

Year 7 Curriculum Overview: PE



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	<ol style="list-style-type: none"> 1. Hockey 2. Netball 3. Football 	<ol style="list-style-type: none"> 1. Learn basic simple skills 2. Be able to use the skills in small sided games 3. To understand the basic rules 4. To know and understand the basic fitness components 5. To learn to work together 	<p>Students will be assessed against the BRONZE, SILVER and GOLD criteria Which is assessed on the following</p> <ol style="list-style-type: none"> 1. Knowledge and understanding of rules and tactics 2. Performance of basic skills 3. Physical Ability 4. Sportsmanship/working with others 5. Resilience/ perseverance 6. Self and Peer assessment 	<p>Encourage Extra-curricular sport:</p> <ol style="list-style-type: none"> 1. In school 2. In the Community 3. Encourage regular exercise 4. A healthy diet and lifestyle
Spring Term	<ol style="list-style-type: none"> 1. Cross Country 2. Gym 3. Swimming 	<ol style="list-style-type: none"> 1. To improve basic fitness including Aerobic fitness/ flexibility. 2. To learn and develop individual motor skill 3. To learn water confidence 4. To know and understand the basic fitness components 5. To challenge themselves individually 	<p>Students will be assessed against the BRONZE, SILVER and GOLD criteria Which is assessed on the following</p> <ol style="list-style-type: none"> 1. Knowledge and understanding of rules and tactics 2. Performance of basic skills 3. Physical Ability 4. Sportsmanship/working with others 5. Resilience/ perseverance 6. Self and Peer assessment 	<p>Encourage Extra-curricular sport:</p> <ol style="list-style-type: none"> 1. In school 2. In the Community 3. Encourage regular exercise 4. A healthy diet and lifestyle
Summer Term	<ol style="list-style-type: none"> 1. Athletics 2. Tennis 3. Rounders 	<ol style="list-style-type: none"> 1. To learn the core skills- running, throwing, striking and fielding 2. To learn the rules in all activities to score, measure, time and positions on the pitch 3. To know and understand all safety aspects of athletics 4. To challenge themselves to improve distance/time 	<p>Students will be assessed against the BRONZE, SILVER and GOLD criteria Which is assessed on the following</p> <ol style="list-style-type: none"> 1. Knowledge and understanding of rules and tactics 2. Performance of basic skills 3. Physical Ability 4. Sportsmanship/working with others 5. Resilience/ perseverance 6. Self and Peer assessment 	<p>Encourage extra-curricular sport:</p> <ol style="list-style-type: none"> 1. In school 2. In the Community 3. Encourage regular exercise 4. A healthy diet and lifestyle

Year 8 Curriculum Overview: PE



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	<ol style="list-style-type: none"> 1. Hockey 2. Netball 3. Football 	<ol style="list-style-type: none"> 1. To develop accuracy and consistency simple skills 2. Be able to speed up the skills in small sided games 3. To understand the basic rules and basic officiating 4. To know and understand the basic fitness components 5. To learn to work together 	<p>Students will be assessed against the BRONZE, SILVER and GOLD criteria Which is assessed on the following</p> <ol style="list-style-type: none"> 1. Knowledge and understanding of rules and tactics 2. Performance of basic skills 3. Physical Ability 4. Sportsmanship/working with others 5. Resilience/ perseverance 6. Self and Peer assessment 	<p>Encourage Extra-curricular sport:</p> <ol style="list-style-type: none"> 1. In school 2. In the Community 3. Encourage regular exercise 4. A healthy diet and lifestyle
Spring Term	<ol style="list-style-type: none"> 1. Cross Country 2. Gym 3. Swimming: Water Polo, Synchronised swimming, life saving 	<ol style="list-style-type: none"> 1. To improve and develop their own fitness including Aerobic fitness/ flexibility. 2. To learn and develop more complex motor skills 3. To learn different aqua activities. 4. To know and understand the fitness components and show them in performances. 5. To be able to motivate themselves individually 	<p>Students will be assessed against the BRONZE, SILVER and GOLD criteria Which is assessed on the following</p> <ol style="list-style-type: none"> 1. Knowledge and understanding of rules and tactics 2. Performance of basic skills 3. Physical Ability 4. Sportsmanship/working with others 5. Resilience/ perseverance 6. Self and Peer assessment 	<p>Encourage Extra-curricular sport:</p> <ol style="list-style-type: none"> 1. In school 2. In the Community 3. Encourage regular exercise 4. A healthy diet and lifestyle
Summer Term	<ol style="list-style-type: none"> 1. Athletics 2. Tennis 3. Rounders 	<ol style="list-style-type: none"> 1. To develop the core skills- running, throwing, striking and fielding by using their improved fitness components 2. To understand the rules in all activities to score, measure, time and positions on the pitch and how to make tactical decisions 3. To know and understand all safety aspects of athletics and lead to simple officiating 4. To challenge themselves to improve distance/time 	<p>Students will be assessed against the BRONZE, SILVER and GOLD criteria Which is assessed on the following</p> <ol style="list-style-type: none"> 1. Knowledge and understanding of rules and tactics 2. Performance of basic skills 3. Physical Ability 4. Sportsmanship/working with others 5. Resilience/ perseverance 6. Self and Peer assessment 	<p>Encourage extra-curricular sport:</p> <ol style="list-style-type: none"> 1. In school 2. In the Community 3. Encourage regular exercise 4. A healthy diet and lifestyle

