

Core Physical Education – Year 7 Overview (Phase 1 Learning)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	<p><u>Block 1</u></p> <p>Baseline testing and cross country.</p> <p><u>Boys 1</u> Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork</p> <p><u>Boys 2</u> Sport – basketball Knowledge – Fitness Character - Teamwork</p> <p><u>Girls 1</u> Sport – netball Knowledge – Leadership Character - Organisation</p> <p><u>Girls 2</u> Sport – gymnastics Knowledge – fitness Character - Independence</p>	<p><u>Block 1</u></p> <p><u>Boys 1</u> Sport – Basketball Knowledge – Fitness Character - Teamwork</p> <p><u>Boys 2</u> Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork</p> <p><u>Girls 1</u> Sport – Gymnastics Knowledge – fitness Character – Independence</p> <p><u>Girls 2</u> Sport – Netball Knowledge – Leadership Character - Organisation</p> <p>1 x careers lesson – sports coach</p> <p><u>Block 2</u></p> <p>1 x careers lesson – Technology in sport for all groups</p> <p><u>Boys 1</u> Sport – Rugby Knowledge – Leadership and fitness Character – Teamwork</p> <p><u>Boys 2</u> Sport – Gymnastics Knowledge – Fitness Character - Independence</p>	<p><u>Block 1</u></p> <p><u>Boys 1</u> Sport – Football Knowledge – Leadership Character – Sportsmanship and respect</p> <p>1 x Careers lesson – sports coach</p> <p><u>Boys 2</u> Sport – Table Tennis Knowledge – Officiating Character – Independence and organisation</p> <p><u>Girls 1</u> Sport – Dance Knowledge – Leadership Character - Organisation</p> <p><u>Girls 2</u> Sport – Dance Knowledge – Leadership Character – Organisation</p> <p><u>Block 2</u></p> <p><u>Boys 1</u> Sport – Table Tennis Knowledge – Officiating Character – Independence and organisation</p> <p><u>Boys 2</u> Sport – Football Knowledge - Leadership</p>	<p><u>Block 1</u></p> <p><u>Boys 1</u> Sport – Gymnastics Knowledge – Fitness Character – Independence</p> <p><u>Boys 2</u> Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork</p> <p><u>Girls 1</u> Sport – Netball Knowledge – Leadership Character – Organisation</p> <p>1 x Careers lesson – Sports coach</p> <p><u>Girls 2</u> Sport – Badminton Knowledge – Officiating Character – Organisation</p> <p><u>Block 2</u></p> <p>1 x Careers lesson – First aid for all groups</p> <p><u>Boys 1</u> Sport – Fitness Knowledge – Fitness health and well being Character – Independence</p>	<p>Athletics All Groups.</p> <p><u>Boys 1</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience</p> <p><u>Boys 2</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience</p> <p><u>Girls 1</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience</p> <p><u>Girls 2</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience</p>	<p>Continuation of athletics module for first two weeks.</p> <p><u>Block 2</u></p> <p><u>Boys 1</u> Sport – Softball/cricket Knowledge – Officiating Character – Independence/organisation</p> <p><u>Boys 2</u> Sport – Softball/cricket Knowledge - Officiating Character - Independence/organisation</p> <p><u>Girls 1</u> Sport – Rounders Knowledge – Officiating Character – Sportsmanship/respect</p> <p><u>Girls 2</u> Sport – Rounders Knowledge – Officiating Character – Sportsmanship/respect</p>

