

Year 6 Curriculum Planning – PE

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Weekly focus</p> <p>Core Knowledge, Skills and Concepts</p>	<p>Fundamental skills focusing on Agility, Balance and Coordination whilst having fun.</p> <p>Use of cross curricular-literacy and numeracy.</p> <p>Introduce growth mind-set in relation to playing sport.</p> <ol style="list-style-type: none"> 1. Passing football with the side of the foot This will allow the students gain a basic knowledge for football 2. Rules of handball To understand the Basic rules in handball 3. Dribble football through targets in different directions Develop technique, control, agility and balance. 4. Shoot football with laces and at the goal Develop technique and control. 5. Different types of handball passing Develop technique and control. 6. Assessment lesson-football Participation and starting to understand how to play football, look at where they can improve. 7. Assessment lesson – handball Participation and starting to understand how to play handball, look at where they can improve. 	<p>Fundamental ABC’s while playing rugby and hockey.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <ol style="list-style-type: none"> 1. Pass and Catch the ball Beginning to understand how to play rugby, basic rules introduced. 2. Holding the hockey stick correctly, dribbling and running with the ball Beginning to understand how to play hockey, basic rules introduced. 3. Basic shot (hockey) Fundamental skills focusing on Coordination whilst having fun. 4. Touch tackling Fundamental skills focusing on Agility, Balance, strength and Coordination whilst having fun. 5. Swimming Swim confidently over 25 metres, while performing a range of strokes. Perform safe self-rescue in water situations. 6. Assessment lesson-rugby Participation and starting to understand how to play rugby, look at where they can improve. 7. Assessment lesson-hockey Participation and starting to understand how to play hockey, look at where they can improve 	<p>Fundamentals being applied to volleyball and table tennis.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Use of cross curricular-literacy and numeracy</p> <p>Introduce growth mind-set in relation to playing sport.</p> <ol style="list-style-type: none"> 1. Underarm serves Basic underarm serve over the net, basic dig, set and hit over the net. 2. Hitting the ball with forehand and backhand shots Control the paddle while hitting the ball with forehand and backhand shots. 3. Dig and set the ball Develop flexibility, technique, control and balance. 4. Swimming Swim confidently over 25 metres, while performing a range of strokes. Perform safe self-rescue in water situations. 5. Assessment lesson-volleyball Participation and starting to understand how to play volleyball, look at where they can improve. 6. Assessment lesson-table tennis Participation and starting to understand how to play table tennis, look at where they can improve. 	<p>Fundamentals being applied to badminton and dodgeball. Participation for enjoyment.</p> <p>Use of cross curricular-literacy and numeracy</p> <p>Introduce growth mind-set in relation to playing sport.</p> <ol style="list-style-type: none"> 1. Hit the shuttle using forehand shots Hitting the shuttlecock using forehand and backhand shots and understanding the basic rules. 2. Throwing and catching the ball Throw and catch the ball during a game and understanding the basic rules. 3. Hit the shuttle using backhand shots Develop flexibility, technique, control and balance. Learning a variety of shots. 4. Swimming Swim confidently over 25 metres, while performing a range of strokes. Perform safe self-rescue in water situations. 5. Assessment lesson-badminton Participation and starting to understand how to play badminton, look at where they can improve. 6. Assessment lesson-dodgeball Participation and starting to understand how to play dodgeball, look at where they can improve. 	<p>Use the fundamental skills learnt throughout the year to apply them when playing cricket and rounders.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Use of cross curricular- literacy and numeracy</p> <p>Introduce growth mind-set in relation to playing sport.</p> <ol style="list-style-type: none"> 1. Throwing and catching the ball Begin to understand the rules for rounders. Throw and catch the ball in a number of ways 2. Bowl the ball underarm Begin to understand the rules for cricket. Bowl the ball underarm, developing basic technique. 3. Striking the ball Develop basic technique and Coordination whilst having fun. 4. Swimming Swim confidently over 25 metres, while performing a range of strokes. Perform safe self-rescue in water situations. 5. Assessment lesson- cricket Participation and starting to understand how to play cricket, look at where they can improve. 6. Assessment lesson-rounders Participation and starting to understand how to play rounders, look at where they can improve. 	<p>Begin to understand how to perform the events in athletics, also begin to understand some names of muscles and why they are important.</p> <p>To be able to run in a fluent way, throw a javelin and successfully jump.</p> <p>Use of cross curricular- literacy and numeracy</p> <p>Introduce growth mind-set in relation to playing sport.</p> <ol style="list-style-type: none"> 1. Sprinting in a fluent way Begin to understand how to perform the events in athletics, Understand the timings and scores for events. 2. Long distance running Begin to understand how to perform the events in athletics, Understand the timings and scores for events. 3. Javelin Begin to understand how to perform the events in athletics, Understand the timings and scores for events. 4. Long and triple jump 5. Swimming Swim confidently over 25 metres, while performing a range of strokes. Perform safe self-rescue in water situations. 6. Different testing for various components of fitness Develop flexibility, strength, technique, control and balance and other components. 7. Mini Olympics-performance of the events. Participation and starting to understand how to perform in athletic events.

