

PE Curriculum Overview 2021-22

Head of Department

M. Collett

What will students learn in each year?

Year 7

Term 1

Football, Netball, Basketball, Fitness, Rugby, Gymnastics

Football – passing, dribbling, control, turning, passing and movement off the ball, shooting, attacking/outwitting opponents, defensive tactics
 Netball – passing, footwork, creating space, attacking play, dodging, shooting, defending, positions
 Basketball – ball familiarisation, passing, receiving, outwitting opponents, dribbling, set shot, lay up
 Fitness – warm ups, components of fitness, continuous training, fartlek training, circuit training
 Rugby – ball familiarisation, passing and receiving, tackling, attacking play
 Gymnastics – rotation, balances, flight, travel, sequences

Term 2

Basketball, Fitness, Rugby, Gymnastics

Basketball – ball familiarisation, passing, receiving, outwitting opponents, dribbling, set shot, lay up
 Fitness – warm ups, components of fitness, continuous training, fartlek training, circuit training
 Rugby – ball familiarisation, passing and receiving, tackling, attacking play
 Gymnastics – rotation, balances, flight, travel, sequences

Term 3

Rugby, Football, Table Tennis, Gymnastics, Fitness

Football – passing, dribbling, control, turning, passing and movement off the ball, shooting, attacking/outwitting opponents, defensive tactics
 Rugby – ball familiarisation, passing and receiving, tackling, attacking play
 Gymnastics – rotation, balances, flight, travel, sequences
 Fitness – Couch to 5k lessons to include the principles of training – SPORT + warm ups, components of fitness, continuous training, fartlek training, and circuit training.
 Table tennis – backhand push, serve, forehand push, topspin, singles, doubles

Term 4

Table Tennis, Gymnastics, Football, Basketball, Fitness, Handball, Rugby

Football – passing, dribbling, control, turning, passing and movement off the ball, shooting, attacking/outwitting opponents, defensive tactics
 Basketball – ball familiarisation, passing, receiving, outwitting opponents, dribbling, set shot, lay up
 Rugby – ball familiarisation, passing and receiving, tackling, attacking play

	<p>Gymnastics – rotation, balances, flight, travel, sequences</p> <p>Table tennis – backhand push, serve, forehand push, topspin, singles, doubles</p> <p>Fitness – Couch to 5k lessons to include the principles of training – SPORT + warm ups, components of fitness, continuous training, fartlek training, and circuit training.</p> <p>Handball – basic rules, 3 steps, dribbling, semi circle, shooting, tackling</p>
Term 5	<p><u>Striking and Fielding Games</u></p> <p>The lessons will have a focus on developing the competence to participate in striking and fielding (S&F) sports through the three pillars of PE – motor competence, rules, strategies and tactics, healthy participation.</p> <p>The lesson aims are to sequentially develop skills through transitional activities. Fundamental movement skills are a pre-condition to accessing the later, more specialised movement patterns required for competence in specific sports. Starting with foundation movement competence.</p> <p>Week 1 – basics of throwing and catching. Transferable skills for the different S&F activities that will be visited as we move forwards.</p> <p>Week 2 – Striking. Hand/eye co-ordination. Timing. Direction.</p> <p>Week 3 – Fielding skills. Reinforce motor competence from week1 – throwing and catching. Looking at various other techniques. Start to look at strategies and tactics.</p> <p>Final two weeks – T-ball to start developing more specialised skills based on the fundamentals that have been learnt.</p>
Term 6	<p><u>Athletics (Track and Field Events)</u></p> <p>The lessons will have a focus on developing the competence to participate in all track and field events sports through the three pillars of PE – motor competence, rules, strategies and tactics, healthy participation.</p> <p>Each event lesson will develop skills through transitional activities and lead to a personal challenge for each student to individually analyse their performance.</p> <p>The classes will rotate around the following events, and this will prepare students for Sports Day in July.</p> <p>Introduce running style (100/200/400m)</p> <p>Introduce pace running – 800m</p> <p>Jumping- long jump</p> <p>Throwing – shot putt</p> <p>Throwing - javelin</p> <p>Throwing – Discus</p> <p>Running – Relay 4 x 50m</p>