Year 9 Curriculum Overview: PE



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	<ol style="list-style-type: none"> 1. Hockey 2. Rugby 3. Badminton 	<ol style="list-style-type: none"> 1. To show knowledge and understanding of complex skills in team sports 2. Be able to use the skills in full sided games 3. To understand the more complex rules and officiating 4. To know and understand the fitness components required for the sport 5. To learn to work together and appreciate all members of the group 6. To learn the basic skills of badminton and understand basic scoring 	<p>Students will be assessed against the BRONZE, SILVER and GOLD criteria Which is assessed on the following</p> <ol style="list-style-type: none"> 1. Knowledge and understanding of rules and tactics 2. Performance of basic skills 3. Physical Ability 4. Sportsmanship/working with others 5. Resilience/ perseverance 6. Self and Peer assessment 	<p>Encourage Extra-curricular sport:</p> <ol style="list-style-type: none"> 1. In school 2. In the Community 3. Encourage regular exercise 4. A healthy diet and lifestyle
Spring Term	<ol style="list-style-type: none"> 1. Netball 2. Football 3. Gym 4. Tournaments 	<ol style="list-style-type: none"> 1. To show knowledge and understanding of complex skill and tactics in team sports-Netball 2. To understand the more complex rules and how to officiate a game. 3. To improve and develop their own fitness including Aerobic fitness/ flexibility. 4. To learn and develop more complex motor skills 5. To know and understand the fitness components and show them in performances. 6. To know and understand and compete in the structure of a tournament 	<p>Students will be assessed against the BRONZE, SILVER and GOLD criteria Which is assessed on the following</p> <ol style="list-style-type: none"> 1. Knowledge and understanding of rules and tactics 2. Performance of basic skills 3. Physical Ability 4. Sportsmanship/working with others 5. Resilience/ perseverance 6. Self and Peer assessment 	<p>Encourage Extra-curricular sport:</p> <ol style="list-style-type: none"> 1. In school 2. In the Community 3. Encourage regular exercise 4. A healthy diet and lifestyle
Summer Term	<ol style="list-style-type: none"> 1. Cricket 2. Tennis 3. Rounders 4. Basketball 5. Fitness 	<ol style="list-style-type: none"> 1. To develop the core skills- running, throwing, striking and fielding by using their improved fitness components 2. To understand the rules in all activities to score, measure, time and positions on the pitch and how to make tactical decisions 3. To know and understand all safety aspects of athletics and lead to simple officiating 4. To challenge themselves to improve distance/time 	<p>Students will be assessed against the BRONZE, SILVER and GOLD criteria Which is assessed on the following</p> <ol style="list-style-type: none"> 1. Knowledge and understanding of rules and tactics 2. Performance of basic skills 3. Physical Ability 4. Sportsmanship/working with others 5. Resilience/ perseverance 6. Self and Peer assessment 	<p>Encourage extra-curricular sport:</p> <ol style="list-style-type: none"> 1. In school 2. In the Community 3. Encourage regular exercise 4. A healthy diet and lifestyle

Year 10 Curriculum Overview: PE



Autumn Term

Topics/ content outline:

1. Hockey
2. Rugby
3. Badminton
4. Volleyball

Powerful Knowledge (key concepts, skills)

1. To show knowledge and understanding of complex skills in team sports and be able to help others
2. Be able to use the skills in full sided games
3. To understand the more complex rules and officiating
4. To learn to work together and appreciate all members of the group in a full sided game
5. To learn the more complex skills of badminton
6. To learn the basic new skills of volleyball and transfer them to a small sided game

What will you be assessed on?