		<p><u>Girls 1</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect</p> <p><u>Girls 2</u> Sport – Basketball Knowledge – fitness Character - teamwork</p>	<p>Character – Sportsmanship and respect 1 x Careers lesson – sports coach</p> <p><u>Girls 1</u> Sport – OAA Knowledge – Problem Solving Character – Independence and resilience</p> <p><u>Girls 2</u> Sport – OAA Knowledge – Problem Solving Character – Independence and resilience</p> <p><u>Block 3</u></p> <p><u>Boys 1</u> Sport – OAA Knowledge – Problem Solving Character – Independence and resilience</p> <p><u>Girls 1</u> Sport – Fitness Knowledge – Fitness health and well being Character – Independence</p> <p><u>Girls 2</u> Sport – Fitness Knowledge – Fitness health and well being Character – Independence</p>	<p><u>Boys 2</u> Sport – OAA Knowledge – Problem Solving Character – Independence and resilience</p> <p><u>Girls 1</u> Sport – Basketball Knowledge – Fitness Character – Teamwork</p> <p><u>Girls 2</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect Or Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork</p>		
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Core Physical Education – Year 8 Overview (Phase 2 Learning)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 8	<u>Cross Country</u> Performing at maximum levels and fitness. <u>Block 1</u> <u>Boys 1</u> Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork <u>Boys 2</u> Sport – basketball Knowledge – Fitness Character - Teamwork <u>Girls 1</u> Sport – netball Knowledge – Leadership Character - Organisation <u>Girls 2</u> Sport – gymnastics Knowledge – fitness Character - Independence <u>Block 2</u> <u>Boys 1</u> Sport – Basketball Knowledge – Fitness Character - Teamwork <u>Boys 2</u> Sport – Rugby Knowledge – Leadership/fitness	1 x Careers lesson – sports coach per group. <u>Block 1</u> <u>Boys 1</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect <u>Boys 2</u> Sport – Table Tennis Knowledge – Officiating Character - independence/organisation <u>Girls 1</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect <u>Girls 2</u> Sport – Badminton Knowledge – officiating Character – Organisation <u>Block 2</u> <u>Boys 1</u> Sport – Fitness Knowledge – fitness health and wellbeing Character - Independence <u>Boys 2</u> Sport – Football	<u>Block 1</u> <u>Boys 1</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect <u>Boys 2</u> Sport – Badminton Knowledge - officiating Character - organisation <u>Girls 1</u> Sport – Dance Knowledge – Leadership Character - Organisation <u>Girls 2</u> Sport – Dance Knowledge – Leadership Character - Organisation <u>Block 2</u> <u>Boys 1</u> Sport – Badminton Knowledge – officiating Character – organisation <u>Boys 2</u> Sport – OAA Knowledge – Problem solving Character – Independence and resilience <u>Girls 1</u> Sport – Fitness	<u>Block 1</u> <u>Boys 1</u> Sport – Rugby Knowledge – Leadership and fitness Character – Teamwork <u>Boys 2</u> Sport – Volleyball Knowledge - officiating Character – sportsmanship/respect <u>Girls 1</u> Sport – netball Knowledge – Leadership Character - Organisation <u>Girls 2</u> Sport – Table Tennis Knowledge – officiating Character – Independence <u>Block 2</u> <u>Boys 1</u> Sport – OAA Knowledge – Problem solving Character – Independence and resilience	Athletics All Groups. <u>Boys 1</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience <u>Boys 2</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience <u>Girls 1</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience <u>Girls 2</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience	<u>Block 1</u> Continuation of Athletics module. <u>Block 2</u> 1 x Careers lesson – statistician. <u>Boys 1</u> Sport – Softball/cricket Knowledge – Officiating Character – Independence/organisation <u>Boys 2</u> Sport – Softball/cricket Knowledge - Officiating Character - Independence/organisation <u>Girls 1</u> Sport – Rounders Knowledge – Officiating Character – Sportsmanship/respect <u>Girls 2</u> Sport – Rounders Knowledge – Officiating Character – Sportsmanship/respect