Term 1	<p><u>Football, Netball, Basketball, Fitness, Rugby, Gymnastics</u></p> <p>Football – passing, outwitting defenders, attack tactics, shooting, heading, defensive tactics</p> <p>Netball – passing, footwork, creating space, attacking play, dodging, shooting, defending, positions</p> <p>Basketball – ball familiarisation, passing, receiving, outwitting opponents, dribbling, set shot, lay up, jump shot</p> <p>Fitness – fitness testing, continuous training, circuit training, fartlek training</p> <p>Rugby – passing, tackling, kicking, tactical play</p> <p>Gymnastics – rotation, balance, flight, travel, counter tension, counter balance, paired balances,</p>
Term 2	<p><u>Basketball, Fitness, Rugby, Gymnastics,</u></p> <p>Basketball – ball familiarisation, passing, receiving, outwitting opponents, dribbling, set shot, lay up, jump shot</p> <p>Gymnastics – rotation, balance, flight, travel, counter tension, counter balance, paired balances,</p> <p>Fitness – fitness testing, continuous training, circuit training, fartlek training</p> <p>Rugby – passing, tackling, kicking, tactical play</p>
Term 3	<p><u>Rugby, Football, Table Tennis, Gymnastics, Fitness</u></p> <p>Football – passing, outwitting defenders, attack tactics, shooting, heading, defensive tactics</p> <p>Fitness – Couch to 5k lessons to include the principles of training – SPORT + warm ups, components of fitness, continuous training, fartlek training, and circuit training.</p> <p>Rugby – passing, tackling, kicking, tactical play</p> <p>Gymnastics – rotation, balance, flight, travel, counter tension, counter balance, paired balances</p> <p>Table tennis – backhand push, serve, forehand push, topspin, singles, doubles</p>
Term 4	<p><u>Table Tennis, Gymnastics, Football, Basketball, Fitness, Handball, Rugby</u></p> <p>Football – passing, outwitting defenders, attack tactics, shooting, heading, defensive tactics</p> <p>Basketball – ball familiarisation, passing, receiving, outwitting opponents, dribbling, set shot, lay up, jump shot</p> <p>Rugby – passing, tackling, kicking, tactical play</p> <p>Gymnastics – rotation, balance, flight, travel, counter tension, counter balance, paired balances,</p> <p>Table tennis – backhand push, serve, forehand push, topspin, singles, doubles</p> <p>Fitness – Couch to 5k lessons to include the principles of training – SPORT + warm ups, components of fitness, continuous training, fartlek training, and circuit training.</p> <p>Handball – basic rules, 3 steps, dribbling, semi circle, shooting, tackling</p>

Term 5	<p><u>Striking and Fielding Games</u></p> <p>The lessons will have a focus on continuing developing the competence to participate in striking and fielding (S&F) sports through the three pillars of PE – motor competence, rules, strategies and tactics, healthy participation.</p> <p>The lesson aims are to sequentially develop skills through transitional activities. Fundamental movement skills are a pre-condition to accessing the later, more specialised movement patterns required for competence in specific sports.</p> <p>Starting with foundation movement competence.</p> <p>Week 1 – basics of throwing and catching. Transferable skills for the different S&F activities that will be visited as we move forwards.</p> <p>Week 2 – Striking. Hand/eye co-ordination. Timing. Direction.</p> <p>Week 3 – Fielding skills. Reinforce motor competence from week1 – throwing and catching. Looking at various other techniques. Start to look at strategies and tactics.</p> <p>Final two weeks – T-ball to start developing more specialised skills based on the fundamentals that have been learnt.</p>
Term 6	<p><u>Athletics (Track and Field Events)</u></p> <p>The lessons will have a focus on continuing developing the competence to participate in all track and field events sports through the three pillars of PE – motor competence, rules, strategies and tactics, healthy participation.</p> <p>Each event lesson will develop skills through transitional activities and lead to a personal challenge for each student to individually analyse their performance.</p> <p>The classes will rotate around the following events, and this will prepare students for Sports Day in July.</p> <p>Sprint running technique (100/200/400m)</p> <p>Middle distance running – 800m</p> <p>Jumping- long jump</p> <p>Throwing – shot putt</p> <p>Throwing - javelin</p> <p>Throwing – Discus</p> <p>Running – Relay 4 x 50m</p>

Year 9

Term 1	<p><u>Basketball, Netball, Fitness, Badminton and Football</u></p> <p>Basketball – outwitting an opponent, lay up, zone defense, 3 man weave, tactics</p> <p>Netball – passing, footwork, creating space, attacking play, dodging, shooting, defending, positions</p> <p>Fitness – fitness testing, aerobic training, circuit training,</p> <p>Football – passing, control/turning, attacking/outwitting an opponent, shooting, defensive tactics, set plays</p> <p>Badminton – serves, overhead clear, drop shot, net shot, smash, singles, doubles</p>
---------------	---

