

Physical Education - Lower School Curriculum

Students will learn how to:

Build on and embed the physical development and skills learned in previous key stages, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. Pupils 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.

Pupils will be taught to:

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games: In **Basketball, Cricket, Dodgeball, Football, Gaelic Football, Handball, Netball, Rounders, Rugby and Softball.**
- Develop technique and improve performance in other competitive sports: Athletics, Gymnastics and Health Related Fitness.
- Perform dances using increasingly complex dance techniques in a range of dance styles and forms.
- Be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
- Judge performances compared to previous ones and demonstrate improvement and drive to achieve a personal best.
- Take part in competitive sports and activities outside school through community links or sports clubs.

Physical Education - Lower School Curriculum

Physical Education:

Pupils will understand the physical activity contributions to the healthy functioning of the body and mind and is an essential component of a healthy lifestyle. The learning will be split into different areas of health related activities such as boxercise, circuits, dodgeball and ball fitness. Pupils will learn to recognise that regular physical activity, that is fit for purpose, safe and enjoyable has the greatest impact on physical, mental and social well being. Pupils will also be able to identify the correct informed choices to make relating to habitually living a healthy, active lifestyle. Cross curricular links will be a fundamental key to understanding the key terms of physical education and direct links to sport science for Key Stage 4 (KS4). Aspects of KS4 include components of fitness and aerobic/anaerobic exercise. Activities include gymnastics/parkour, dance and indoor athletic events.

Games:

Students will learn how to build on and embed the physical development and skills learned in previous key stages, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. Pupils 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 sports and physical activity. Pupils will have a key focus on developing their skills within different sports and learn to use tactics, formations and strategies to overcome opponents in direct competition through team and individual games.

Pupils will improve and develop their LORIC skills and responsibilities; the sport education model is fully inclusive and encourages not only the practical development of technique but allows learners to fulfil a range of roles within lessons. Students have the opportunity to take on the responsibility of being:

- Warm up leader
- Equipment manager
- Captain
- Coach
- Official
- Tactician
- Manager
- Analyst

Each role actively encourages the development of **LORIC** skills and contributes to forming and enhancing life skills that learners can utilise throughout their lives.

LORIC skills will be at the forefront of at least one learning objective per lesson, they will be incorporated into each lesson with a clear focus upon one at a time.



Year 7 Physical Education



AUTUMN TERM

Fitness Testing 1

Sports: Football, Netball, Dodgeball, Dance, Rugby and Basketball

SPRING TERM

Fitness Testing 2

Sports: Hockey, Handball, Gymnastics/Parkour, Rugby, World Games and Health Related Fitness

SUMMER TERM

Fitness Testing 3

Sports: Hitting, Throwing and Catching (Cricket and Rounders) and Athletics (Track and Field).

Curriculum Overview

In this academic year students will learn the basic fundamentals of each Sport, exploring the motor skills needed to perform within that activity



Year 8 Physical Education



AUTUMN TERM

Fitness Testing 1

Sports: Football, Netball, Dodgeball, Dance, Rugby and Basketball

SPRING TERM

Fitness Testing 2

Sports: Hockey, Handball, Gymnastics/Parkour, Rugby, World Games and Health Related Fitness

SUMMER TERM

Fitness Testing 3

Sports: Hitting, Throwing and Catching (Cricket and Rounders) and Athletics (Track and Field).

Curriculum Overview

In this academic year students will develop an understanding of how to implement the fundamental motor skills into each Sport, with a focus on enhancing knowledge of rules and tactics



Year 9 Physical Education



AUTUMN TERM

Sports:
Health Related Fitness,
Badminton, Table Tennis, Hockey
and Trampolining.

SPRING TERM

Sports:
Football, Volleyball,
Basketball, Rugby, Dance and
Netball.

SUMMER TERM

Sports:
Hitting Throwing and Catching
(Cricket and Rounders) and
Athletics (Track and Field)

Curriculum Overview

In this academic year students will develop learn the basic fundamentals of new sports, exploring the motor skills needed to perform within that activity. I addition they will learn to apply and analyse techniques used within learned sports linking to the rules and tactics of each activity

Physical Education - Upper School Curriculum

Pupils will tackle complex and demanding physical activities. They will participate in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Pupils will be taught to:

- Use increasingly advanced tactics, formations and strategies to overcome opponents in direct competition through team and individual games: In Basketball, Cricket, Dodgeball, Football, Futsal, Gaelic Football, Handball, Hockey, Netball, Rounders, Rugby, Softball, Table Tennis, Volleyball.
- Develop technique and improve performance in other competitive sports: Athletics, Gymnastics, Health Related Fitness and Trampolining.
- Perform dances using advanced and complex dance techniques in a wide range of dance styles and forms.
- Encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
- Evaluate and analyse performances within a competitive environment and share these observations with peers to enhance both individual and team outcomes.
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.



