

Curriculum Intent

We strive to inspire our students through fun and engaging PE lessons that are enjoyable, challenging and accessible to all. We want our young people of The Hastings Academy to appreciate the benefits of a healthy and active lifestyle. Through our teaching of PE, we will instil our core values and transferable life skills such as resilience and mutual respect as well as providing them with opportunities to take part in competitive sport through our extensive extra-curricular program. The national curriculum for physical education aims are met through the planning and ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Provide a high-quality Physical Education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. Units of work will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. There will also be opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect. Students will be taught their activities/sports in 6 lesson blocks, using a range of tactics and strategies to overcome opponents in game play. Aiming to develop their technique and improve their performance. overcome intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, both individually and as a group. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.

Activities will be taught during the 'traditional' terms, the rationale for this is; to minimise lesson disruptions due to the weather, To teach activities during the appropriate sporting season, for health and safety reasons e.g., soft ground for rugby, dry ground for javelin.

Pupils should develop through the three pillars of PE and these themes will be visited within domain specific termly activities:

- 1) Motor competence (hands) – accurate movement, movements patterns, movements techniques and sequences.



- 2) Rules, strategies and tactics (Head) - Conventions, regulations, strategies that are specific to participation in an activity/sport.
- 3) Heathy participation (heart) – safe practice, how to participate, short and long term impacts of participation

How is this curriculum assessed at THA?	Cross Curricular Links	How this prepares students for their next stage of education/employment
<p>In each term students are assessed through the three pillars (Head, Heart and Hands) in the sports they complete each term. They will be done practically and theoretically. In each lesson students are assessed continually in each lesson in a formative way giving them feedback to improve ready for their assessment.</p> <p>Pupils are taught to give peer feedback and encouraged to self-assess using the sporting criteria and Tier 2 and 3 vocabulary.</p>	<p>We link with many different subjects within the curriculum, including the oracy, numeracy and literacy of Maths, English and PSHE in all the tasks.</p> <p>Maths – within each sport there are opportunities for measuring and calculating distances, times and performances, that can be link to data analysis.</p> <p>English – literacy and vocabulary run throughout our curriculum, within the delivery of the Head assessment criteria.</p>	<p>PE allows students to develop their confidence alongside establishing life skills</p> <p>PE will develop and flourish students' skills to help support them with their move onto a variety of different education or employment within the leisure industry.</p> <p>Highly employable skills such as resilience, commitment, self-awareness, determination & teamwork are a strong focus within the subject, all of which are transferable in a multiple situation or environments.</p>



	<p>PSHE: Links to health and well-being currently being taught in KS3 and KS4.</p>	
	<p>Enrichment Opportunities</p>	<p>Resources/Materials to Support Learning</p>
	<p>Monday – Year 7/8/9 - Girls football and All Years Badminton</p> <p>Wednesday – Year 10/11 Football</p> <p>Thursday – Year 7/8/9 Football and All Years Netball</p> <p>Friday – All Years Basketball</p>	<p>Couch to 5K App Sport England BBC Sport Youtube – skill analysis</p>