Year 7 Curriculum Planning – PE

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Weekly focus</p> <p>Core Knowledge, Skills and Concepts</p>	<p>Building on fundamental basic skills learnt in KS2, starting to learning sport specific skills - Invasion Games</p> <p>Learn the rules to play and keep score of new invasion games – Handball and Basketball</p> <p>Use sport specific skills and knowledge of rules in game and modified game scenarios.</p> <p>Improve vocabulary and score keeping.</p> <ol style="list-style-type: none"> 1. Passing a handball, looking at learning the overhand pass. 2. Develop passing skills to use in small sided possession games 3. Develop small sided possession adding in directional intent – purposeful movement into space 4. Shooting the ball, overarm and jump shot 5. Dribbling with the ball 6. Incorporating passing, dribbling and shooting. 7. Assessment lesson- using all the skills in a game 	<p>Building on fundamental basics learnt in KS2, starting to learning sport specific skills - Invasion Games</p> <p>Learn the rules to play and keep score of new invasion games – Tag Rugby, Hockey</p> <p>Use sport specific skills and knowledge of rules in game and modified game scenarios.</p> <p>Different score keeping involved to test numeracy skills, while developing vocabulary.</p> <ol style="list-style-type: none"> 1. Passing and Handling the rugby ball – sideways/backwards passing 2. Tackling/tagging moving targets. Avoiding tacklers/taggers 3. Decision making – passing or running with the ball against opponents 4. Assessment lesson- skills learnt in rugby applied in a game situation. 5. Dribbling, close control of a hockey ball 6. Passing and receiving the hockey ball. 7. Assessment lesson- skills learnt in hockey applied in a game situation. 	<p>Building on hand-eye co-ordination skills developed in KS2</p> <p>Learn the rules to play and keep score of new net and wall games – Volleyball, Table Tennis</p> <p>Vocabulary learning new techniques and numeracy developed through a range of score keeping</p> <ol style="list-style-type: none"> 1. Underarm serves (Volleyball) – hitting with a closed fist 2. Digs and sets – basic hand positions, deciding which is the most appropriate to use 3. Assessment lesson- applying the skills into a game (Volleyball) 4. Serves (Table Tennis – forhand, bouncing on both sides. How to grip the paddle 5. Forehand/backhand push shots. Hitting the ball with paddle side on 6. Assessment lesson -applying skills into a game situation 	<p>Developing Agility, Balance and Co-ordination skills built in KS2. Hand eye co-ordination and body control moving, dodging and judging flight.</p> <p>Learn the rules to play and keep score of new net and wall games – Badminton + Dodgeball</p> <p>Vocabulary and numeracy developed through new scoring systems and skills</p> <ol style="list-style-type: none"> 1. Underarm and backhand serves (Badminton). Rules on service 2. Overhead returns -striking the shuttle above eyeline 3. Underarm returns – striking the shuttle under eyeline 4. Assessment lesson – using skills in a game context 5. Throwing the ball - techniques for accuracy and power 6. Dodging and catching - choosing which to do 7. Assessment lesson – using skills in game 	<p>Throwing, catching and striking skills developed through cricket and rounders</p> <p>Understanding the rules and apply correct scoring for cricket and rounders.</p> <p>Numeracy involving fractions.</p> <p>Growth Mindset techniques to deal with perseverance in individual sports</p> <ol style="list-style-type: none"> 1. Striking the cricket ball – hitting straight 2. Bowling cricket. Correct technique and where to aim the ball 3. Fielding skills – catching and fielding from the ground. Throwing to a target/teammate 4. Assessment lesson - cricket 5. Bowling – rounders. Basic rules of rounders. 6. Assessment lesson- applying the skills into a game 	<p>Further ABC development. Introducing correct athletic technique to specific athletic events.</p> <p>Understanding rules, how to score and what counts as a correct attempt.</p> <p>Numeracy involving measuring, decimals, ordering and averaging</p> <ol style="list-style-type: none"> 1. Sprinting – starting stance, short to long steps 2. ‘Long’ distance running. Pacing yourself, saving for a sprint finish 3. Field events – Long and triple. Differences and techniques 4. Field events – shotput, javelin. 5. Field Events – Discus and high jump 6. Mini Olympics to apply skills into a game.

