DECLARATIVE, SUBSTANSIVE and PROCEDURAL knowledge through a whole host of different sports and activities which aim to develop MOTOR COMPETENCE, KNOWLEDGE OF RULES, STRATEGIES AND TACTICS and develop a habit of HEALTHY PARTICIPATION (Often referred to as the HEAD, HEART, HANDS approach).

Term 1a- Baseline assessments on current level of fitness and competence- Carousel of sports including Football, Rugby, Netball, Hockey and Fitness.

Term 1b- Continuation of carousel also now including Basketball, Dance Trampolining and Cricket

Term 2a- Continuation of carousel above also including OAA (Orienteering) Table Tennis and Volleyball

Term 2b- Continuation of carousel above including Badminton and Handball.

Term 3a- Continuation of carousel above including striking and fielding activities

Term 3b- Culmination of carousel with activities including Track and Field.

Key terms and vocabulary: WARM UP, PULSE RAISER, DYNAMIC STRETCHING, STATIC STRETCHING, SKILL REHERSAL, MENTAL PREPARATION, OVERLOAD, OVERLAP, BODY TENSION, AESTHETIC, POINT OF STILLNESS, HEART RATE, PULSE, CARDIOVASCULAR, MUSCULAR, FOOTWORK, SHORT PASS, DRIVEN PASS, LOFTED PASS, BOUNCE PASS, JAVELIN PASS, DRIBBLE, OFFENCE, DEFENCE, SET SHOT, LAY UP, CANON, TEMPO, MOTIF, SOLO, DUO, GROUP, WICKET, BOWLING, FIELDING, BATTING, CREASE, STUMPS, UMPIRE, HANDRAIL, CATCHING FEATURE, AIMING OFF, SERVE, FOREHAND, BACKHAND, PUSH, SLICE, SPIN, DRIVE, DIG, SET, SMASH, BLOCK, DROPSHOT, OVERHEAD CLEAR, DOWN START, BLOCKS, HEAD CARRIAGE, KNEE DRIVE, DIP, BATON, RELAY, CHANGEOVER, SHOT PUTT, JAVELIN, DISCUS.

Careers Links to PE: There are numerous jobs linked to P.E and sport some of them are...

Teacher, Coach, Manager, Official, Physiotherapist, Sports Scientist, Sports Psychologist, Journalist, Cameraman, Podcaster, Radio presenter, TV Pundit, Exercise physiologist, sports development officer, photographer, product developer, sports marketing, sports sponsorship, fitness instructor, strength and conditioning coach, sports medic, sports nutrition, biomechanist, sports statistician, sports agent.

Other Information: PE staff are asked to ensure all pupils are ready for exercise. This includes the removal of jewellery, Hair being tied up (regardless of gender) and correct footwear being used.

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Y8 PE Curriculum: In Y8 pupils are reminded of their progress in Y7 and encouraged to continue to work on their organisation, time management and continue to foster strong relationships with their peers and different members of the PE staff.

The HEAD, HEART and HANDS approach is still extremely important to us and we ask pupils to reflect on their progress in previous years and look to improve upon their areas of weakness in each sport. We are also beginning to thread in key examination and “wider world” concepts like careers to develop knowledge and cultural capital.

Term 1a- Baseline assessments on current level of fitness and competence- Carousel of sports including Football, Rugby, Netball, Hockey and Fitness.

Term 1b- Continuation of carousel also now including Basketball, Dance and Cricket.

Term 2a- Continuation of carousel above also including OAA (Orienteering) Table Tennis and Volleyball.

Term 2b- Continuation of carousel above including Badminton and Handball.

Term 3a- Continuation of carousel above including striking and fielding activities.

Term 3b- Culmination of carousel with activities including Track and Field.

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Y9 PE Curriculum: In Y9 pupils are reminded of their progress in KS3 and encouraged to continue to work on their organisation, time management and continue to foster strong relationships with their peers and different members of the PE staff.

The HEAD, HEART and HANDS approach is still extremely important to us and we ask pupils to reflect on their progress in previous years and look to improve upon their areas of weakness in each sport. Our “wider world” concepts continue to bring in a sense of wonder and intrigue to our learners- inspiring them to be all they can be in all sports.

Term 1a- Baseline assessments on current level of fitness and competence- Carousel of sports including Football, Rugby, Netball, Hockey and Fitness.

Term 1b- Continuation of carousel also now including Basketball, Dance and Cricket.

Term 2a- Continuation of carousel above also including OAA (Orienteering) Table Tennis and Volleyball.

Term 2b- Continuation of carousel above including Badminton and Handball.

Term 3a- Continuation of carousel above including striking and fielding activities.

Term 3b- Culmination of carousel with activities including Track and Field- Opportunities to engage with materials in preparation for OPTIONS are also given.

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Y10 PE Curriculum: In Y10 pupils are still taught a broad and balanced curriculum with the importance of the “Head, heart and hands” still high on our agenda. Pupils are taught in shorter, punctuated blocks that draw on and overlap key skills to reinforce their importance both for the more competitive and recreational learner. We also see pupils take on those familiar roles of coach, official or teaching assistant to best support other learners.

Term 1a and 1b- Activities such as Basketball, Football, Rugby, Trampolining, Netball and Fitness are delivered.

Term 2a and 2b- Activities such as Benchball, Dodgeball, Volleyball Table Tennis, OAA and Fitness are delivered.

Term 3a and 3b- Activities such as Volleyball, Table Tennis, Striking and Fielding games, Hockey, Tennis and Track and Field events are delivered.

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Y11 PE Curriculum: In Y11 pupils are given a continually rotating 5 activity carousel to keep all levels of pupil enthused and active in their last year in school.

The “Real world” is beckoning for our older pupils and we want to keep them motivated to continue their relationship with HEALTHY PARTICIPATION.

Activities include (But are not limited to) Football, Rugby, Netball, Basketball, Netball, Volleyball, Handball, Trampolining, Fitness, Yoga and Pilates, Dance, Badminton, Table Tennis, Hockey, Striking and Fielding, Tennis and Track and field

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