



Welcome to Cardinal Wiseman Key Stage 3 P.E Curriculum



What is the Cardinal Wiseman P.E Departments intent (intention or purpose).

To develop Physical Literacy through the development of **knowledge**, **physical competences** and **character**. Giving pupils improved life chances through a healthier and more active lifestyle.

This document highlights what we do and why before looking at each year group please see image below. The pages that follow are what we share with all pupils. Please note that in year 9 pupils get the option of a dance or P.E based pathway

It shows what knowledge we have sequenced in for each year group that is in independent learning booklets which are completed as home learning.

What will your 7 look like? Baseline Testing and Introduction

Sports Licence	Building on Previous Experiences						Sports Licence Awards	
	Team Building	Basic Tactics	Basic Fundamentals	Multi Skills	Knowledge	Baseline Testing	Gold	Silver
Year 7 Introduction	Students are Taught and assessed on the importance of team work and building relationships.	Students are taught and assessed on tactics of creating space and decision making	Students are assessed on their basic FUNDAMENTAL skills from previous learning.	Students are assessed on their basic Multi skills from previous learning.	Students are taught and assessed on Basic knowledge surrounding health and fitness as well as effects of exercise and diet.	Students are baseline tested on skill and health related components of fitness, before and after this unit of work.	Gold	Silver
							Bronze	

Year 7 has baseline P.E specific baseline testing called the sports license

A variety of physical activities

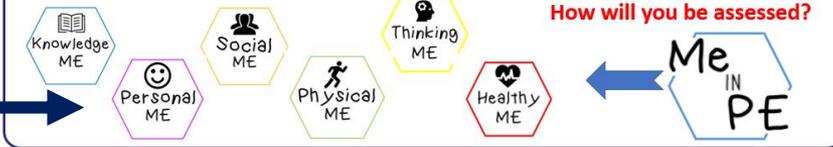
FUNDamental and Foundation Skills								
Rules and Rings	Grip/ Body Position	Catching/ Throwing	Flight	Pool Side Safety	Water Confidence	Basic Sprint Technique	Basic Fitness Room Safety	Cultural Dances
Ball Mastery and decision making	Ball Shuttle Familiarisation and	Fielding Techniques	Balances	Water Entry/ Exit	Field events introduction	Team Building, Communication and Orienteering of map	Circuit training foundation exercises	Formation/ Pathway of movement
Passing/ Shooting	Basic Footwork	Striking Techniques	Basic Elements	Basic Stroke Development	Competition	Short/ Long term effects of exercise	Basic Performance Interpretive Skills	5 category of action Physical Skills
Opposed game Dev (Small)								
Invasion games	Net/ Wall/ Racket	Striking and Feinting	Gymnastics	Swimming	Athletics	Fitness and Outdoor Ed	Dance	

The range of activities we do and what specific skills and techniques we have sequenced for each year.

What knowledge will you learn?

SUBJECT/PE	A1	A2	Sp1	Sp2	Su1	Su2
Year 7	Unit title: Introduction Health and active lifestyle Big Question: Do I have a healthier and active lifestyle	Unit title: Nutrition 1 Big Question: What are the strands for a healthier diet?	Unit title: My Body- Muscular Skeletal Big Question: How does my body move?	Unit title: My Body- cardio respiratory Big Question: How does my body supply oxygen to the muscles?	Introduction- Effects of exercise Big question: What happens to my body when I exercise?	Unit title: Sporting Heroes Big Question: Who are role models in sport we should all know about?

Our Me In P.E assessment system. More can found out about this element of our curriculum on the main P.E webpage





**THE
BIG
QUESTION**

What is the Cardinal
Wiseman P.E Curriculum?

**THE
SMALL
QUESTION**

What do I learn in year 7 and
Why?

loving hopeful
attentive curious
faith-filled wise
generous grateful
eloquent discerning
intentional compassionate
truthful active

What is the Cardinal Wiseman P.E Departments intent (intention or purpose).