Year 8 Curriculum Planning – PE

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Core Knowledge, Skills and Concepts</p> <p>Weekly focus</p>	<p>Progression on the skills learnt in year 7. Handball and Basketball</p> <p>Passing, dribbling, shooting and tackling with more consistency and accuracy.</p> <p>Begin to use tactics against opponents.</p> <p>Begin to reflect and analyse their performance compared to previous ones.</p> <p>Further develop cross curricular links and growth mind-set; winning, losing, teamwork.</p> <ol style="list-style-type: none"> 1. Recap lesson – basic techniques for passing, shooting and dribbling 2. Pass with purpose – being quick on the ball and playing with direction 3. Shooting- Jump shots for added power/accuracy. 4. Tactics for defending - Surround the D 5. Tactics for attacking – using width 6. Tactics cont. Continue work form previous two lessons that needs improvement. 7. Assessment lesson- using all the skills in a game 	<p>Further development of the hockey and rugby skills which were taught in year 7.</p> <p>Passing with accuracy, effective movement, shoot with accuracy and tackle safely.</p> <p>Develop tactics to overcome opponents.</p> <p>Start to analyse performance comparing to previous performances.</p> <ol style="list-style-type: none"> 1. Passing and Handling the rugby ball using the correct technique. 2. Passing and moving into space with purpose 3. Tackle effectively (hockey) 4. Tackle safely (rugby) 5. Progression on tackling individuals or moving targets (rugby) 6. Shooting with accuracy 7. Assessment lesson- competitive games against each other to perform skills learnt. 	<p>Develop volleyball and table tennis skills increasing performance levels.</p> <p>Develop consistency across previously learnt skills and introduce new shots</p> <p>Start to use tactics to overcome opponents</p> <p>Begin to analyse and reflect on their own performance in comparison to previous performance.</p> <p>Further develop cross curricular links and growth mind-set; winning, losing, teamwork and organisation.</p> <ol style="list-style-type: none"> 1. Overhand serves from the service line – adding power 2. How to utilise the dig and set against opponents 3. Spiking the ball. How to win points 4. Volleyball Assessment lesson – using skills in a game 5. Progression of forehand shots to overcome opponents 6. Effective backhand shots overcoming opponents. 7. Assessment lesson- competitive game/ tournament to perform learnt skills. 	<p>Progression of badminton and dodgeball skills learnt in year 7. How to use effectively in game situations</p> <p>Start to think about tactics that can be used against opponents to overcome them.</p> <p>Analysis of performance comparing to previous performances and last year.</p> <p>Continue to develop cross curricular links; literacy and numeracy. Growth mind-set to continue to be a focus.</p> <ol style="list-style-type: none"> 1. Variety of serves 2. Overhead clear and drop shots 3. Smashes 4. Effective throwing and catching techniques on the move. 5. Development of tactics while performing skills. 6. Assessment lesson- tournament and matches against each other to perform skills developed. 	<p>Understand when and how to use different batting strokes. How to be more effective with shots.</p> <p>Develop the techniques for throwing, catching and bowling to be able to perform more effectively.</p> <p>Improve vocabulary and communication skills when analysing performance, which using numeracy in sport.</p> <p>Develop growth mind-set in isolated situations. Prepare for ASDAN work next year.</p> <ol style="list-style-type: none"> 1. Cricket bowling – where to land the ball? How to add speed. 2. Forward drive and forward defence – when do we play each shot 3. Pull and cut shot – when do we play these shots? 4. Striking the rounders ball- hitting into space 5. Running around the bases – working with team mates and knowing when to stop. 6. Assessment lesson- performance of the variety of skills learnt. 	<p>Increase knowledge of muscles, movements and introduce components of fitness.</p> <p>Use different tactics and techniques when competing in different events to overcome opponents.</p> <p>Perform the different events with success; sprinting, long distance running, javelin, long and triple jumps.</p> <p>Start to analyse performance against the correct technique and previous performances.</p> <p>Further focus on literacy and numeracy throughout the half term.</p> <ol style="list-style-type: none"> 1. Focus on speed (component of fitness) and tests for it. 2. Using speed when sprinting 3. Focus on endurance and stamina 4. Long distance running and use of endurance and stamina 5. Focus on power (component of fitness) 6. Using power while throwing and jumping 7. Mini Olympics- assessment lesson.