Term 2	<p><u>Fitness, Rugby, Football, Table Tennis, Leadership</u></p> <p>Football – passing, control/turning, attacking/outwitting an opponent, shooting, defensive tactics, set plays</p> <p>Fitness – fitness testing, aerobic training, circuit training,</p> <p>Rugby – passing, outwitting opponents, rucking, line outs, scrum</p>
Term 3	<p><u>Leadership, Table Tennis, Basketball, Trampolining and Fitness</u></p> <p>Basketball – outwitting an opponent, lay up, zone defense, 3 man weave, tactics</p> <p>Fitness – Couch to 5k lessons to include the principles of training – SPORT + warm ups, components of fitness, continuous training, fartlek training, and circuit training.</p> <p>Table tennis – backhand push, serve, forehand push, topspin, singles, doubles</p> <p>Leadership – warm up games, communication, ;leading a session, skill development, games</p>
Term 4	<p><u>Leadership, Table Tennis, Basketball, Trampolining and Fitness</u></p> <p>Basketball – outwitting an opponent, lay up, zone defense, 3 man weave, tactics</p> <p>Fitness – Couch to 5k lessons to include the principles of training – SPORT + warm ups, components of fitness, continuous training, fartlek training, and circuit training.</p> <p>Table tennis – backhand push, serve, forehand push, topspin, singles, doubles</p> <p>Leadership – warm up games, communication; leading a session, skill development, games</p>
Term 5	<p><u>Striking and Fielding Games</u></p> <p>The lessons will have a focus on revisiting each S&F sport, refining and building on key fundamental movements skills that were taught in Year 7 & 8.</p> <p>Each group will be taught rounders, stoolball and softball on a rotation. There will be transferable skills between all three but the focus for groups will be on the specific activity.</p> <p>The students will build upon fundamental skills but increase complexity and level of challenge; develop the principles of placement and deception; and be involved in pressurised game situations to allow for tactical planning and refinement. The lessons will allow students to make decisions, assess outcome and suggest improvements.</p> <p>Skills to be developed:</p> <p>Batting – Variations</p> <p>Bowling – Variations</p> <p>Fielding - Sending/Receiving</p> <p>Fielding – Positioning</p>
Term 6	<p><u>Athletics (Track and Field Events)</u></p> <p>The lessons will have a focus on continuing developing the competence to participate in all track and field events sports through the three pillars of PE – motor competence, rules, strategies and tactics, healthy participation.</p> <p>The lessons will allow students to build on running, jumping and throwing skills in a competitive context. They will be encouraged the replication of techniques in a</p>

	<p>range of events. In each session, students will be asked to make decisions, assess outcome and suggest improvements.</p> <p>The classes will rotate around the following events, and this will prepare students for Sports Day in July.</p> <p>Sprint running technique (100/200/400m)</p> <p>Middle distance running – 800m</p> <p>Jumping- long jump</p> <p>Throwing – shot putt</p> <p>Throwing - javelin Throwing – Discus</p> <p>Running – Relay 4 x 50m</p>
--	---

Year 10	
Exam Board: OCR National / Pearson BTEC	
Term 1	<p>Core Lessons BTEC Sport Unit 1 – Fitness exam In this unit the students will need to: A know about the components of fitness and the principles of training B explore different fitness training methods C investigate fitness testing to determine fitness levels.</p> <p><u>Option Group</u> OCR National Sport Science - R041 Reducing the risk of sports injury exam preparation Learning Outcome 1 Understand different factors which influence the risk of injury Learning Outcome 2 Understand how appropriate warm up and cool down routines can help to prevent injury</p>
Term 2	<p>Core Lessons BTEC Sport Unit 1 – Fitness exam In this unit the students will need to: A know about the components of fitness and the principles of training B explore different fitness training methods C investigate fitness testing to determine fitness levels.</p> <p><u>Option Group</u> OCR National Sport Science - R041 Reducing the risk of sports injury exam preparation Learning Outcome 3 - Know how to respond to injuries within a sporting context Learning Outcome 4 - Know how to respond to common medical conditions</p>

