

Intent:

Provide a broad range of experiences which enable students to being active and understand how exercise helps physical and mental health. Improve techniques, tactics and interpersonal teamwork skills so students can take part as participants, coaches or officials and are more likely to maintain an active lifestyle in the future. Provide careers information and relevant qualifications which inspire students to follow a Health and Sport occupation.

PHYSICAL EDUCATION CURRICULUM

2021-2022

YEAR 11

Options for enjoyment and fitness

Football Rounders

4th Sports Day

Evaluate performance

Plan programmes

Test and analyse

Recreational activity

YEAR 10

Volleyball Rounders

3rd Sports Day

Table-tennis Athletics

BTEC Sport option taster

Unit 1 Fitness for Sport

Pathways for the Future

BTEC

Learn

Play

Participate

CORE PE

Fitness Training

Practical Performer

Sports Leadership

Theory in action

YEAR 9

Leader

Manager

Analyst

Coach

Player

Performer

Body & Mind

Evaluate – performance and health

Think – Do – Improve.

Plan – Perform – Review.

YEAR 9 NEW SPORTS

- Table Tennis
- Volleyball
- Orienteering
- Basketball

Rounders Cricket

2nd Sports Day

Athletics

Balance Agility

Skill-related Fitness

Power Reaction Time

Coordination

YEAR 8

Athletics

Multi-skills

1st Sports Day

Sports Academy selection

Muscular Strength

Flexibility

Components of Fitness

Speed

Aerobic Endurance

YEAR 8 SPORTS

- Netball
- Rugby
- Football
- Gymnastics
- Dance
- Badminton
- Handball
- Cross-country
- Athletics
- Rounders
- Cricket

Strategy

Composition

Choreography

Timing

Apply and Select

Tactics

Positioning

Exploiting Weaknesses

Balance

Agility

Power

Reaction Time

Coordination

YEAR 7

Run

Jump

Throw

Pass

Skills and Rules

YEAR 7 ACTIVITIES

- Invasion Games
- Athletics
- Striking & Fielding
- Aesthetics
- Net/wall

Movement

Tackle

Balanced | Rigorous | Coherent | Vertically Integrated | Appropriate | Relevant