Year 9 Curriculum Planning – PE

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Weekly focus</p> <p>Core Knowledge, Skills and Concepts</p>	<p>Introduction to the sports participation ASDAN module; A1 and A2 (participating in two team sports and two indoor activities)</p> <p>Reflect and analyse performance and compare to previous performances.</p> <p>Prepare students for BTEC Sports performance.</p> <ol style="list-style-type: none"> 1. Handball- fundamental skills; bounce and dribbling the ball 2. Football- passing, dribbling and shooting- developing attacking skills 3. Handball- passing the ball and shooting 4. Football- Defensive and begin tactics to overcome opponents. 5. walking football- concepts, passing and dribbling. Understanding inclusive version of the sport 6. A1 and A2 ASDAN completion- taking part in indoor activities and team sports 7. Assessment lesson for skills learnt in both football and handball 	<p>Continue to complete A1 and A2 ASDAN challenges.</p> <p>Develop and progress rugby and hockey skills previously learnt; full contact tackling, passing and movement, with use of tactics to overcome opponents.</p> <ol style="list-style-type: none"> 1. Passing using the correct technique consistently (hockey and rugby) 2. Tackling moving targets safely and effectively (rugby) <p>Walking tag- rugby</p> <p>Understanding inclusive version of the sport</p> <ol style="list-style-type: none"> 3. Tackling safely using the correct technique 4. Shooting using a variety of techniques (hockey) 5. A1 and A2 ASDAN completion- taking part in indoor activities and team sports 6. Assessment lesson- skills learnt in hockey applied in a game situation. 7. Assessment lesson- skills learnt in rugby applied in a game situation. 	<p>Introduction to research in the Sports participation module (A4 and A8). Preparation for theory work during their BTEC.</p> <p>Develop volleyball skills and table tennis skills, learnt in previous years. Performing the skills and use of tactics to overcome opponents.</p> <ol style="list-style-type: none"> 1. Effective use of the serve and dig within their team against opponents. Understanding when to perform these skills. 2. Serving the ball in table tennis and progressing this onto a rally and game. 3. Use of a set and a spike understanding when and how to perform these skills in a game situation and to overcome opponents. 4. Effective Forehand and backhand shots (table tennis)- understanding when to perform these skills against opponents. Perform seated table tennis to understand inclusive version of the sport. 5. A4 ASDAN challenges (investigating cost of equipment for a chosen sport) Then volleyball assessment lesson- skills learnt which can then be applied in a game situation 6. A8 ASDAN challenge (create a profile of a sportsperson). Assessment lesson- skills learnt in table tennis applied in a game situation 	<p>Use the skills learnt in badminton and tennis to create tactics to overcome opponents. Further develop analytical skills in sports performance, and relate to previous performance.</p> <ol style="list-style-type: none"> 1. Serving the shuttle in badminton to a variety of areas of the court to gain points. 2. Serving the ball in tennis. Further develop from the table tennis skills learnt to progress on a larger scale. Forehand and backhand shots to score points in a game situation. 3. Performance of attacking and defensive shots in badminton; overhead clear, drop shot and smash. Understanding when to perform each shot and how it can score points against opponents. Play seated badminton for an adapted, inclusive version of the game. 4. Attacking and defending shots in tennis- understanding how and when to perform and score points against opponents. Inside-out forehand, drop shot and backhand down the line. 5. Assessment lesson for badminton- performance of skills learnt in a game situation. 6. Assessment lesson in tennis- perform the skills learnt in a game. 	<p>Introduce Health, Fitness and Nutrition modules for the ASDAN challenges (A1, A2, A3 and A4)</p> <p>Introduction on the Components of Fitness. Muscles in the body, and types of movements.</p> <p>Athletic performance and start to link Components of fitness to sports performance.</p> <p>Prepare students for BTEC Sports performance.</p> <ol style="list-style-type: none"> 1. ASDAN challenge A1- taking part in a supervised fitness programme to improve your physical fitness. Circuit training and keep a record of any improvements. 2. Develop running techniques in races- working on speed and endurance. Understanding when to sprint and when to preserve energy. 3. ASDAN challenge A2- Devise a number of warm up or cool down exercises- relate these to specific sporting performance and state the reasons chosen. 