	<p>Character - Teamwork</p> <p><u>Girls 1</u> Sport – Gymnastics Knowledge – Fitness Character – Independence</p> <p><u>Girls 2</u> Sport – Netball Knowledge – Leadership Character - Organisation</p>	<p>Knowledge – Leadership Character - Sportsmanship/respect</p> <p><u>Girls 1</u> Sport – basketball Knowledge – Fitness Character - Teamwork</p> <p><u>Girls 2</u> Sport – Football Knowledge – Leadership Character - Sportsmanship/respect Or Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork</p> <p><u>Block 3</u></p> <p><u>Boys 1</u> Sport – Table Tennis Knowledge – Officiating Character – Independence</p>	<p>Knowledge – Fitness health and well being Character - Independence</p> <p><u>Girls 2</u> Sport – OAA Knowledge – Problem solving Character – Independence and resilience</p> <p>Girls groups to conduct 1 x Careers lessons – first aid in block 2/3.</p> <p><u>Block 3</u></p> <p><u>Boys 1</u> Sport – Volleyball Knowledge – Officiating Sportsmanship and respect</p> <p><u>Boys 2</u> Sport – Football Knowledge – Leadership Character - Sportsmanship/respect</p> <p><u>Girls 1</u> Sport – OAA Knowledge – Problem solving Character – Independence and resilience</p> <p><u>Girls 2</u> Sport – Fitness Knowledge – Fitness health and well being Character - Independence</p>	<p><u>Boys 2</u> Sport – Fitness Knowledge – Fitness health and well being Character – Independence</p> <p><u>Girls 1</u> Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork</p> <p><u>Girls 2</u> Sport – Basketball Knowledge – Fitness Character - Teamwork</p>		
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Core Physical Education – Year 9 Overview (Phase 3 Learning)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9	<u>Cross Country</u> Performing at maximum levels and fitnesss. <u>Block 1</u> <u>Boys 1</u> Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork <u>Boys 2</u> Sport – basketball Knowledge – Fitness Character - Teamwork <u>Girls 1</u> Sport – netball Knowledge – Leadership Character - Organisation <u>Girls 2</u> Sport – Gymnastics Knowledge – Fitness Character - independence <u>Block 2</u> <u>Boys 1</u> Sport – Basketball Knowledge – Fitness Character - Teamwork <u>Boys 2</u> Sport – Rugby	1 x Careers lesson – Sports coach per group. <u>Block 1</u> <u>Boys 1</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect <u>Boys 2</u> Sport – Table Tennis Knowledge – Officiating Character - independence/organisation <u>Girls 1</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect <u>Girls 2</u> Sport – Badminton Knowledge – officiating Character - organisation <u>Block 2</u> <u>Boys 1</u> Sport – Fitness Knowledge – Fitness, health and wellbeing Character - independence <u>Boys 2</u> Sport – Football	1 x Careers lesson per group – first aid. <u>Block 1</u> <u>Boys 1</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect <u>Boys 2</u> Sport – Badminton Knowledge – officiating Character - organisation <u>Girls 1</u> Sport – Dance Knowledge – Leadership Character - Organisation <u>Girls 2</u> Sport – Dance Knowledge – Leadership Character - Organisation <u>Block 2</u> <u>Boys 1</u> Sport – Badminton Knowledge - officiating Character - organisation <u>Boys 2</u> Sport – Gaelic Football Knowledge – problem solving Character – organisation and team work	<u>Block 1</u> <u>Boys 1</u> Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork <u>Boys 2</u> Sport – Volleyball Knowledge - officiating Character – sportsmanship/respect <u>Girls 1</u> Sport – netball Knowledge – Leadership Character - Organisation <u>Girls 2</u> Sport – Table Tennis Knowledge – officiating Character – Independence <u>Block 2</u> <u>Boys 1</u> Sport -Volleyball Knowledge – officiating Character - sportsmanship/respect <u>Boys 2</u> Sport – Fitness Knowledge – Fitness, health and wellbeing Character - independence	Athletics All Groups. <u>Boys 1</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience <u>Boys 2</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience <u>Girls 1</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience <u>Girls 2</u> Sport – Athletics Knowledge – Fitness, Health and well being Character - Resilience	<u>Block 1</u> Continuation of Athletics module. <u>Block 2</u> 1 x Careers lesson per group – Statistician. <u>Boys 1</u> Sport – Softball/cricket Knowledge – Officiating Character – Independence/organisation <u>Boys 2</u> Sport – Softball/cricket Knowledge - Officiating Character - Independence/organisation <u>Girls 1</u> Sport – Rounders Knowledge – Officiating Character – Sportsmanship/respect <u>Girls 2</u> Sport – Rounders Knowledge – Officiating Character – Sportsmanship/respect

