

Curriculum Plan Overview – Physical Education



YEAR 7 – Aligning Prior Knowledge					
Autumn HT1	Autumn HT2	Spring HT3	Spring HT4	Summer HT5	Summer HT6
<p><u>Beacon Moves (BG), netball (G) and gymnastics (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, competitive sports, gymnastics performances, outdoor and adventurous activities (OAA) and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Muscles: biceps, triceps, abdominals ● Cardio-vascular system: heart, lungs, oxygen ● Physiology – How do the major muscles work together? ● The cardiorespiratory system and its role in movement. ● Physical Training – components of fitness 	<p><u>Endurance Sports Football (BG), gymnastics (G) and handball (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, competitive sports, gymnastics performances and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Muscles: quadriceps, gluteus maximus ● Cardio-vascular system: aerobic endurance, oxygen ● Physiology – How do the major muscles work together? The cardiorespiratory system and its role in movement. ● Physical Training – components of fitness 	<p><u>Rugby (BG), table tennis (G) and badminton (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Muscles: deltoid, gastrocnemius ● Cardio-vascular system: anaerobic ● Physiology - How do the major muscles work together? The cardiorespiratory system and its role in movement. ● Physical Training - components of fitness 	<p><u>Endurance Sports OAA (BG), badminton (G) and table tennis (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, outdoor and adventurous activities (OAA) and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Muscles: latissimus dorsi, trapezius ● Retrieval Point 1: biceps, triceps, abdominals ● Cardio-vascular system: aerobic vs anaerobic ● Physiology – How do the major muscles work together? ● The cardiorespiratory system and its role in movement. ● Physical Training – components of fitness 	<p><u>Athletics (BG), rounders (G) and cricket (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, experience of other competitive sports and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Muscles: Retrieval Point 2: quadriceps, gluteus maximus ● Cardio-vascular system: aerobic vs anaerobic ● Physiology – How do the major muscles work together? The cardiorespiratory system and its role in movement. ● Physical Training – components of fitness 	<p><u>Athletics (BG), cricket (G) and rounders (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, experience of other competitive sports and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Muscles: Retrieval Point 3: deltoid, gastrocnemius, latissimus dorsi, trapezius ● Cardio-vascular system: aerobic vs anaerobic ● Physiology – How do the major muscles work together? The cardiorespiratory system and its role in movement. ● Physical Training – components of fitness

Curriculum Plan Overview – Physical Education



YEAR 8 – Consolidation and Progress					
Autumn HT1	Autumn HT2	Spring HT3	Spring HT4	Summer HT5	Summer HT6
<p><u>Netball and football (G) basketball and gymnastics (B)</u></p> <p>These units provides students with an opportunity to work on team sports, gymnastics performances and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Bones: phalanges, humerus, radius, ulna ● Retrieval Point 4 – major muscles ● Cardio-vascular system: heart, lungs, oxygen ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together and its role in movement. ● Physical Training – components of fitness 	<p><u>Endurance Sports Basketball and Football (BG), gymnastics (G) and netball (B)</u></p> <p>These units provides students with an opportunity to work on team sports, competitive sports, gymnastics performances and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Bones: clavical, scapular, rib cage ● Retrieval Point 5 – major muscles ● Cardio-vascular system: aerobic endurance, oxygen ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together and its role in movement. ● Physical Training – components of fitness 	<p><u>Rugby (BG), table tennis (G) and badminton (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Bones: cranium, vertebrae, pelvic girdle ● Retrieval Point 6 – major muscles ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together and its role in movement. ● Physical Training – components of fitness 	<p><u>Endurance Sports OAA (BG), badminton (G) and table tennis (B)</u></p> <p>These units provides students with an opportunity to work on individual performance, outdoor and adventurous activities (OAA) and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Bones: femur, patella, tibia, fibula ● Retrieval Point 1 – phalanges, humerus, radius, ulna ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together and its role in movement. ● Physical Training – components of fitness 	<p><u>Athletics (BG), rounders (G) and cricket (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, experience of other competitive sports and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Bones: metacarpals, metatarsals ● Retrieval Point 2 – clavicle, scapular, rib cage, cranium, vertebrae ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together. ● Physical Training – components of fitness 	<p><u>Athletics (BG), cricket (G) and rounders (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, experience of other competitive sports and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Bones: metacarpals, metatarsals ● Retrieval Point 3 – pelvic girdle, femur, patella, tibia, fibula ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together. ● Physical Training – components of fitness