4. Focus on throwing and jumping events in athletics; discus, shot put, javelin, long jump, triple jump. Understand power, co-ordination, balance in relation to these sports. 5. ASDAN challenge A3- Work with others to design a circuit of exercises to improve your overall fitness, taking responsibility for at least 2 exercises in the circuit. 6. Assessment lesson on Components of fitness and relation to sporting performance. 	<p>ASDAN challenge B1- Devise and carry out a personal exercise programme.</p> <p>Continue to develop cricket and rounders ability. Progressing to higher levels, bowling with a run up, spin bowling, more variety of shots and shot placement improved.</p> <p>Prepare students for BTEC Sports performance.</p> <ol style="list-style-type: none"> 1. Start B1 ASDAN challenger- Devise a personal exercise programme to improve performance. Use knowledge from Components of fitness learnt last half term. 2. Complete B1 ASDAN Challenge- Carry out personal exercise programme to improve performance collecting data before and after your programme. Start to present findings about effectiveness of programme. 3. Develop bowling skills in cricket, understanding different techniques on how and when to bowl the ball. 4. Improve on striking ability when playing cricket. Understanding a variation of strokes and when and how to play them in a game. 5. Develop striking and fielding skills in rounders. Use of a variety of tactics to overcome opponents. 6. Assessment lesson for Cricket- perform skills learnt in cricket lessons in a game situation to overcome opponents.

Year 10 Curriculum Planning – PE

	Autumn Term 1		Autumn Term 2		Spring Term 1		Spring Term 2		Summer Term 1		Summer Term 2	
<p><i>Half Term focus</i></p> <p>Red = BTEC Introductory Award level 1, Orange = additional units for certificate level 1, Yellow = additional units for diploma level 1, Green = BTEC Award in Sport Level 2</p>	<p>L1 - Training for Fitness</p> <p>L2 – Fitness for Sport and Exercise. Learn about components of fitness and exercise intensity. Prepare for mock exam. Improve memory skills and exam technique</p> <p>Playing Sport (L1)/Practical Performance in Sport (L2)</p> <p>Athletics, badminton, football and goalball (sport for the blind).</p>		<p>L1 - How Exercise Affects the Body.</p> <p>L2 – Fitness for Sport and Exercise. Learn about how to measure (fitness tests) and improve (principles/methods) fitness.</p> <p>Playing Sport (L1)/Practical Performance in Sport (L2) tennis, hockey and table tennis (and seated table tennis)</p>		<p>L1 - Developing a Personal Progression Plan</p> <p>L2 – Fitness for Sport and Exercise - Improve literacy skills for longer answer question where the student is expected to explain, discuss or evaluate. Maths skills for calculation of intensity, RPE and BMI. If pupils are ready to sit the external exam they can do so.</p> <p>Playing Sport (L1)/Practical Performance in Sport (L2) gymnastics (vault), volleyball (normal and seated)</p>		<p>L1 Being Organised Learn techniques used to improve organisational skills.</p> <p>L2 – Applying the Principles of Personal Training. Learn about how to plan a training programme using knowledge and understanding from previous 3 half terms and implement it.</p> <p>Playing Sport (L1)/Practical Performance in Sport (L2)</p> <p>Basketball, handball and the unfamiliar sport of Tuchukball</p>		<p>L1 - Assisting in a Sports Activity</p> <p>L2 – Applying the Principles of Personal Training. Continue to implement personal fitness programme. Learn how to measure and record progress. Review programme and make recommendations for the future.</p> <p>Playing Sport (L1)/Practical Performance in Sport (L2)</p> <p>Cricket, Ultimate Frisbee and rounders.</p>		<p>L1 - Coaching Skills in Sport</p> <p>L2 – The Sports Performer in Action – Learn about the long and short term effects of exercise Learn how to</p> <p>Playing Sport (L1)/Practical Performance in Sport (L2)</p> <p>Continue to develop skills in rugby from year 9. Introduce lacrosse skills. Further develop spatial awareness through trampolining.</p>	