	Knowledge – Leadership/fitness Character - Teamwork <u>Girls 1</u> Sport – Gymnastics Knowledge – Fitness Character - independence <u>Girls 2</u> Sport – Netball Knowledge – Leadership Character - Organisation	Knowledge – Leadership Character – Sportsmanship/respect <u>Girls 1</u> Sport – Basketball Knowledge – fitness Character - Teamwork <u>Girls 2</u> Sport – Rugby Knowledge – Leadership/fitness Character – Teamwork Or Sport – Football Knowledge – Leadership Character - Sportsmanship/respect <u>Block 3</u> <u>Boys 1</u> Sport – Table Tennis Knowledge – Officiating Character – Independence/organisation	<u>Girls 1</u> Sport – Fitness Knowledge – Fitness, health and wellbeing Character - independence <u>Girls 2</u> Sport – Hockey Knowledge – leadership Character - Teamwork <u>Block 3</u> <u>Boys 1</u> Sport – Table Tennis Knowledge – Officiating Character – Independence/organisation <u>Boys 2</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect <u>Girls 1</u> Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork <u>Girls 2</u> Sport – Fitness Knowledge – Fitness, health and wellbeing Character - independence	<u>Girls 1</u> Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork <u>Girls 2</u> Sport – Basketball Knowledge – Fitness Character - Teamwork		
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Core Physical Education – Key Stage 4 Overview

Overall intent of KS4 Core PE curriculum

To foster the development of skills and inspire a deep-rooted knowledge in a broad range of activities, whilst developing the character of a polite, respectable citizen, equipped with the ability, awareness and inspiration to partake in lifelong physical activity.

Pathways Curriculum

Intent

To equip students with the skills and confidence in their chosen areas to partake in exercise beyond the PE curriculum building upon the prior learning developed at KS3.

Implementation

4 pathways:

1. Health and Well Being – aim to develop skills on how to exercise for fitness and impact upon health and wellbeing of students. Introduce a range of exercise opportunities students may partake in outside the PE curriculum and post 16. Activities such as Weight training, circuit training, fartlek training/running, Exercise classes such as HIIT, Zumba, CrossFit, step, aerobics, Yoga etc.
2. Performance – aim to progress from Phase 3 learning and further develop skill, competency and tactical awareness in a competitive environment. Activities such as rugby, football, netball, basketball, badminton, table tennis, volleyball etc. This will also feed into GCSE PE and Sports Studies practical sport development.
3. Recreation – aim to play and be active for enjoyment. Secondary aim to introduce a further breadth to the curriculum via emerging sports to inspire students to be active for enjoyment and find a suitable activity for lifelong participation. Activities such as 5 a side football, ultimate frisbee, bench ball, handball, badminton, unihoc, Gaelic football etc.
4. Leadership – aim to develop leadership skills in the form of coaching, officiating and competition development. Aim is to equip students with skills and confidence to move into coaching/officiating as well as develop key transferable skills that are essential in all walks of life and career paths. Activities would include – officiating games, organising competitions for peers, coaching peers in sports such as football, badminton, netball, basketball, table tennis, handball, bench ball etc.

Impact

Provide skills, knowledge, inspiration and confidence to take part in physical activity outside of the KS4 curriculum and into lifelong participation.

**Note*

GCSE PE Students – must opt for the performance pathway should their sport be in that pathway. Must also complete 1 H&W pathway during the year.

OCR Sports Studies students – must opt for the performance pathway should their sport be in that pathway. Must also opt for 1 leadership pathway over the year.