Rewards will be given on Class Charts

1. Knowledge and understanding of rules and tactics
2. Performance of basic skills
3. Physical Ability
4. Sportsmanship/working with others
5. Resilience/ perseverance
6. Self and Peer assessment

How can you help at home?

Encourage Extra-curricular sport:

1. In school
2. In the Community
3. Encourage regular exercise
4. A healthy diet and lifestyle

Spring Term

Topics/ content outline:

1. Netball
2. Football
3. Fitness
4. Tournaments

Powerful Knowledge (key concepts, skills)

1. To show knowledge and understanding of complex skill and tactics in team sports
2. To understand the more complex rules and how to officiate a game.
3. To improve and develop their own fitness plan
4. To understand different types of fitness training
5. To know and understand and compete in the structure of a tournament

What will you be assessed on?

Rewards will be given on Class Charts

1. Knowledge and understanding of rules and tactics
2. Performance of basic skills
3. Physical Ability
4. Sportsmanship/working with others
5. Resilience/ perseverance
6. Self and Peer assessment

How can you help at home?

Encourage Extra-curricular sport:

1. In school
2. In the Community
3. Encourage regular exercise
4. A healthy diet and lifestyle

Summer Term

Topics/ content outline:

1. Cricket
2. Tennis
3. Rounders
4. Basketball
5. Fitness

Powerful Knowledge (key concepts, skills)

1. To develop the skills- throwing, striking and fielding
2. To understand the rules in all activities to score, and now the positions of play and how to make tactical decisions
3. To learn the new basic handing and shooting skills in Basketball
4. To learn transfer invasion games knowledge into the new sport of Basketball
5. To develop and understand different types of fitness and show self motivation

What will you be assessed on?

Rewards will be given on Class Charts

1. Knowledge and understanding of rules and tactics
2. Performance of basic skills
3. Physical Ability
4. Sportsmanship/working with others
5. Resilience/ perseverance
6. Self and Peer assessment

How can you help at home?

Encourage Extra-curricular sport:

1. In school
2. In the Community
3. Encourage regular exercise
4. A healthy diet and lifestyle

Year 11 Curriculum Overview: PE



Autumn Term School lessons

- Topics/ content outline:**
1. Badminton
 2. Netball
 3. Basketball
 4. Volleyball

- Powerful Knowledge (key concepts, skills)**
1. To use all previous knowledge to be able to participate at a recreational level
 2. To develop their ability to work with others in the group
 3. To be able to organise a tournament or competition
 4. To learn how to officiate.

- What will you be assessed on?**
- Rewards will be given on Class Charts
1. Personal Effort
 2. Sportsmanship/working with others
 3. Resilience/ perseverance
 4. Responsibility

- How can you help at home?**
- Encourage Extra-curricular sport:
1. In school
 2. In the Community
 3. Encourage regular exercise
 4. A healthy diet and lifestyle

Spring Term School Lesson

1. Circuit Training: Boxercise, Step, Pilates, Yoga
2. Continuous Training

1. To know and understand the importance of a healthy work/life balance
2. To introduce different types of fitness training
3. To challenge themselves to achieve PRIDE

- Rewards will be given on Class Charts
1. Personal Effort
 2. Sportsmanship/working with others
 3. Resilience/ perseverance
 4. Responsibility

- Encourage Extra-curricular sport:
1. In school
 2. In the Community
 3. Encourage regular exercise
 4. A healthy diet and lifestyle

Year 11 Options Programme

1. School Activities
2. Football
3. Squash
4. ILTSC Gym
5. Body Pump (ILTSC)
6. Nuffield gym
7. Ten Pin Bowling
8. Climbing (Clip 'n' climb)

1. To develop a positive approach to their recreation time
2. To introduce different ways to use their recreation time
3. To introduce the students to opportunities in the community
4. To develop a good understanding of work/life balance

- Rewards will be given on Class Charts
1. Personal Effort
 2. Sportsmanship/working with others
 3. Resilience/ perseverance
 4. Responsibility

- Encourage extra-curricular sport:
1. In school
 2. In the Community
 3. Encourage regular exercise
 4. A healthy diet and lifestyle