To develop Physical Literacy through the development of **knowledge**, **physical competences** and **character**. Giving the pupils improved life chances through a healthier and more active lifestyle.

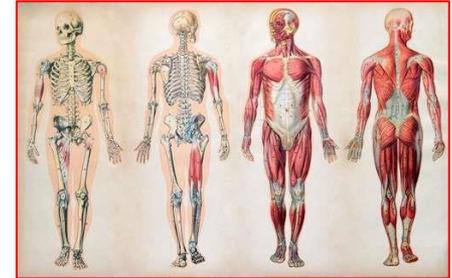
Physical Competencies- The development of pupils physical literacy and fundamental skills through a sequenced practical curriculum which encompasses a broad range of sporting and physical activities.



Knowledge- Learning about the human body and how to lead a healthy and active lifestyle. This includes nutrition and the short and long term effects of exercise. Pupils will also learn about inspirational sporting icons and the different careers in P.E



Character- The development of pupils character through our Me In P.E system. This assess pupils across the following areas.



Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life."

Questions

Identify how we as a P.E Department will be developing your physical literacy?

Explain how you get assessed in P.E?

Evaluate why having strong physical literacy is important to have a successful and long happy life?

What will your 7 look like?

Baseline Testing and Introduction

Sports Licence Year 7 Introduction	Building on Previous Experiences						Sports License Awards	
	Team Building	Basic Tactics	Basic FUNDamentals	Multi Skills	Knowledge	Baseline Testing	Gold	
	Students are Taught and assessed on the importance of team work and building relationships.	Students are taught and assessed on tactics of creating space and decision making.	Students are assessed on their basic FUNDamental skills from previous learning.	Students are assessed on their basic Multi skills from previous learning.	Students are taught and assessed on Basic knowledge surrounding health and fitness as well as effects of exercise and diet.	Students are baseline tested on skill and health related components of fitness, before and after this unit of work.	Silver	
							Bronze	

A variety of physical activities

FUNDamental and Foundation Skills							
Rules and Regs		Basic Gym Safety		Pool Side Safety		Basic Run Technique	
Ball Mastery and decision making	Grip/ Body Position	Catching/ Throwing	Flight	Water Confidence	Basic Sprint Technique	Circuit training foundation exercises	Formation/ Pathway of movement
Passing/ Shooting	Ball/ Shuttle Familiarisation and	Fielding Techniques	Balances	Water Entry/ Exit	Field events introduction	Team Building- Communication and Orienteering of map	5 category of action Physical Skills
Opposed game Dev (Small)	Basic Footwork	Striking Techniques	Basic Elements	Basic Stroke Development	Competition	Short/ Long term effects of exercise	Basic Performance Interpretive Skills

Invasion games	Net/ Wall/ Racket	Striking and Fielding	Gymnastics	Swimming	Athletics	Fitness and Outdoor Ed	Dance
----------------	-------------------	-----------------------	------------	----------	-----------	------------------------	-------

What knowledge will you learn?

SUBJECT:PE	A1	A2	Sp1	Sp2	Su1	Su2
Year 7	Unit title: Introduction Healthy and active lifestyle	Unit title: Nutrition 1	Unit title: My Body- Muscular Skeletal	Unit title: My Body -cardio respiratory	Introduction- Effects of exercise	Unit title: Sporting Heroes
	Big Question: Do I have a healthy and active lifestyle	Big Question: What are the strands for a healthy diet?	Big Question: How does my body move?	Big Question: How does my body supply oxygen to the muscles?	Big question: What happens to my body when I exercise?	Big Question: Who are role models in sport we should all know about?

How will you be assessed?



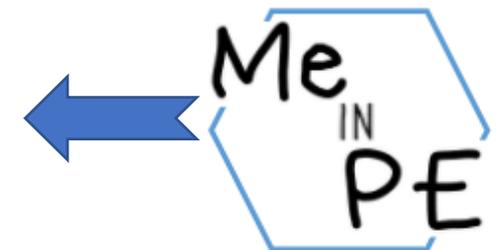
40% Teacher Judgement



30% written assessment



30% Teacher Judgement



What will your 8 look like?