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Topic: Invasion games using Fundamental Movement Skills (FMS) within Netball, Basketball, Handball	Topic: Invasion games using Fundamental Movement Skills (FMS): Basketball, Netball, Handball	Topic: Introduction to components of fitness within Couch to 5K, Badminton, OAA, Fitness	Topic: Introduction to components of fitness within Badminton, OAA, Fitness	Topic: FMS within Striking and Fielding Games	Topic: FMS in Athletics (Track and Field Events) and alternative team games
	<p>Key Knowledge:</p> <p><u>Netball:</u> 1: Movement, space, passing and receiving 2: Outwitting opponents and ball handling 3: shooting 4: Attacking play 5: defending play Outwitting opponents in competitive games</p> <p><u>Basketball:</u> 1: Ball familiarisation and passing 2: Dribbling and pivoting 3: Passing and movement off the ball 4: Shooting – set shot 5: Shooting – lay up 6: Outwitting an opponent in game situations</p> <p><u>Handball:</u> 1: Ball familiarisation and passing 2: Dribbling and passing 3: Passing and movement off the ball</p>	<p>Key Knowledge:</p> <p><u>Netball:</u> 1: Movement, space, passing and receiving 2: Outwitting opponents and ball handling 3: shooting 4: Attacking play 5: defending play Outwitting opponents in competitive games</p> <p><u>Basketball:</u> 1: Ball familiarisation and passing 2: Dribbling and pivoting 3: Passing and movement off the ball 4: Shooting – set shot 5: Shooting – lay up 6: Outwitting an opponent in game situations</p>	<p>Key Knowledge:</p> <p><u>OAA:</u> 1: Communication 2: Problem solving 3: Teamwork 4: Trust 5: Time management 6: Organisation</p> <p><u>Badminton:</u> 1: Introduce the grip and ready position and serving 2: Introduce the underarm clear and net shots 3: Introduce the overhead clear 4: Introduce the drop shot 5: Understanding court lines and singles game play 6: Outwitting opponents in a competitive game</p> <p><u>Fitness/Couch to 5K:</u> 1: Introducing heart rate and basic components of fitness testing</p>	<p>Key Knowledge:</p> <p><u>OAA:</u> 1: Communication 2: Problem solving 3: Teamwork 4: Trust 5: Time management 6: Organisation</p> <p><u>Badminton:</u> 1: Introduce the grip and ready position and serving 2: Introduce the underarm clear and net shots 3: Introduce the overhead clear 4: Introduce the drop shot 5: Understanding court lines and singles game play 6: Outwitting opponents in a competitive game</p> <p><u>Fitness/Couch to 5K:</u> 1: Introducing heart rate and basic components of fitness testing 2: Basic fitness static stations</p>	<p>Key Knowledge:</p> <p><u>S&F:</u> 1: Ball familiarisation and ball catching 2: Fielding 3: Bowling 4: Batting 5: Fielding tactics to outwit opponents 6: Competitive game play</p>	<p>Key Knowledge:</p> <p><u>Athletics:</u> 1: Introduce running style (100/200) 2: Introduce pace running 800m 3: Jumping- long jump 4: Throwing – shot putt, technique and accuracy 5: Throwing – standing javelin technique 6: Running – Relay 4 x 50m techniques</p> <p>The classes will rotate around the following events, and this will prepare students for Sports Day in July.</p>

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	4: Shooting 5: Shooting - jump technique 6: Outwitting an opponent in game situations	Handball: 1: Ball familiarisation and passing 2: Dribbling and passing 3: Passing and movement off the ball 4: Shooting 5: Shooting - jump technique 6: Outwitting an opponent in game situations	2: Basic fitness static stations 3: Independent student lead static fitness stations 4: Basic HIIT – why? 5: Basic student lead HIIT workout	3: Independent student lead static fitness stations 4: Basic HIIT – why? 5: Basic student lead HIIT workout		
	Key Skills: Motor Competence	Key Skills: Motor competence and Rules	Key Skills: Motor competence, rules and Healthy Participation	Key Skills: Motor competence, rules, Healthy participation and strategies.	Key Skills: Motor competence, rules, Healthy participation, strategies and tactics	Key Skills: Motor competence, rules, Healthy participation, strategies and tactics
	Practical Formative Assessment: Self and peer evaluation	Practical Summative Assessment of the two terms golden thread of invasion games principles: Self and peer evaluation	Practical Formative Assessment: Self and peer evaluation	Practical Summative Assessment of the two terms golden thread of components of fitness: Self and peer evaluation	Practical Formative Assessment: Self and peer evaluation	Practical Summative Assessment of the two terms golden thread of rules strategies and tactics: Self and peer evaluation
Year 8	Topic: Invasion Games Skill Application: Basketball, Netball, Handball.	Topic: Invasion Games Skill Application: Basketball, Netball, Handball.	Topic: Sport Specific Components of Fitness: Couch to 5K, Badminton, OAA, Fitness.	Topic: Sport Specific Components of Fitness: Badminton, OAA, Fitness	Topic: Skill Application in Striking and Fielding Games	Topic: Skill Application in Athletics

