

HONLEY HIGH SCHOOL CURRICULUM GUIDE 2023-2024

PE

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STRIVE FOR THE HIGHEST





PE Year 7 - Boys

AUTUMN 1 & 2 – ACTIVITIES FROM

Football	Badminton	Handball	Rugby	Table Tennis	Basketball	Prior Learning
Developing skills: shooting, dribbling, ball manipulation, passing, running with the ball. Basic understanding of positions, roles and rules of the game.	Developing skills: grip technique (shake-hand), use a range of shots (serving, overhead clear, drop shot). Application of skills: being able to outwit an opponent, rules, scoring and positional play.	Developing skills: passing, catching, dribbling, footwork, outwitting an opponent, defending. Application of skills: rules of the game, game play.	Developing skills: ball handling, passing, receiving, running with the ball, scrums, rucking, attacking, beating an opponent, tackling. Application of skills: support play, decision making and tactical awareness within games.	Developing skills: grip, forehand & backhand push, serve, drive, topspin. Application of skills into a singles game. To understand the rules and scoring in a game.	Developing skills: passing, receiving, footwork, dribbling, set shot, lay-up, basic attacking and defending. Application of skills within a game. To develop an understanding of positions, roles and rules of the game.	<p>KS2 PE lessons offered in primary. Experiences and prior learning varied across primary schools.</p> <p>Experiences outside of school with clubs and extra-curricular.</p>

CAREERS LINKS

Coaching
PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

SPRING 1 & 2 – ACTIVITIES FROM

Table Tennis	Fitness	Badminton	Rugby	Handball	Inter-Form	Prior Learning
Developing skills: grip, forehand & backhand push, serve, drive, topspin. Application of skills into a singles game. To understand the rules and scoring in a game.	Promoting a healthy active lifestyle. Basic understanding of heart rate and short/long term effects of exercise. Activities to include: walking, cross-country, circuit training, fitness suite.	Developing skills: grip technique (shake-hand), use a range of shots (serving, overhead clear, drop shot). Application of skills: being able to outwit an opponent, rules, scoring and positional play.	Developing skills: ball handling, passing, receiving, running with the ball, scrums, rucking, attacking, beating an opponent, tackling. Application of skills: support play, decision making and tactical awareness within games.	Developing skills: passing, catching, dribbling, footwork, attacking, shooting, defence. Application of skills: rules of the game, game play, applying basic tactics and strategies.	Develop competition, social skills and outwitting opponents.	<p>KS2 PE lessons offered in primary. Experiences and prior learning varied across primary schools.</p> <p>Experiences outside of school with clubs and extra-curricular.</p>

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages

- Goal setting and motivation (performance virtues).
- Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
- Positive moral attributes eg courage, honesty, integrity and humility (moral virtues)
- Social confidence by listening to others, expressing views, and showing courtesy and respect (moral virtues)

SUMMER 1 & 2 – ACTIVITIES FROM

Cricket	Athletics Track	Athletics Field	Striking Games	Prior Learning
Developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game.	Developing skills and techniques including running technique, sprint starts and pacing. To understand how the start (e.g. staggered) and pacing varies across different events (100m, 200m, 300m, 600m).	Developing skills and techniques for jumping and throwing. To understand the rules of competition and how to measure different field events. Events include long jump, shot, javelin.	Developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game.	<p>KS2 PE lessons offered in primary. Experiences and prior learning varied across primary schools.</p> <p>Experiences outside of school with clubs and extra-curricular.</p>

KEY ASSESSMENT DATES

Students are assessed at the end of each block/activity and updated on the tracker. The assessment is a two-part assessment, technical ability and impact.

NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST



PE Year 7 - Girls

AUTUMN 1 & 2 – ACTIVITIES FROM

Netball	Gymnastics	Football	Rugby	Fitness	Prior Learning
Developing skills: passing, catching, footwork, getting free (drives), marking the player. Application of skills: rules, positioning, game play.	Individual balances: counter tension, matching and mirroring. Linking moves using travel to create a basic routine.	Developing skills: shooting, dribbling, passing, running with the ball. Basic understanding of positions, roles and rules of the game	Developing skills: ball handling, passing, receiving, running with the ball, attacking, beating an opponent, tackling. Application of skills: support play, decision making and tactical awareness within games.	Promoting a healthy active lifestyle: understanding activities that contribute to having good fitness, health and well-being, basic understanding of heart rate and short/long term effects of exercise. Activities to include: walking, cross-country, aerobics, boxercise, circuit training, fitness suite.	KS2 PE lessons offered in primary. Experiences and prior learning varied across primary schools. Experiences outside of school with clubs and extra-curricular.