Term 3	<p>Core Lessons Unit 5 – anatomy and physiology n this unit the students will need to: A know about the short-term responses and long-term adaptations of the body systems to exercise B know about the different energy systems used during sports performance.</p> <p><u>Option Group</u></p> <p>OCR National Sport Science - R041 Reducing the risk of sports injury exam preparation – revise and sit the exam in January</p> <p>OCR National Sport Science - UNIT R044: SPORT PSYCHOLOGY Learning Objective 1 – Understand the relationship between personality 5 and sports performance Learning Objective 2 – Know how motivation can affect sports performance</p>
Term 4	<p>Core Lessons Unit 5 – anatomy and physiology In this unit the students will need to: A know about the short-term responses and long-term adaptations of the body systems to exercise B know about the different energy systems used during sports performance.</p> <p><u>Option Group</u></p> <p>OCR National Sport Science - UNIT R044: SPORT PSYCHOLOGY Learning Objective 3 – Know how aggression can affect sports performance Learning Objective 4 – Understand the impact of arousal and anxiety on sports performance</p>
Term 5	<p>Core BTEC Sport Lessons Unit 2 – practical sport In this unit the students will need to: A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.</p> <p>Students will continue to look at the learning aim B, looking at the practical performance in their chosen sports to study.</p> <p><u>Option Group - OCR National Sport Science</u></p> <p>Fitness tests Students are asked to carry out fitness tests to assess a squad members' fitness. Fitness tests should include consideration of:</p> <ul style="list-style-type: none"> • tests for each component of fitness

Term 6	<p>Core BTEC Sport Lessons Unit 2 – practical sport In this unit the students will need to: A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.</p> <p>Students will continue to look at the learning aim B, looking at the practical performance in their chosen sports to study.</p> <p><u>Option Group - OCR National Sport Science</u></p> <p>Students should design a fitness training programme to address specific needs identified in Task 3 including:</p> <ul style="list-style-type: none"> • gathering details about the subject the programme is for • clarifying the aims of the training programme – these should show relevance to the initial data gathered in Task 3 • setting realistic goals which can be measured • suitable duration of the training programme • suitability of activities • organisation of activities • adaptability • progression.
---------------	--

Year 11	
Exam Board: OCR National / Pearson BTEC	
Term 1	<p>Core Lessons Unit 3 – Fitness programme In this unit the students will need to: A design a personal fitness training programme B know about exercise adherence factors and strategies for continued training success C implement a self-designed personal fitness training programme to achieve own goals and objectives D review a personal fitness training programme.</p> <p><u>Option Group</u> OCR National Sport Science - UNIT R043: THE BODY'S RESPONSE TO PHYSICAL ACTIVITY <i>Learning Objective 2 – Complete the task for understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness.</i> <i>Learning Objective 3 – Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems.</i></p>

Term 2	<p>Core Lessons Unit 3 – Fitness programme In this unit the students will need to: A design a personal fitness training programme B know about exercise adherence factors and strategies for continued training success C implement a self-designed personal fitness training programme to achieve own goals and objectives D review a personal fitness training programme.</p> <p><u>Option Group</u></p> <p>OCR National Sport Science - UNIT R043: THE BODY'S RESPONSE TO PHYSICAL ACTIVITY</p> <p><i>Learning Objective 4 – Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems</i></p>
Term 3	<p>Core Lessons Unit 2 – practical sport In this unit the students will need to: A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.</p> <p><u>Option Group</u> R042 APPLYING PRINCIPLES OF TRAINING</p> <p><i>OCR National Sport Science - R042 APPLYING PRINCIPLES OF TRAINING Learning Outcome 1 - Know the principles of training in a sporting context. Learning Outcome 2 - Know how training methods target different fitness components. Learning Outcome 3 - Be able to conduct fitness tests</i></p>
Term 4	<p>Core Lessons Unit 2 – practical sport In this unit the students will need to: A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.</p> <p><u>Option Group</u> OCR National Sport Science - R042 APPLYING PRINCIPLES OF TRAINING <i>Learning Outcome 4 - Be able to develop fitness training programmes</i></p>

Term 5	<p>Core Lessons Unit 2 – practical sport In this unit the students will need to: A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.</p> <p><i>Option Group</i> OCR National Sport Science - R042 APPLYING PRINCIPLES OF TRAINING <i>Learning Outcome 4 - Be able to develop fitness training programmes</i></p>
Term 6	<p>Core Lessons Unit 2 – practical sport C be able to review sports performance – review the analysis of the performance</p> <p><i>Option Group</i> OCR National Sport Science - R042 APPLYING PRINCIPLES OF TRAINING <i>Learning Outcome 4 - Be able to develop fitness training programmes and review them.</i></p>