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
					(Track and Field Events) and alternative team games
<p>Key Knowledge:</p> <p>Netball: 1: Recap passing skill and fundamental rules 2: Timing of pass/support play 3: attacking play 4: Shooting 5: Marking and defending 6: Outwitting an opponents</p> <p>Basketball: 1: Develop passing and pivoting 2: Attacking and outwitting and opponent 3: Defending Skills 4: Shooting – set shot and lay up 5: Developing shooting – jump shot 6: Outwitting an opponents in game play</p> <p>Handball: 1: Develop ball familiarisation and passing 2: Develop dribbling and passing 3: Passing and give and go technique 4: Shooting 5: Defending and attacking 6: Outwitting an opponent in game situations</p>	<p>Key Knowledge:</p> <p>Netball: 1: Recap passing skill and fundamental rules 2: Timing of pass/support play 3: attacking play 4: Shooting 5: Marking and defending 6: Outwitting an opponents</p> <p>Basketball: 1: Develop passing and pivoting 2: Attacking and outwitting and opponent 3: Defending Skills 4: Shooting – set shot and lay up 5: Developing shooting – jump shot 6: Outwitting an opponents in game play</p> <p>Handball: 1: Develop ball familiarisation and passing 2: Develop dribbling and passing 3: Passing and give and go technique 4: Shooting 5: Defending and attacking 6: Outwitting an opponent in game situations</p>	<p>Key Knowledge</p> <p>OAA: 1: Communication 2: Problem solving 3: Teamwork 4: Trust 5: Time management 6: Organisation</p> <p>Badminton: 1: Ready position and outwitting opponents 2: The clear – underarm and overhead 3: Smash shot and preparation 4: Disguised shots – drop and flick 5: Singles game play 6: Outwitting opponents in competitive game play</p> <p>Fitness/Couch to 5K: 1: Introducing MHR and Borg Scale 2: Recapping basic station stations 3: Recapping basic HIIT workouts 4: Introducing Resistance Training 5: Group creative fitness workout</p>	<p>Key Knowledge</p> <p>OAA: 1: Communication 2: Problem solving 3: Teamwork 4: Trust 5: Time management 6: Organisation</p> <p>Badminton: 1: Ready position and outwitting opponents 2: The clear – underarm and overhead 3: Smash shot and preparation 4: Disguised shots – drop and flick 5: Singles game play 6: Outwitting opponents in competitive game play</p> <p>Fitness/Couch to 5K: 1: Introducing MHR and Borg Scale 2: Recapping basic station stations 3: Recapping basic HIIT workouts 4: Introducing Resistance Training 5: Group creative fitness workout</p>	<p>Key Knowledge:</p> <p>S&F: 1: Fielding skills 2: Bowling development 3: Batting development 4: positional roles 5: tactics and strategies 6: Competitive games</p>	<p>Key Knowledge:</p> <p>Athletics: 1: Develop specific sprint running technique (100m/200m) 2: Develop middle distance running technique (800m) 3: Long jump – the hang technique 4: The glide shot putt technique 5: Running crossover javelin technique 6: Changeover technique – Relay 4 x 50m</p> <p>The classes will rotate around the following events, and this will prepare students for Sports Day in July.</p>

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Key Skills: Motor Competence	Key Skills: Motor competence and Rules	Key Skills: Motor Competence, rules and Healthy Participation	Key Skills: Motor Competence, rules, Healthy Participation and strategies	Key Skills: Motor competence rules, healthy participation, strategies and tactics	Key Skills: Motor competence, rules healthy participation, strategies and tactics
	Practical formative assessment: Self and peer evaluation	Practical Summative Assessment of the two terms golden thread of invasion games principles: Self and peer evaluation	Practical Formative Assessment: Self and peer evaluation	Practical Summative Assessment of the two terms golden thread of components of fitness: Self and peer evaluation	Practical Formative Assessment: Self and peer evaluation	Practical Summative Assessment of the two terms golden thread of rules strategies and tactics: Self and peer evaluation
Year 9	Topic: Invasion Games Performance: Netball, Basketball, Handball.	Topic: Invasion Games Performance: Basketball, Netball, Handball.	Topic: Introduction to the FITT and SPOR principles of training: Couch to 5K, Badminton, OAA, Fitness.	Topic: Introduction to the FITT and SPOR principles of training: Badminton, OAA, Fitness.	Topic: Performance in Striking and Fielding Games	Topic: Performance analysis in athletics (Track and Field Events) and alternative team games.