CAREERS LINKS

Coaching
PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

SPRING 1 & 2 – ACTIVITIES FROM

Netball	Badminton	Rugby	Team Games	Inter-Form	Prior Learning
Developing skills: passing, catching, footwork, getting free (drives), marking the player. Application of skills: rules, positioning, game play.	Developing skills: grip technique (shake-hand), use a range of shots (serving, overhead clear, drop shot). Application of skills: being able to outwit an opponent, rules, scoring and positional play.	Developing skills: ball handling, passing, receiving, running with the ball, scrums, rucking, attacking, beating an opponent, tackling. Application of skills: support play, decision making and tactical awareness within games.	Developing skills: passing, catching, dribbling, footwork, attacking, shooting, defence. Application of skills: rules of the game, game play, applying basic tactics and strategies.	Develop competition, social skills and outwitting opponents.	KS2 PE lessons offered in primary. Experiences and prior learning varied across primary schools. Experiences outside of school with clubs and extra-curricular.

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages:

- Goal setting and motivation (performance virtues).
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- Positive moral attributes eg courage, honesty, integrity and humility (moral virtues)
- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues)

SUMMER 1 & 2 – ACTIVITIES FROM

Rounders	Athletics Track	Athletics Field	Striking Games	Prior Learning
Developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game	Developing skills and techniques including running technique, sprint starts and pacing. To understand how the start (e.g. staggered) and pacing varies across different events (100m, 200m, 300m, 600m).	Developing skills and techniques for jumping and throwing. To understand the rules of competition and how to measure different field events. Events include long jump, shot, javelin.	Developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game.	KS2 PE lessons offered in primary. Experiences and prior learning varied across primary schools. Experiences outside of school with clubs and extra-curricular.

KEY ASSESSMENT DATES

Students are assessed at the end of each block/activity and updated on the tracker. The assessment is a two-part assessment, technical ability and impact.

NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST



PE Year 8 - Boys

AUTUMN 1 & 2 – ACTIVITIES FROM

<p>Football To continue developing skills: shooting, dribbling, ball manipulation, passing, running with the ball. Application of skills within a game. To continue developing an understanding of positions, roles and rules of the game.</p>	<p>Rugby To continue developing skills: ball handling, passing, receiving, running with the ball, scrums, rucking, attacking, defending (tackling). Application of skills: support play, decision making and tactical awareness within games.</p>	<p>Table Tennis To continue developing skills: grip, forehand & backhand push, serve, drive, topspin. Application of skills into a singles game. To understand the rules and scoring in a game.</p>	<p>Basketball To continue developing skills: passing, receiving, footwork, dribbling, set shot, layup, basic attacking and defending. Application of skills within a game. To develop an understanding of positions, roles and rules of the game.</p>	<p>Badminton To continue developing skills: grip technique (shake-hand), use a range of shots (backhand low and forehand high serve, overhead clear, net shots). Application of skills: being able to outwit an opponent, rules, scoring and positional play.</p>	<p>Handball To continue developing skills: passing, catching, dribbling, footwork, outwitting an opponent, defending. Application of skills: rules of the game, game play.</p>	<p>Prior Learning Learning builds on skills from Year 7.</p> <p>Experiences outside of school with clubs and extra-curricular.</p>
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CAREERS LINKS

Coaching
PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages

- Goal setting and motivation (performance virtues).
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- Positive moral attributes e.g. courage, honesty, integrity and humility (moral virtues)
- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues)