Year 10 Physical Education

	Block 1 (9/9/24-14/10/24) 6 weeks		Block 2 (21/10/24-2/12/24) 6 weeks		Exam Season (9/12/24- 27/1/25)	Block 3 (3/2/25-17/3/25) 6 weeks		Block 4 (24/3/25-12/5/25) 6 weeks		Block 5 (19/5/25-30/6/25) 6 weeks		Block 6 (7/7/25)
Boys Team (10P/V1)	T/Tennis SH	Fitness Gym	Football Field	Handball Astro	House Comps	Rugby Field	Volleyball SH	Fitness Gym	World Games Field / SH	Tennis SH	Cricket Astro	House Comps
Girls Team (10P/V2)	Fitness Gym	Rugby Field	Netball Astro	Volleyball SH	House Comps	Hockey Astro	Football Field	World Games Field / SH	Fitness Gym	Rounders Field	Athletics Field	House Comps
Mixed Individual (10P/V3)	Trampoline SH	T/Tennis SH	Badminton SH	Fitness Gym	House Comps	Fitness Gym	Handball Astro	Volleyball SH	Dodgeball SH	Athletics Field	Fitness Gym	House Comps
Sport Leaders (10P/V4)	Field	Astro	Fitness Gym	Field	House Comps	SH	Fitness Gym	Astro	Astro	Astro/Gym	SH/Field	House Comps

Curriculum Overview

In Year 10 students choose a pathway that matches their preferred activities based on their experiences from the Year 7-9 curriculum. These pathways focus predominantly on either team, individual, aesthetic or leadership activities. These pathways continue to provide access to a wide range of physical activities designed to develop competence, performance, creativity, evaluation skills, physical & mental capacity, decision making and making informed choices on a healthy, active lifestyle and lifelong learning.



Year 11 Physical Education

	Block 1 (9/9/24-14/10/24) 6 weeks		Block 2 (21/10/24-2/12/24) 6 weeks		Exam Season (9/12/24-27/1/25)	Block 3 (3/2/25-17/3/25) 6 weeks		Block 4 (24/3/25-12/5/25) 6 weeks		Block 5 (12/5/25>)
Boys Team 1 (11P/V1)	T/Tennis SH	Fitness Gym	Football Field	Handball Astro	House Comps	Rugby Field	Volleyball SH	Fitness Gym	World Games Field / SH	Recreational PE
Girls Team (11P/V2)	Fitness Gym	Rugby Field	Netball Astro	Volleyball SH	House Comps	Hockey Astro	Football Field	World Games Field	Fitness Gym	Recreational PE
Mixed Individual (11P/V3)	Trampoline SH	T/Tennis SH	Badminton SH	Fitness Gym	House Comps	Fitness Gym	Handball Astro	Volleyball SH	Dodgeball SH	Recreational PE
Sport Leaders (11P/V4)	Field	Astro	Fitness Gym	Field	House Comps	SH	Fitness Gym	Astro	Astro	Recreational PE

Curriculum Overview

In Year 11 students again choose a pathway that matches their preferred activities based on their experiences from the Year 7-10 curriculum. These pathways focus predominantly on either team, individual, aesthetic or leadership activities. These pathways focus on a smaller number of activities for a longer duration designed to develop competence, performance, creativity, evaluation skills, physical & mental capacity, decision making and making informed choices on a healthy, active lifestyle and lifelong learning.

Extra Curricular Sport

The Department is committed to the following extra-curricular pledges:

- Open Door Policy: **All** students are given the opportunity to access a wide range of extra curricular clubs for team sports and individual activities, regardless of ability levels.
- Talented students will be encouraged to pursue excellence in their sport through all available pathways, including but not limited to
 - District/County Nominations as appropriate
 - Established pathways and progression towards local clubs
- Competitions and Leagues will be entered across a wide range of activities at local and regional level to maximise the opportunities for students to experience inter-school competition.
- Effective relationships will be established and maintained with local clubs and providers so that students can be offered opportunities outside of school to pursue and develop their sporting interests.
- To utilise competitive extra-curricular sport as a vehicle to promote and develop positive personal qualities for our students.