<p><i>Weekly focus</i></p> <p>Core Knowledge, Skills and Concepts</p>	<p>Theory – Knowledge and Concepts</p> <p>1.Components of fitness – develop an understanding of aerobic and muscular endurance, flexibility, speed and muscular strength. 2. Fitness Tests and goal setting. Use appropriate testing methods for fitness goal. 3. Planning a session. Use appropriate methods of training for specifics needs/goals 4. Session delivery</p>	<p>Practical Skills</p> <p>1.Athletics - develop throwing skills. Link activities to components of fitness. 2. Athletics - develop jumping skills. Link activities to fitness tests. 3. Athletics - develop running skills and link activities to planning sessions. 4. Football develop team work skills – passing and creating space 5. Goalball – Understand sport for the visually impaired 6. Badminton – develop</p>	<p>Theory – Knowledge and Concepts</p> <p>1. Heart Rate - develop an understanding of how heart rate is affected by exercise Training zones using % max HR 2. Breathing Rate - develop an understanding of how breathing rate is affected by exercise Application of FITT principles 3. BORG Scale - Rate of Perceived Exertion (RPE) – Learn how to use this scale and</p>	<p>Practical Skills</p> <p>1. Table Tennis – develop attacking (forehand drive) and defensive (backhand push) skills and understand when to select each shot 2. Seated Table Tennis – develop skills in a seated position. Understand the need for inclusive version of the sport. Compare physiological differences (HR/Breathing) for table tennis/seated</p>	<p>Theory – Knowledge and Concepts</p> <p>1. Learn about the skills needed in careers of interest and how these can be developed in PE lessons. Fitness testing methods 2. Visit Moss Side gym – develop and understanding of the different jobs at the centre. Measure % body fat and compare results to BMI. 3. Skill audit – develop an understanding of the skills pupils have and compare</p>	<p>Practical Skills</p> <p>1. Volleyball – develop teamwork skills learned in other sports i.e. passing (set) and positioning. 2. Volleyball – develop defensive (digs) and attacking (spikes/drop shots) 3. Seated Volleyball – Apply skills learned in weeks 1 and 2 to the disability version. Develop an understanding of why this version exists. 4. Gymnastics (falling, rolls,</p>	<p>Theory – Knowledge and Concepts</p> <p>1. Learn about the benefits of being organised and establish link with work/learning SMARTER goals and personal information 2. Develop prioritising skills – develop an understanding of why it is important to priorities. Programme design – apply knowledge from unit 1 3. Filing Systems – develop an understanding of how using a filing system</p>	<p>Practical Skills</p> <p>1. Basketball - develop team work skills (passing and creating space then shooting and rebounds). 2. Basketball – learn the rules of the game and use skills to outwit opponents 3. Handball - develop team work skills passing and creating space 4. Handball – learn the rules of the game and use skills to outwit opponents</p>	<p>Theory – Knowledge and Concepts</p> <p>1. Plan session – develop an understanding of what needs to be considered in a plan knowledge from coaching 2. Session delivery – most ready pupils will assist teacher in the delivery of planned session 3. Session delivery – less confident pupils will assist teacher in the delivery of planned session 4. Self-assessment – pupils evaluate their own performance as an assistant</p>	<p>Practical Skills</p> <p>1. Cricket - develop throwing and bowling skills, then batting skills Safely implement and record fitness programme 2. Cricket – develop catching skills, then knowledge of the rules and use these to outwit opponents Safely implement and record fitness programme 3. Ultimate Frisbee – develop throwing and catching skills</p>	<p>Theory – Knowledge and Concepts</p> <p>1. Roles, responsibilities and skills of sports coaches. 2. Know the skills used by coaches to improve the performance of athletes. 3. Plan a sports coaching session – develop knowledge of planning from fitness and assisting units 4. Deliver session – coach part of the plan to an individual or group and demonstrate effective communication skills 5. Review own performance of</p>	<p>Practical Skills</p> <p>1. Rugby - develop team work skills passing, catching and creating space, then develop tacking and kicking skills. 2. Rugby – learn the rules of touch rugby and select skills to outwit opponents. 3. Lacrosse – develop throwing, catching and shooting skills 4. Lacrosse – learn the rules of pop lacrosse and select skills to outwit opponents</p>

	<p>5. Session delivery 6. Review session delivery 7. Assessment of learning – pupils show understanding of components, tests and methods of training.</p>	<p>defensive clearing skills and understand why these are used 7. Badminton – develop attacking skills dropshot/smash and understand when to use them</p>	<p>why. Understand how it is linked to heart rate 4. Gather and record data at rest and during exercise Additional Principles of training 5. Present data using graphs Methods of training 6. Outline observations and draw conclusions</p>	<p>3. Tennis – develop skills from week 1 on a bigger scale. 4. Tennis – pupils will learn how to select skills in game situations. 