SPRING 1 & 2 – ACTIVITIES FROM

<p>Table Tennis To continue developing skills: grip, forehand & backhand push, serve, drive, topspin. Application of skills into a singles game. To understand the rules and scoring in a game.</p>	<p>Fitness To continue promoting a healthy active lifestyle. Basic understanding of heart rate, muscles and short/long term effects of exercise. Activities to include: walking, cross-country, circuit training, fitness suite.</p>	<p>Badminton To continue developing skills: grip technique (shake-hand), use a range of shots (backhand low and forehand high serve, overhead clear, net shots). Application of skills: being able to outwit an opponent, rules, scoring and positional play.</p>	<p>Rugby To continue developing skills: ball handling, passing, receiving, running with the ball, scrums, rucking, attacking, defending (tackling). Application of skills: support play, decision making and tactical awareness within games.</p>	<p>Handball To continue developing skills: passing, catching, dribbling, footwork, outwitting an opponent, defending. Application of skills: rules of the game, game play.</p>	<p>Inter-Form Develop competition, social skills and outwitting opponents.</p>	<p>Prior Learning Learning builds on skills from Year 7.</p> <p>Experiences outside of school with clubs and extra-curricular.</p>
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KEY ASSESSMENT DATES

Students are assessed at the end of each block/activity and updated on the tracker. The assessment is a two-part assessment, technical ability and impact.

SUMMER 1 & 2 – ACTIVITIES FROM

<p>Cricket To continue developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game.</p>	<p>Athletics Track To continue developing skills and techniques including running technique, sprint starts and pacing. To understand how the start (e.g. staggered) and pacing varies across different events (100m, 200m, 300m, 600m).</p>	<p>Athletics Field To continue developing skills and techniques for jumping and throwing. To understand the rules of competition and how to measure different field events. Events include long jump, shot, javelin.</p>	<p>Striking Games To continue developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game. To apply strategies and tactics.</p>	<p>Prior Learning Learning builds on skills from Year 7. Experiences outside of school with clubs and extra-curricular.</p>
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NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST



PE Year 8 - Girls

AUTUMN 1 & 2 – ACTIVITIES FROM

Netball To continue developing skills: passing, catching, footwork, getting free (drives, dodging), marking the player and ball, shooting. Application of skills: rules, positioning, game play.	Gymnastics Partner balances: supporting in different ways. Linking moves using travel to create a routine considering formations and levels.	Fitness To continue promoting a healthy active lifestyle. Basic understanding of heart rate, muscles and short/long term effects of exercise. Activities to include: walking, cross-country, aerobics, boxercise, circuit training, fitness suite	Football To continue developing skills: shooting, dribbling, ball manipulation, passing, running with the ball. Application of skills within a game. To continue developing an understanding of positions, roles and rules of the game.	Rugby Developing skills: ball handling, passing, receiving, running with the ball, beating an opponent, tackling. Application of skills: support play, decision making and tactical awareness within games.	Prior Learning Learning builds on skills from Year 7. Experiences outside of school with clubs and extra-curricular.
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CAREERS LINKS

Coaching
 PE teaching
 Refereeing/ umpiring
 Fitness instructor
 Physiotherapist
 Sport scientist
 Sports development officer
 Leisure and tourism industry

SPRING 1 & 2 – ACTIVITIES FROM

Football To continue developing skills: shooting, dribbling, ball manipulation, passing, running with the ball. Application of skills within a game. To continue developing an understanding of positions, roles and rules of the game.	Badminton To continue developing skills: grip technique (shake-hand), use a range of shots (backhand and forehand serve, overhead clear, drop shot). Application of skills: being able to outwit an opponent, rules, scoring and positional play	Rugby To continue developing skills: ball handling, passing, receiving, running with the ball, scrums, rucking, attacking, beating an opponent, tackling. Application of skills: support play, decision making and tactical awareness within games.	Team Games To continue developing skills: passing, catching, dribbling, footwork, attacking, shooting, defence. Application of skills: rules of the game, game play, applying basic tactics and strategies.	Inter-Form Develop competition, social skills and outwitting opponents.	Prior Learning Learning builds on skills from Year 7. Experiences outside of school with clubs and extra-curricular.
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CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages:

- Goal setting and motivation (performance virtues).
- Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
- Positive moral attributes eg courage, honesty, integrity and humility (moral virtues)
- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues)