A variety of physical activities

Asserting Skill Acquisition and Basic Leadership							Recognised Pieces
Ball Mastery/ Control	Advanced footwork	Intermediate Throw/ Catch	Group Routines	Pool Safety/ Entry and Exit	Recap track and field techniques	Methods of training Foundation	R.A.D.S
Intermediate Pass/ Shoot	Intermediate Skill Acquisition (Spin)	Develop Shot Selection	Advanced Balancing	Stroke Development	Field Event progression	Long term effects of exercise	Stimulus Ideas
Basic Tactics/ Development Opposed Game Dev (Large Importance of Width and depth)	Game tactics	Game tactics	Acrobatic Skills	Diving	Pacing/ Running Tactics	Basic map reading skills and navigation of space	Choreographic devices
Leading/ Create Drills	Leading/ Create Drills	Leading/ Create Drills	Advanced rolls	Coaching Stroke Develop	Leading/ Create Drills	Creation of basic training session	Leading/ Create MOTIF

Invasion games	Net/ Wall/ Racket	Striking and Fielding	Gymnastics	Swimming	Athletics	Fitness and Outdoor Ed	Dance
----------------	-------------------	-----------------------	------------	----------	-----------	------------------------	-------

What knowledge will you learn?

A1	A2	Sp1	Sp2	Su1	Su2
Unit title: Healthy and active lifestyle	Unit title: Short Term effects of exercise on the body system	Unit title: Long term effects of exercise on the body systems	Careers in Sport and Physical Activity	Unit title: Nutrition 2	Unit title: Importance of health and fitness
Big Question: What are the barriers to having an active lifestyle?	Big Question: How does exercise effect my body systems when I exercise?	Big Question: What are the benefits of life long physical activity?	Big Question: What jobs and carrers are there in Physical Education?	Big Question: Do I make the best food choices for my body?	Big question: What is the relationship between health and fitness?

How will you be assessed?



40% Teacher Judgement



30% written assessment



30% Teacher Judgement



*****In Year 9 you get a performance pathway choice*****

Dance Performance Pathway

Sport, Health and Fitness Performance pathway

Sport, Health and Fitness Performance pathway activities.

Development of Foundation Knowledge for KS4 Pathways						
Introduction of positions Opposed Game Dev (Full)	Doubles/group play	Advanced striking skills	Basic Elements recap	Entry and surface diving	Recap track and field techniques	Skill related fitness sessions
Importance of positioning	Develop tactical knowledge	Advanced fielding skills	Basic Trampolining skills	Basic life saving	Advanced Techniques/ Tactics	Health Related Fitness Sessions
Advance Pass/Shoot	Advanced skill aquisition	Fielding Tactics	Vault Progression	Personal Survival	Starts and finishes for track events	Independent Fitness Leadership Sessions
	Movement of the court	Positioning/ structure of player	Flight Development	Starts and Finishes	Coaching Specific Event to Small group	
Invasion games	Net/ Wall/ Racket	Striking and Fielding	Gymnastics	Swimming	Athletics	Fitness and Outdoor Ed

What knowledge will you learn on this performance pathway?

A1	A2	Sp1	Sp2	Su1	Su2
Unit title: fitness?	Unit title: Fitness	Unit title: Fitness Testing	Unit title: Fitness Testing	Unit title: Fitness Methods	Unit title: Principles of Training
Big Question: What are the skill components of fitness?	Big Question: What are the physical components of fitness?	Big Question: How can we test skill components of fitness?	Big Question: How can we test physical components of fitness?	Big Question: How can I improve my physical components?	Big Question: How can I create my own training programme?



40% Teacher Judgement



30% written assessment



30% Teacher Judgement

How will you be assessed?