5. Hockey (with ball) – develop teamwork skill from football (passing and creating space) 6. Hockey (with puck) – Develop and understanding of other versions of the sport (ice/roller) and their popularity in other countries 7. Christmas Dodgeball</p>	<p>this to those identified in week 1. Importance of fitness testing 4. Progression Planning – develop an understanding of how to develop skills and set realistic goals Prepare for exam (revise) 5. Peer Assessment – evaluate the progress of others to embed the success criteria Sit External Exam 6. Assessment – pupils show understanding of how to develop vocational skills</p>	<p>balances) – Pupils understand why it is important to roll falling and develop static balance skills (hand/ headstand) 5. Gymnastics (vault) – develop dynamic skills (through/ straddle vault) 6. Gymnastics – develop more complex vaulting skills (handspring)</p>	<p>can help organisation. Learn the structure of the musculoskeletal system 4. Planners and calendars – develop an understanding of how to use calendars and diaries to organise time. Learn the structure of the cardiovascular system 5. Review own organisational skills and evaluate progress. 6. Review peer’s organisation skills and evaluate progress.</p>	<p>Safely implement and record fitness programme 5. Tuchukball - develop team work skills passing and creating space Safely implement and record fitness programme 6. Tuchukball – learn the rules of the game and use skills to outwit opponents Safely implement and record fitness programme</p>	<p>5. Peer assessment - pupils evaluate another pupil’s performance as an assistant Review programme 6. Review of learning – pupils demonstrate knowledge and understanding of assisting in a sports activity</p>	<p>4. Ultimate Frisbee – develop a knowledge of the rules. Pupils will use team work skills from other invasion games i.e. passing and creating space to outwit opponents. Safely implement and record fitness programme 5. Rounders – develop bowling and batting skills. 6. Rounders – understand rules of the game (adapted) and select appropriate skills to outwit opponent</p>	<p>coaching – evaluate own strengths and areas for improvement 6. Review of learning from the unit – pupils demonstrate their knowledge and understanding of coaching. 1. Effects on the muscles 2. Effects on the CV system 3. Effects on the respiratory system 4. Long-term adaptations of muscles 5. Long-term adaptations of CV system 6. Long-term adaptations of respiratory system 7. Review and recap knowledge gaps</p>	<p>5. Trampolining – visit trampoline/ gymnastics centre to develop basic skills. 6. Trampolining – develop skills further and link them to produce a routine. 7. Participate in School Sports Day</p>
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Year 11 Curriculum Planning – PE

	Autumn Term 1		Autumn Term 2		Spring Term 1		Spring Term 2	
<p>Half Term focus</p> <p>Red = BTEC Introductory Award level 1, Orange = additional units for certificate level 1 Yellow = additional units for diploma level 1 Green = BTEC Award in Sport Level 2</p>	<p>L1 - Working with Others -</p> <p>Develop teamwork skills and learn how to effectively review own and others' performance on a given activity</p> <p>L2 – The Sports Performer in Action - Learn about the different energy systems and relate these to the activities/sports that have been learned.</p> <p>Focus on practical aspects of P.E. Athletics, football, goalball (sport for the blind) and badminton</p>		<p>L1 – Research Project</p> <p>Carry out research into an agreed topic. Present a summary of research findings into an agreed topic.</p> <p>L2 - Practical Performance in Sport. Review performance in 2 chosen sports</p> <p>Focus on practical aspects of P.E. Tennis, table tennis, seated table tennis and hockey</p>		<p>L1 - Keeping Active and Healthy</p> <p>Identify own strengths and areas for improvement in each sport.</p> <p>L2 - Practical Performance in Sport. Recall the rules, appropriate dress, skills and techniques for 2 chosen activities.</p> <p>Focus on practical aspects of P.E. Volleyball (normal and seated) gymnastics (vault).</p>		<p>Improve skills, knowledge and concepts in areas where there are gaps.</p> <p>Develop organisation skills to complete portfolio. Prepare for exam (L2) if necessary, by fine tuning knowledge, literacy and numeracy skills.</p> <p>Focus on practical aspects of P.E. Basketball, handball and Tuchukball</p> <p>Improve practical skills in activities that students are most engaged with.</p>	