SUMMER 1 & 2 – ACTIVITIES FROM

Rounders To continue developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game	Athletics Track To continue developing skills and techniques including running technique, sprint starts and pacing. To understand how the start (e.g. staggered) and pacing varies across different events (100m, 200m, 300m, 600m).	Athletics Field To continue developing skills and techniques for jumping and throwing. To understand the rules of competition and how to measure different field events. Events include long jump, shot, javelin.	Striking Games To continue developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game. To apply strategies and tactics.	Prior Learning Learning builds on skills from Year 7. Experiences outside of school with clubs and extra-curricular.
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KEY ASSESSMENT DATES

Students are assessed at the end of each block/activity and updated on the tracker. The assessment is a two-part assessment, technical ability and impact.

NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST



PE Year 9 - Boys

AUTUMN 1 & 2 – ACTIVITIES FROM

Football	Fitness	Basketball	Table Tennis	Badminton	Prior Learning
To continue developing skills: shooting, dribbling, ball manipulation, passing, running with the ball. Application of skills within a game. To continue developing an understanding of positions, roles and rules of the game. To apply strategies and tactics within a game.	To continue promoting a healthy active lifestyle. To understand the health related benefits of different activities. Activities to include: walking, cross-country, aerobics, boxercise, circuit training, fitness suite.	To continue developing skills: passing, receiving, footwork, dribbling, set shot, layup, basic attacking and defending. Application of skills within a game. To develop an understanding of positions, roles and rules of the game.	To continue developing skills: grip, forehand & backhand push, serve, drive, topspin. Application of skills into a singles game. To understand the rules and scoring in a game.	To continue developing skills: grip technique (shake-hand), use a range of shots (different types and depth of serves, overhead clear, drop shot, smash). Application of skills: being able to outwit an opponent, rules, scoring and positional play. Introduction of basic doubles play.	Learning builds on skills from Year 8. Experiences outside of school with clubs and extra-curricular.

CAREERS LINKS

Coaching
PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

SPRING 1 & 2 – ACTIVITIES FROM

Handball	Fitness	Table Tennis	Rugby	Inter-Form	Prior Learning
To continue developing skills: passing, catching, dribbling, footwork, attacking, shooting, defence. Application of skills: rules of the game, game play, applying tactics and strategies.	To continue promoting a healthy active lifestyle. To understand the health related benefits of different activities. Activities to include: walking, cross-country, aerobics, boxercise, circuit training, fitness suite.	To continue developing skills: grip, forehand & backhand push, serve, drive, topspin. Application of skills into a singles game. To understand the rules and scoring in a game.	To continue developing skills: ball handling, passing, catching, running with the ball, scrums, rucking, attacking, defending (tackling). Application of skills: support play, decision making and tactical awareness within a game.	Develop competition, social skills and outwitting opponents.	Learning builds on skills from Year 8. Experiences outside of school with clubs and extra-curricular.

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages

- Goal setting and motivation (performance virtues).
- Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
- Positive moral attributes e.g. courage, honesty, integrity and humility (moral virtues)
- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues)

SUMMER 1 & 2 – ACTIVITIES FROM

Cricket	Athletics Track	Athletics Field	Striking Games	Prior Learning
To continue developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game.	To continue developing skills and techniques including running technique, sprint starts and pacing. To understand how the start (e.g. staggered) and pacing varies across different events (100m, 200m, 300m, 600m).	To continue developing skills and techniques for jumping and throwing. To understand the rules of competition and how to measure different field events. Events include long jump, shot, javelin.	To continue developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game. To apply strategies and tactics.	Learning builds on skills from Year 8. Experiences outside of school with clubs and extra-curricular.

KEY ASSESSMENT DATES

Students are assessed at the end of each block/activity and updated on the tracker. The assessment is a two-part assessment, technical ability and impact.

NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST



PE Year 9 - Girls

AUTUMN 1 & 2 – ACTIVITIES FROM

<p style="text-align: center;">Netball</p> <p>To continue developing skills: passing, catching, footwork, more advanced attacking and defending, shooting. Application of skills: set plays, umpiring, rules, positioning, tactics and strategies within a game.</p>	<p style="text-align: center;">Football</p> <p>Developing skills: passing, receiving, attacking and defending (tackling). Application of skills: understanding of positions, roles and rules of the game. To apply basic strategies and tactics within a game.</p>	<p style="text-align: center;">Fitness</p> <p>To continue promoting a healthy active lifestyle. Basic understanding of heart rate, muscles and short/long term effects of exercise. Activities to include: walking, cross-country, aerobics, boxercise, circuit training, fitness suite</p>	<p style="text-align: center;">Rugby</p> <p>Developing skills: ball handling, passing, receiving, running with the ball, beating an opponent, tackling. Application of skills: support play, decision making and tactical awareness within games.</p>	<p style="text-align: center;">Badminton</p> <p>To continue developing skills: grip technique (shake-hand), use a range of shots (different types and depth of serves, overhead clear, drop shot). Application of skills: being able to outwit an opponent, rules, scoring and positional play. Introduction of basic doubles play.</p>	<p style="text-align: center;">Prior Learning</p> <p>Learning builds on skills from Year 8.</p> <p>Experiences outside of school with clubs and extra-curricular.</p>
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CAREERS LINKS

Coaching
PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

SPRING 1 & 2 – ACTIVITIES FROM

<p style="text-align: center;">Basketball</p> <p>To develop skills: passing, receiving, footwork, dribbling, set shot, layup, basic attacking and defending. Application of skills within a game. To develop an understanding of positions, roles and rules of the game.</p>	<p style="text-align: center;">Badminton</p> <p>To continue developing skills: grip technique (shake-hand), use a range of shots (backhand and forehand serve, overhead clear, drop shot). Application of skills: being able to outwit an opponent, rules, scoring and positional play</p>	<p style="text-align: center;">Team Games</p> <p>To continue developing skills: passing, catching, dribbling, footwork, attacking, shooting, defence. Application of skills: rules of the game, game play, applying basic tactics and strategies.</p>	<p style="text-align: center;">Inter-Form</p> <p>Develop competition, social skills and outwitting opponents.</p>	<p style="text-align: center;">Prior Learning</p> <p>Learning builds on skills from Year 7.</p> <p>Experiences outside of school with clubs and extra-curricular.</p>
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CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages:

- Goal setting and motivation (performance virtues).
- Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
- Positive moral attributes e.g. courage, honesty, integrity and humility (moral virtues)
- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues)

SUMMER 1 & 2 – ACTIVITIES FROM

<p style="text-align: center;">Rounders</p> <p>To continue developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game</p>	<p style="text-align: center;">Athletics Track</p> <p>To continue developing skills and techniques including running technique, sprint starts and pacing. To understand how the start (e.g. staggered) and pacing varies across different events (100m, 200m, 300m, 600m).</p>	<p style="text-align: center;">Athletics Field</p> <p>To continue developing skills and techniques for jumping and throwing. To understand the rules of competition and how to measure different field events. Events include long jump, shot, javelin.</p>	<p style="text-align: center;">Striking Games</p> <p>To continue developing skills: throwing, catching, fielding, bowling, batting. Application of skills into a game. To understand and apply rules, roles and positions within a game. To apply strategies and tactics.</p>	<p style="text-align: center;">Prior Learning</p> <p>Learning builds on skills from Year 8.</p> <p>Experiences outside of school with clubs and extra-curricular.</p>
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KEY ASSESSMENT DATES

Students are assessed at the end of each block/activity and updated on the tracker. The assessment is a two-part assessment, technical ability and impact.

NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST



PE Year 10 - Boys

AUTUMN 1 & 2

Students will participate in a range of activities from the following;

Football
Rugby
Basketball
Table-Tennis
Fitness

Prior Learning

Learning builds on skills from Year 9.

Experiences outside of school with clubs and extra-curricular.

CAREERS LINKS

Coaching, PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

SPRING 1 & 2

Students will participate in a range of activities from the following;

Rugby
Fitness
Badminton
Sport Ed

Prior Learning

Learning builds on skills from Year 9.

Experiences outside of school with clubs and extra-curricular.