Curriculum Plan Overview – Physical Education



YEAR 9 - Development					
Autumn HT1	Autumn HT2	Spring HT3	Spring HT4	Summer HT5	Summer HT6
<p><u>Handball and netball (G) football and gymnastics (B)</u></p> <p>These units provides students with an opportunity to work on team sports, gymnastics performances and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Retrieval: muscles and bones relevant to the taught content ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together and its role in movement. ● Physical Training – components of fitness ● Fitness testing – sit and reach test, standing stork test, 1 minute push up test, 30 second sit up test 	<p><u>Endurance Sports: Hockey (G) and Football (B), gymnastics (G) and basketball (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, competitive sports, gymnastics performances and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Retrieval: muscles and bones relevant to the taught content ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together and its role in movement. ● Physical Training – components of fitness ● Fitness testing – sit and reach test, standing stork test, 1 minute push up test, 30 second sit up test, multi-stage fitness test 	<p><u>Rugby (BG), table tennis (G) and badminton (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Retrieval: muscles and bones relevant to the taught content ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together and its role in movement. ● Physical Training – components of fitness ● Fitness testing – handgrip dynamometer, Anderson wall toss test, Illinois agility run test 	<p><u>Endurance Sports OAA (BG), badminton (G) and table tennis (B)</u></p> <p>These units provides students with an opportunity to work on individual performance, outdoor and adventurous activities (OAA) and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Retrieval: muscles and bones relevant to the taught content ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together and its role in movement. ● Physical Training – components of fitness ● Fitness testing – 12 minute Cooper run test 	<p><u>Athletics (BG), rounders (G) and cricket (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, experience of other competitive sports and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Retrieval: muscles and bones relevant to the taught content ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together and its role in movement. ● Physical Training – components of fitness ● Fitness testing – 30m sprint test, standing long jump test 	<p><u>Athletics (BG), cricket (G) and softball (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, experience of other competitive sports and theoretical knowledge.</p> <p><u>Overview of knowledge, understanding and skills (Key Concepts)</u></p> <ul style="list-style-type: none"> ● Anatomy: Retrieval: muscles and bones relevant to the taught content ● Physiology – musculoskeletal system and cardio-respiratory system – how they work together and its role in movement. ● Physical Training – components of fitness ● Fitness testing – vertical wall jump test, ruler drop test

Curriculum Plan Overview – Physical Education



YEAR 10 – Establishing Independence					
Autumn HT1	Autumn HT2	Spring HT3	Spring HT4	Summer HT5	Summer HT6
<p><u>Netball (G) football and football (B)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performances and theoretical knowledge.</p>	<p><u>Endurance Sports: Rugby and handball (BG)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, competitive sports and theoretical knowledge.</p>	<p><u>Endurance Sports: rowing and badminton (B), rowing and table tennis (G)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance and theoretical knowledge.</p>	<p><u>Table tennis (B), badminton (G)</u></p> <p>These units provides students with an opportunity to work on individual performance and theoretical knowledge.</p>	<p><u>Athletics (BG)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, experience of other competitive sports and theoretical knowledge.</p>	<p><u>Striking and fielding sports (BG)</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, experience of other competitive sports and theoretical knowledge.</p>
YEAR 11 – Independent Sport Leadership					
Autumn HT1	Autumn HT2	Spring HT3	Spring HT4	Summer HT5	Summer HT6
<p><u>Options Based: football, netball, table tennis and badminton</u></p> <p>These units provides students with an opportunity to work on team sports, individual performances, competitive sports and theoretical knowledge.</p>	<p><u>Options Based: football, netball, table tennis and badminton</u></p> <p>These units provides students with an opportunity to work on team sports, individual performances, competitive sports and theoretical knowledge.</p>	<p><u>Endurance sport: rowing</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance and theoretical knowledge.</p>	<p><u>Options Based: football, netball, table tennis and badminton</u></p> <p>These units provides students with an opportunity to work on team sports, individual performances, competitive sports and theoretical knowledge.</p>	<p><u>Options Based: athletics, rounders and cricket</u></p> <p>These units provides students with an opportunity to work on team sports, individual performance, experience of other competitive sports and theoretical knowledge.</p>	

KS4 Overview of knowledge, understanding and skills delivered through activities in KS4

Knowledge, understanding, analysis, feedback, responsibilities, rules

Muscles, warm ups, technique, performance, physiology, participation in activity, short and long term effects of exercise on the body, training methods, tactics and skills.

Ability, fitness levels, competitiveness, technique, tactics, problem solving

Demonstrate skills and techniques in practice, skills across a variety of activities, applications of tactics across sports, decision making and application of tactics, precision, control and fluency in a range of challenging activities.

Communication, leadership, respect, resilience, effort and confidence in sports

Leading activities in class, leading groups, respect of equipment, respectful relationships in group work, understand a variety of sporting roles e.g. official, coach, teacher or captain. Demonstrate confidence and competence in sport, participation in lessons and after-school clubs.