

## P.E Curriculum Plan



The Purpose of a high-quality physical education curriculum is to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.
- Embed social skills within the delivery of lessons.

Key stage 3 Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They 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 are taught to:

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games for example, badminton, basketball, cricket, football, hockey, rounder's, rugby and tennis]
- Develop their technique and improve their performance in other competitive sports [for example, athletics.
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

**KEY STAGE 3**

	<b>AUTUMN 1</b>	<b>AUTUMN 2</b>	<b>SPRING 1</b>	<b>SPRING 2</b>	<b>SUMMER 1</b>	<b>SUMMER 2</b>
<b>Year 7 group 1/2 Scheme of Work</b>	Football	Basket ball	Fitness and exercise	Badminton.	Softball	Athletics
<b>Example of Tasks</b>	<ul style="list-style-type: none"> <li>The basic principles of attack and defence.</li> <li>Small team games with conditioned rules.</li> <li>Participate in a variety of roles or positions (e.g goal keeper, defender, midfielder or striker).</li> <li>Use and keep rules without supervision.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to perform the fundamental basketball skill of ball handling.</li> <li>To be able to perform these in a small sided game to maintain ball possession.</li> <li>To develop their understanding and knowledge of the basic rules of Basketball.</li> </ul>	<ul style="list-style-type: none"> <li>To accurately replicate the basic technique at each station.</li> <li>To sustain performance over 2 laps. To understand how to make the circuit harder.</li> </ul> <p>To understand components of fitness involved in performance.</p> <ul style="list-style-type: none"> <li>To accurately replicate a sustained running technique for 12 minutes.</li> <li>To perform and record the distance achieved.</li> </ul> <p>To understand the relationship between heart rate recovery and fitness level.</p>	<ul style="list-style-type: none"> <li>Introduce the Grip and ready position.</li> <li>Introduce the Overhead/Underarm Clear.</li> <li>Introduce the Drop shot.</li> <li>Introduce the Smash. Doubles and singles tactics</li> </ul>	<ul style="list-style-type: none"> <li>Fielding-Fielding game. Small teams. 2 rounder's posts either end of grid. Can't run with ball. Must pass between fielders to get close enough to stump posts. Drop ball= possession over</li> <li>Bowling-Discuss bowling technique. Teaching points; grip, step into bowl, must pass between shoulder and knee. 3's; 1 pupil to hold hoop out to the side. Must bowl through hoop to be a legal ball</li> </ul>	<ul style="list-style-type: none"> <li>Introduction of running style (100/200/400m).</li> <li>To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action.</li> <li>Throwing – shot putt. To accurately replicate the technique for an effective shot putt.</li> <li>Throwing – javelin, To accurately replicate the technique for an effective javelin throw.</li> </ul>

	<b>AUTUMN 1</b>	<b>AUTUMN 2</b>	<b>SPRING 1</b>	<b>SPRING 2</b>	<b>SUMMER 1</b>	<b>SUMMER 2</b>
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<b>GROUP 3/4 Scheme of Work</b>	Football	Basket ball	Fitness and exercise	Badminton.	Rounder's	Athletics
<b>Example of Tasks</b>	<ul style="list-style-type: none"> <li>• Provide knowledge and rules of the game.</li> <li>• Develop passing techniques.</li> <li>• Dribbling, turns and outwitting a defender.</li> <li>• Develop shooting techniques, and develop an awareness of your surroundings. And make informed and correct decisions when placed into a pressured situation.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform the fundamental basketball skill of ball handling.</li> <li>• To be able to perform these in a small sided game to maintain ball possession.</li> <li>• To develop their understanding and knowledge of the basic rules of Basketball.</li> </ul>	<ul style="list-style-type: none"> <li>• To accurately replicate the basic technique at each station.</li> <li>• To sustain performance over 2 laps. To understand how to make the circuit harder.</li> </ul> <p>To understand components of fitness involved in performance.</p> <ul style="list-style-type: none"> <li>• To accurately replicate a sustained running technique for 12 minutes.</li> <li>• To perform and record the distance achieved.</li> </ul> <p>To understand the relationship between heart rate recovery and fitness level</p>	<ul style="list-style-type: none"> <li>• Introduce the Grip and ready position.</li> <li>• Introduce the Overhead/Underarm Clear.</li> <li>• Introduce the Drop shot.</li> <li>• Introduce the Smash.</li> </ul> <p>Doubles and singles tactics</p>	<p>Fielding-Fielding game. Small teams. 2 rounder's posts either end of grid. Can't run with ball. Must pass between fielders to get close enough to stump posts. Drop ball=possession over</p> <p>Bowling-Discuss bowling technique. Teaching points; grip, step into bowl, must pass between shoulder and knee. 3's; 1 pupil to hold hoop out to the side. Must bowl through hoop to be a legal ball</p>	<ul style="list-style-type: none"> <li>• Introduction of running style (100/200/400m).</li> <li>• To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action.</li> <li>• Throwing – shot putt. To accurately replicate the technique for an effective shot putt.</li> <li>• Throwing – javelin, To accurately replicate the technique for an effective javelin throw.</li> </ul>