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages:

- Goal setting and motivation (performance virtues).
- Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
- Positive moral attributes e.g. courage, honesty, integrity and humility (moral virtues)
- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues)

SUMMER 1 & 2

Students will participate in a range of activities from the following;

Striking Games
Athletics

Prior Learning

Learning builds on skills from Year 9.

Experiences outside of school with clubs and extra-curricular.

KEY ASSESSMENT DATES

There is no formal assessment of core PE at Key Stage 4.



PE Year 10 - Girls

AUTUMN 1 & 2

Students will participate in a range of activities from the following;

Netball
Football
Badminton
Team Games

Prior Learning

Learning builds on skills from Year 9.

Experiences outside of school with clubs and extra-curricular.

CAREERS LINKS

Coaching
PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

SPRING 1 & 2

Students will participate in a range of activities from the following;

Netball
Badminton
Football
Team Games
Fitness

Prior Learning

Learning builds on skills from Year 9.

Experiences outside of school with clubs and extra-curricular.

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages:

- Goal setting and motivation (performance virtues).
- Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
- Positive moral attributes e.g. courage, honesty, integrity and humility (moral virtues)
- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues)

SUMMER 1 & 2

Students will participate in a range of activities from the following;

Athletics
Striking Games

Prior Learning

Learning builds on skills from Year 9.

Experiences outside of school with clubs and extra-curricular.

KEY ASSESSMENT DATES

There is no formal assessment of core PE at Key Stage 4.

NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST



PE Year 11 - Boys

AUTUMN 1 & 2

Students will participate in a range of activities from the following;

Football
Basketball
Rugby
Table-Tennis
Fitness

Prior Learning

Learning builds on skills from Year 10.

Experiences outside of school with clubs and extra-curricular.

CAREERS LINKS

Coaching, PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

SPRING 1 & 2

Students will participate in a range of activities from the following;

Fitness
Rugby
Basketball
Sport Ed Games

Prior Learning

Learning builds on skills from Year 10.

Experiences outside of school with clubs and extra-curricular.

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages:

- Goal setting and motivation (performance virtues).
- Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
- Positive moral attributes e.g. courage, honesty, integrity and humility (moral virtues)
- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues)

KEY ASSESSMENT DATES

There is no formal assessment of core PE at Key Stage 4.

NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST



PE Year 11 - Girls

AUTUMN 1 & 2

Students will participate in a range of activities from the following;

Netball
Football
Badminton
Team Games
Fitness
Sport Ed

Prior Learning

Learning builds on skills from Year 10.

Experiences outside of school with clubs and extra-curricular.

CAREERS LINKS

Coaching, PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

SPRING 1 & 2

Students will participate in a range of activities from the following;

Fitness
Netball
Badminton
Team Games

Prior Learning

Learning builds on skills from Year 10.

Experiences outside of school with clubs and extra-curricular.

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages:

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- Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues)

KEY ASSESSMENT DATES

There is no formal assessment of core PE at Key Stage 4.

NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST



GCSE PE Year 10

AUTUMN 1

Component 1 Paper 1 Fitness & Body Systems: Applied Anatomy & Physiology & Practical		Prior Learning
<u>Skeletal System</u> Functions of the skeletal system / Classification of bones / Structure of the skeletal system / Classification of joints / Types of movement / Long term effects of exercise	<u>Practical</u> Netball / Football / Handball	There is no assumption of any prior knowledge. Students have looked at the human body in Yr7 science Practical Isolated skills Game play

CAREERS LINKS

Coaching
 PE teaching
 Refereeing/ umpiring
 Fitness instructor
 Physiotherapist
 Sport scientist
 Sports development officer
 Leisure and tourism industry

AUTUMN 2

Component 1 Paper 1 Fitness & Body Systems: Applied Anatomy & Physiology				Prior Learning
<u>Muscular System</u> Muscle types (ligaments & tendons) / Muscles / Antagonistic muscle pairs / Muscle fibre types / Short term effects of exercise / Long term effects of exercise	<u>Cardiovascular System</u> Functions of the cardiovascular system / Blood vessels / Vascular shunting / Components of the blood / Short- and long-term effects of exercise	<u>Respiratory System</u> Functions of the respiratory system / Structure of the respiratory system / Alveoli and gas exchange / Composition of air / Short- and Long-term effects of exercise	<u>Aerobic/Anaerobic</u>	There is no assumption of any prior knowledge. Students have looked at the human body in Yr7 science