Boys Pathways

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<u>PERFORMANCE PATHWAY</u> Facility – Outdoor Activities – Rugby and Football 3 weeks on each activity <u>RECREATION PATHWAY</u> Facility – Gym/outdoor Rotation of activities – handball/football/basketball/volleyball/table tennis etc.	<u>HEALTH AND WELLBEING PATHWAY</u> Facility – indoor – Sportshall or outside Activities – weight training, crossfit and outdoor fitness – continuous training, couch to 5k 1 x Careers lesson – Personal Trainer <u>RECREATION PATHWAY</u> Facility – sportshall and outdoor Activities - Volleyball and options in sportshall e.g. 5 a side, badminton. Outdoor football, Gaelic football	<u>HEALTH AND WELLBEING PATHWAY</u> Facility – Outdoor and Gym Activities – Outdodor – continuous, fartlek, sprint training, couch to 5k, Indoor – weights, circuits, Crossfit <u>LEADERSHIP PATHWAY</u> Facility – Gym/outdoor Activities – Table Tennis, football 1 x Careers lesson – Sports Coach	<u>PERFORMANCE PATHWAY</u> Facility – Sportshall and outdoor Activities – 3 weeks on each of Badminton/Basketball, Rugby 1 x Careers lesson - Statistician <u>LEADERSHIP PATHWAY</u> Facility - Sportshall Activities – Volleyball, Handball, basketball/football	<u>ATHLETICS</u> Performing at maximum Levels Aiming to improve PBs Lower ability – mod athletics – training for athletics – may include more fitness based activities rather than actual athletic events	<u>RECREATIONAL PATHWAY – OPTIONS</u> Outdoor options for all groups for first 3 weeks of term <u>STRIKING AND FIELDING</u> Outdoor Mod cricket, softball, rounders

Girls Pathways

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<u>PERFORMANCE PATHWAY</u> Facility – Sportshall/outdoor Activities – Netball and Badminton <u>RECREATION PATHWAY</u> Facility – Sportshall Activities – Netball and Badminton	<u>HEALTH AND WELL BEING PATHWAY</u> Facility – Gym/outdoor Activities – couch to 5k, running for fitness 1 x Careers lesson - Personal Trainer <u>LEADERSHIP PATHWAY</u> Facility – Gym Activities - Football, benchball, Table Tennis 1 x Careers lesson - Sports Coach	<u>RECREATION PATHWAY</u> Facility – Sportshall/outdoor Activities – Unihoc, Badminton, options <u>LEADERSHIP PATHWAY</u> Facility – Sportshall/Outdoor Activities – Basketball and Volleyball	<u>HEALTH AND WELL BEING PATHWAY</u> Facility – Gym/Outdoors Activities – HIIT, Yoga, Dance, Pilates <u>PERFORMANCE PATHWAY</u> Facility – Outdoor Activities – Rugby/Football and Netball 1 x Careers lesson - Statistician	<u>ATHLETICS</u> Performing at maximum Levels Aiming to improve PBs Lower ability – mod athletics – training for athletics – may include more fitness based activities rather than actual athletic events	<u>RECREATIONAL PATHWAY – OPTIONS</u> Outdoor options for all groups for first 3 weeks of term <u>STRIKING AND FIELDING</u> Outdoor Rounders

Mapping

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<u>Week 1 -3</u> Boys Performance – Outdoor - Rugby Boys recreation – gym Girls Performance – Outdoor – Netball Girls Recreation – Sportshall – badminton <u>Week 4-6</u> Boys Performance – Outdoor - Football Boys recreation – gym (Outdoor if chose Football) Girls Performance – Sportshall - Badminton Girls Recreation – Outdoor - Netball	<u>Week 1 -3</u> Boys H&W – Sportshall Boys Recreation - Outdoor Girls H&W - Gym Girls Leadership - Outdoor <u>Week 4-6</u> Boys H&W – Outdoor Boys Recreation - Sportshall Girls H&W - Outdoor Girls Leadership - Gym	<u>Week 1 -3</u> Boys H&W – Gym Boys Leadership – Outdoor Girls Recreation – Sportshall Girls leadership - Sportshall <u>Week 4-6</u> Boys H&W – Outdoor Boys Leadership – Gym Girls Recreation – Sportshall Girls leadership - Sportshall	<u>Week 1 -3</u> Boys performance – Outdoor - rugby Boys – Leadership – Sportshall – Volleyball/handball Girls H&W – gym Girls Performance - Outdoor <u>Week 4-6</u> Boys performance – Sportshall – Badminton/Basketball Boys – Leadership – Outdoor – Basketball/football Girls H&W – gym Girls Performance - Outdoor	ALL GROUPS OUTDOOR – TIMETABLE OF ACTIVITIES VIA WHITEBOARD SO FACILITIES ARE SHARED	Recreational activities – facilities agreed and shared lesson by lesson. Striking and Fielding all outdoors.