<p>Weekly focus</p> <p>Core Knowledge, Skills and Concepts</p>	<p>Theory – Knowledge and Concepts</p> <ol style="list-style-type: none"> 1. Team work skills and behaviour 2. Relate skills to task 3. Planning as a team 4. Deliver session as a team 5. Review own performance in team 6. Deliver feedback to others 7. Review of unit and learning <p>1. ATP-CP system 2. Glycolysis/lactic acid system 3. The aerobic energy system 4. Review of portfolio of evidence 5. Recap knowledge gaps 6. End of topic assessment</p>	<p>Practical Skills</p> <ol style="list-style-type: none"> 1. Athletics - develop throwing skills. Link activities to components of fitness. 2. Athletics - develop jumping skills. Link activities to fitness tests. 3. Athletics - develop running skills and link activities to planning sessions. 4. Football develop team work skills – passing and creating space 5. Goalball – Understand sport for the visually impaired 6. Badminton – develop defensive clearing skills and understand why these are used 7. Badminton – develop attacking skills dropshot/smash and understand when to use them 	<p>Theory – Knowledge and Concepts</p> <ol style="list-style-type: none"> 1. Choose a topic to research – develop knowledge of community, sector or hobby-based activities. Produce an observation checklist that can be used effectively to review performance in a sport 2. Pupils will develop ideas about what they would like to develop in their local area. Review own performance and make recommendations 3. Research sources and keep a research log – develop organisation and reflection skills Produce a 2nd observation checklist that can be used effectively to review performance in a sport 4. Plan presentation – develop ICT skill to 	<p>Practical Skills</p> <ol style="list-style-type: none"> 1. Table Tennis – develop attacking (forehand drive) and defensive (backhand push) skills and understand when to select each shot 2. Seated Table Tennis – develop skills in a seated position. Understand the need for inclusive version of the sport. Compare physiological differences (HR/Breathing) for table tennis/seated 3. Tennis – develop skills from week 1 on a bigger scale. 4. Tennis – pupils will learn how to select skills in game situations. 5. Hockey (with ball) – develop teamwork skill from football (passing and creating space) 6. Hockey (with puck) – Develop and understanding of other versions of the sport (ice/roller) and their popularity in other countries 	<p>Theory – Knowledge and Concepts</p> <ol style="list-style-type: none"> 1. Understand the benefits of physical activity Describe the rules, regulations and scoring systems of a sport 2. Understand the health risks of smoking and drinking Describe the rules, regulations and scoring systems of a 2nd sport 3. Understand the benefits of healthy eating Describe the roles and responsibilities of officials from a sport 4. Research information on staying healthy and active Describe the roles and responsibilities of officials from a sport 5. Produce a plan to improve lifestyle 	<p>Practical Skills</p> <ol style="list-style-type: none"> 1. Volleyball – develop teamwork skills learned in other sports i.e. passing (set) and positioning. 2. Volleyball – develop defensive (digs) and attacking (spikes/drop shots) 3. Seated Volleyball – Apply skills learned in weeks 1 and 2 to the disability version. Develop an understanding of why this version exists. 4. Gymnastics (falling, rolls, balances) – Pupils understand why it is important to roll falling and develop static balance skills (hand/ headstand) 5. Gymnastics (vault) – develop dynamic skills (through/ straddle vault) 6. Gymnastics – develop more complex vaulting skills (handspring) 	<p>Practical Skills</p> <ol style="list-style-type: none"> 1. Basketball - develop team work skills (passing and creating space then shooting and rebounds). 2. Basketball – recap the rules of the game and use skills to outwit opponents 3. Handball - develop team work skills passing and creating space 4. Handball – recap the rules of the game and use skills to outwit opponents 5. Tuchukball - develop team work skills passing and creating space 6. Tuchukball – recap the rules of the game and use skills to outwit opponents 	

	7. Review feedback on assessment and act upon it		<p>create a PowerPoint presentation</p> <p>Review own performance and make recommendations</p> <p>5. Present findings – develop public speaking skills.</p> <p>Describe the components of fitness and technical and tactical demands of a sport</p> <p>6. Peer and self-review of presentation skills.</p> <p>Describe the components of fitness and technical and tactical demands of a 2nd sport</p> <p>7. Christmas sporting activities</p>	7. Christmas Dodgeball	<p>through healthy active habits</p> <p>Organise and submit portfolio</p> <p>6. Review of learning – peer and self-assess the plan that has been produced to embed knowledge of healthy active lifestyle</p> <p>Make amendments to portfolio based on feedback</p>			
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