CHARACTER LINKS

Strong character development throughout all PE activities. Each activity promotes and encourages

- Goal setting and motivation (performance virtues).
- Overcoming barriers and challenges by perseverance and therefore developing resilience (performance virtues).
- Positive moral attributes e.g. courage, honesty, integrity and humility (moral virtues)
 - Social confidence by listening to others, expressing views and showing courtesy and respect (moral virtues)

SPRING 1

Component 1 Paper 1 Fitness & Body Systems: Physical Training			Prior Learning
<u>Principles of Training</u> FITT / Individual Needs / Reversibility / Specificity / Threshold of Training / Over Training / Progressive Overload	<u>Methods of Training</u> Continuous / Fartlek / Circuit / Interval / Plyometric / Weight / Resistance / Fitness Classes	<u>Components of Health and Skill Related Fitness</u> Fitness, health, exercise & performance / Cardiovascular Fitness / Muscular Endurance / Flexibility / Reaction Time / Power & Speed / Agility / Balance & Co-ordination / Body Composition / Strength	There is no assumption of any prior knowledge.

SPRING 2

Component 1 Paper 1 Fitness & Body Systems: Physical Training				Prior Learning
<u>Components of Health and Skill Related Fitness</u> Fitness, health, exercise & performance / Cardiovascular Fitness / Muscular Endurance / Flexibility / Reaction Time / Power & Speed / Agility / Balance & Co-ordination / Body Composition / Strength	<u>Warm up & Cool Down</u>	<u>Sports Injuries and Performance Enhancing Drugs</u>	<u>Planes & Levers</u>	There is no assumption of any prior knowledge.

KEY ASSESSMENT DATES

3 required practical activities assessed throughout the course (each worth 10% of final grade). Theory work assessed formatively in class and summative assessments after every unit.
 Paper 1 assessment – Yr10 end of year mocks

SUMMER 1 & 2

Component 1 Paper 1 Fitness & Body Systems: Physical Training				Prior Learning
<u>Practical</u> Table-Tennis / Badminton / Athletics	<u>PEP</u>	<u>PEP</u>	<u>Revision</u>	There is no assumption of any prior knowledge.

NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST



GCSE PE Year 11

AUTUMN 1

Component 1 & Practical:			
<u>Planes & Levers</u>	<u>Paper 1 Revision</u>	<u>PEP</u>	<u>Practical</u> Football / Badminton / Table-Tennis / Handball / Netball

Prior Learning
There is no assumption of any prior knowledge. There may be some overlap with the CREATE program

CAREERS LINKS

Coaching
PE teaching
Refereeing/ umpiring
Fitness instructor
Physiotherapist
Sport scientist
Sports development officer
Leisure and tourism industry

AUTUMN 2

Component 1 & Practical:		
<u>PEP</u>	<u>Paper 1 Revision</u>	<u>Practical</u> Football / Badminton / Table-Tennis / Handball / Netball

Prior Learning
There is no assumption of any prior knowledge. There may be some overlap with the CREATE program

CHARACTER LINKS

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SPRING 1 & 2

Component 2 Health & Performance: Health, Fitness and Wellbeing		Component 2 Health & Performance: Socio-cultural Influences	Prior Learning There is no assumption of any prior knowledge.
Classification of skill	Types of practice	Participation rates	
Goal setting	Guidance	Commercialisation, media and sport	
Types of feedback	Mental rehearsal	Sporting behaviour	

SUMMER 1

Component 1 – Revision	Component 2 – Revision	Practical Moderation	Prior Learning PEP Yr10 HT6 / Yr11 HT3 Component 1 Yr10 HT1-HT5 Component 2 Yr11 HT1-HT2
Fitness and body systems	Health and Performance		

KEY ASSESSMENT DATES

3 required practical activities assessed throughout the course (each worth 10% of final grade)
Theory work assessed formatively in class and summative assessments after every unit.
Paper 2 assessment – Yr11 November mocks

NITIMUR IN EXCELSIS – STRIVE FOR THE HIGHEST