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Key Knowledge:</p> <p>Netball: 1: Recap fundamentals 2: Use of space 3: Attacking principles 4: Defending principle 5: Tactics – centre pass 6: Game play</p> <p>Basketball: 1: Attacking and outwitting an opponent 2: Developing shooting – lay up 3: Defence – zone 4: Strategies for attack 5: Game tactics 6: Outwitting opponents in a competitive game situation</p> <p>Handball: 1: Analysing passing techniques 2: Analysing dribbling techniques 3: Analysing team tactics 4: Analysing shooting 5: Defending and attacking tactics 6: Outwitting an opponent in game situations</p>	<p>Key Knowledge:</p> <p>Netball: 1: Recap fundamentals 2: Use of space 3: Attacking principles 4: Defending principle 5: Tactics – centre pass 6: Game play</p> <p>Basketball: 1: Attacking and outwitting an opponent 2: Developing shooting – lay up 3: Defence – zone 4: Strategies for attack 5: Game tactics 6: Outwitting opponents in a competitive game situation</p> <p>Handball: 1: Analysing passing techniques 2: Analysing dribbling techniques 3: Analysing team tactics 4: Analysing shooting 5: Defending and attacking tactics 6: Outwitting an opponent in game situations</p>	<p>Key Knowledge:</p> <p>OAA: 1: Communication 2: Problem solving 3: Teamwork 4: Trust 5: Time management 6: Organisation</p> <p>Badminton: 1: Movement and forehand rally 2: Overhead clear 3: Smash shot 4: Drop shot under and over arm 5: Singles Tactics 6: Outwitting opposition – tournament style</p> <p>Fitness/Couch to 5K: 1: Methods of training – muscular endurance 2: Methods of training – strength/resistance and power (plyometrics) 3: Components of skill related fitness testing - BCRAP 4: Group designed circuits 5: Presenting designed circuits to each other – circuits - create your own and make progressively harder</p>	<p>Key Knowledge:</p> <p>OAA: 1: Communication 2: Problem solving 3: Teamwork 4: Trust 5: Time management 6: Organisation</p> <p>Badminton: 1: Movement and forehand rally 2: Overhead clear 3: Smash shot 4: Drop shot under and over arm 5: Singles Tactics 6: Outwitting opposition – tournament style</p> <p>Fitness/Couch to 5K: 1: Methods of training – muscular endurance 2: Methods of training – strength and power (plyometrics) 3: Components of skill related fitness testing 4: Group designed circuits 5: Presenting designed circuits to each other</p>	<p>Key Knowledge:</p> <p>S&F: 1: Recapping throwing, catching and fielding 2: Advanced bowling 3: Batin development/power and placement 4: Fielding and outwitting an opponent 5: Evaluation of tactics – peer assessment 6: Game play</p>	<p>Key Knowledge:</p> <p>Athletics: 1: Three stages of a print – start, maintaining and end (100m/200m) 2: Pace judgement (800m) 3: Triple jump 4: Analysing and peer assessment of shot putt 5: Analysing and peer assessment of javelin 6: Recap changeover technique – Relay 4 x 50m</p> <p>The classes will rotate around the following events, and this will prepare students for Sports Day in July.</p>

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Key Skills: Motor competence	Key Skills: Motor competence and Rules	Key Skills: Motor Competence, rules and Healthy Participation	Key Skills: Motor Competence, rules, Healthy Participation and strategies	Key Skills: Motor competence, rules healthy participation, strategies and tactics	Key Skills: Motor competence, rules healthy participation, strategies and tactics
	Practical Formative Assessment: Self and Peer Evaluation	Practical Summative Assessment of the two terms golden thread of invasion games principles: Self and peer evaluation	Practical Formative Assessment: Self and peer evaluation	Practical Summative Assessment of the two terms golden thread of components of fitness: Self and peer evaluation	Practical Formative Assessment: Self and peer evaluation	Practical Summative Assessment of the two terms golden thread of rules strategies and tactics: Self and peer evaluation