



## Curriculum Overview

	Components of Physical Education			Core knowledge	Hinterland knowledge
	New knowledge we introduce			Essential knowledge needed to be successful	What do students <i>do</i> with this knowledge?
	Year 7	Year 8	Year 9		
Autumn 1	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p><b>Select and apply tactics to succeed</b> Apply a variety of different defensive and offensive tactics in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a variety of skills to outwit opponents.</p> <p>Via – A range of team and individual sports</p>	<p><b>Techniques to succeed</b> Students will develop, refine specific skills in a variety of activities through outwitting opponents, exercising safely, identifying and solving problems and performing at maximum levels. (See SOW)</p>	Students can attend extra-curricular clubs to further enhance and broaden their skill set, knowledge and understanding.
Autumn 2	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p><b>Select and apply tactics to succeed</b> Apply a variety of different defensive and offensive tactics in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a variety of skills to outwit opponents.</p> <p>Via – A range of team and individual sports</p>	<p>Students will refine their leadership qualities</p> <p>Students will focus on being taught the following theoretical components: Musculoskeletal system, the benefits and importance of warm-ups and cool downs.</p>	The PE team can direct students to a variety of local club links in numerous activities.
Spring 1	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p><b>Select and apply tactics to succeed</b> Apply a variety of different defensive and offensive tactics in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a variety of skills to outwit opponents.</p> <p>Via – A range of team and individual sports</p>	<p><b>Select and apply tactics to succeed</b> Students will build on the skills learnt, and apply them to different defensive and offensive tactics in a variety of activities through outwitting opponents, exercising safely, identifying and solving problems and performing at maximum levels. (See SOW)</p>	<p>Opportunities to go to live sporting events.</p> <p>Use of professional athletes to challenge and inspire.</p>
Spring 2	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a variety of</p>	<p><b>Select and apply tactics to succeed</b> Apply a variety of different</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a</p>	<p>Students will focus on being taught</p>	Recommended reading list for sport.



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	<p>sports</p> <p>Via – A range of team and individual sports</p>	<p>defensive and offensive tactics in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p>variety of skills to outwit opponents.</p> <p>Via – A range of team and individual sports</p>	<p>the following theoretical components: Health and fitness: Benefits &amp; consequences.</p> <p><b>Making appropriate decisions to succeed</b></p>	
Summer 1	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p><b>Select and apply tactics to succeed</b> Apply a variety of different defensive and offensive tactics in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a variety of skills to outwit opponents.</p> <p>Via – A range of team and individual sports</p>	<p>Students will apply, specific skills to develop their decision making skills in a variety of activities through outwitting opponents, exercising safely, identifying and solving problems and performing at maximum levels. (See SOW)</p>	
Summer 2	<p><b>Techniques to Succeed</b> Students develop and refine specific skills in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p><b>Select and apply tactics to succeed</b> Apply a variety of different defensive and offensive tactics in a variety of sports</p> <p>Via – A range of team and individual sports</p>	<p><b>Making appropriate decisions to succeed</b> Decision making skills in a variety of skills to outwit opponents.</p> <p>Via – A range of team and individual sports</p>	<p>Students will focus on being taught the following theoretical components: Heart Rate, fitness components, effects of exercise.</p>	
<p><b>What do students learn?</b></p> <ul style="list-style-type: none"> <li>- Y7: Techniques to succeed – Students develop the foundations in a range of sports in order to be successful. These underpin the core skills for each sport.</li> <li>- Y8: Select and apply tactics to succeed – Students will build on last year and develop the ability to outwit opponents whilst maintaining high quality technique. This will be done for a range of sports focusing on both offensive and defensive skills.</li> <li>- Y9: Making appropriate decisions to succeed – Students will apply these techniques and skills and tactics to full game situations.</li> </ul> <p>Units are tailored to the needs of the group. Activities are usually on the GCSE list, though some are adapted or simplified versions, or activities which use the basic/generic skills required for GCSE activities. Activities are often also those in which the Academy can field teams to enhance the more able and give extended opportunities.</p>			<p>Students have access to an extensive extra-curricular programme in a variety of activities.</p> <p>Students have chances to compete against local, area and county schools in a variety of competitions.</p> <p>Students are able to attend many trips to watch top level sport.</p> <p>Teacher to have an intriguing question or fact that will help students to develop an</p>	<p><i>Resources</i> <i>Recommended resources</i></p> <p>Sport-specific equipment.</p> <p>Generic sports equipment.</p>	



## Curriculum Overview

**What will a student know by the end of Key Stage 3? Why?**

Be able to apply skills, rules and tactics to a broad range of activities.

Have developed their confidence in physical activity.

Understand the importance of a healthy, active lifestyle.

Be able to participate in a sport/activity of choice outside of school with identified pathways available.

Have developed leadership qualities they can apply in a range of contexts.

**The above will allow them to continue in some form of physical activity or sport after school, living an healthy and active lifestyle**

Consider choosing an academic or vocational PE qualification – For those that have a passion for sport and potentially would like to have a career in this field.

appreciation of Physical education. For example, in athletics show and mark out the distance of a world record in a particular event.