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| Subject: | Physical Education | Year | 9 KS3 | Ability | Mixed |

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|  | Activity 1 | Activity 2 | Activity 3 | Activity 4 | Activity 5 | Activity 6 |
| Topic | Invasion Games  (basketball, rugby, football, netball, volleyball) | Aesthetics  (gymnastics) | Net/wall; striking and fielding.  (table tennis, rounders, badminton, tennis, cricket) | Fitness | Athletics | OAA  (climbing, orienteering, walking, team build and problem solving) |
| Topic overview  Pupils will learn… | To demonstrate an understanding of how to work with others to attack and score.  To demonstrate understanding of how to work with others to prevent the opposition from scoring.  To be able to demonstrate a variety of skills independently and also in conditioned, small-sided games. | To perform individual, paired and group balances.  To travel, turn, jump, and roll, linking movements together.  To demonstrate a safe take off, flight and landing.  To identify areas of strength and weakness within a performance. | **Table Tennis/Badminton/Tennis**  To be able to play a variety of attacking and defensive shots.  To be able to take part in a rally.  To understand and implement the scoring system.  **Rounders/Cricket**  To be able to throw and catch with control.  To be able to strike a moving ball.  To be able to bowl with accuracy.  To understand and implement the rules consistently both as a player and as an official. | To understand the different components of fitness  To understand a range of fitness tests and protocols  How different components impact a variety of sporting performances | To understand the safety elements of each event and the appropriate rules.  To demonstrate an understanding of how to throw, run and jump in variety of events using different techniques. | Problem solving skills  The importance of teamwork  The types of communication verbal and non-verbal  A variety of outdoor adventure activities such as Orienteering, bouldering and walking. |

Curriculum Planning Template

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| Subject: | Physical Education | Year | KS4 | Ability | Mixed |

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|  | Activity 1 | Activity 2 | Activity 3 | Activity 4 | Activity 5 |
| Topic | Invasion Games  (Basketball, Rugby, Football, Netball, Volleyball) | Net/ Wall/striking and fielding games  (Table Tennis, Rounders, Softball, Badminton, tennis) | Fitness | Athletics | OAA  (climbing, bouldering, walking, orienteering problem solving and team work) |
| Topic overview  Pupils will learn… | To be able to demonstrate a variety of skills independently, in drills and competitive games.  To choose and perform the correct skills, techniques and strategies in competitive situations  To further develop their skills, techniques and knowledge of application in competitive situations.  How to lead others in warm up, drills and game situations  To be able to analyse their own performance and use the learned knowledge to improve and progress independently.  In year 11 students will develop a greater range of tactical awareness and develop knowledge of set plays etc. Lessons have a greater competitive element ensuring that students know, understand and can apply the rules and regulations consistently. Students take on active leadership roles and lessons have a greater focus on healthy active lifestyles and commitment to lifelong activity. | **Table Tennis/Badminton/Tennis**  How to participate in a singles/doubles game of Table tennis, Badminton and Tennis as they will have acquired the knowledge and understanding of skills and tactics and how to implement them successfully.  To develop and execute skills such as the serve, smash, top spin, side spin, chop, drop shot, volley etc plus the tactics and strategies needed (such as attacking and defensive skills/movement around the court/table) to effectively participate in singles / doubles games.  The scoring system and how to implement consistently  **Rounders/Cricket**  To be able to throw and catch with control  To be able to strike a moving ball  To be able to bowl with accuracy  To understand and implement the rules consistently both as a player and as an official.  In year 11 students will develop a greater range of tactical awareness and develop knowledge of set plays etc. Lessons have a greater competitive element ensuring that students know, understand and can apply the rules and regulations consistently. Students take on active leadership roles and lessons have a greater focus on healthy active lifestyles and commitment to lifelong activity. | The most appropriate ways to train specific components of fitness.  The range of training methods.  The range of fitness tests and protocols and how to independently conduct these fitness tests.  How different fitness components impact a variety of sporting performances and how to develop these components to improve performance.  In year 11 there is a greater focus on healthy active lifestyles and commitment to lifelong activity. Students develop a greater understanding of a wide range of training methods and components of fitness alongside they importance in everyday life. They explore how methods can be practiced in a range of environments to encourage students to engage in a balanced and active lifestyle with regular participation in physical activity as they move into adulthood. | The safety elements of each event and the appropriate rules.  How to throw, run and jump in variety of events using different techniques.  How to improve their individual performance in a variety of events.  In year 11 students further develop their knowledge, skills and technique. Once students can competently and safely perform each skill progressions will be further developed. For example, students may be taught the javelin approach, shot put turn, measured stride run up for long jump and triple jump.  Lessons have a greater competitive element ensuring that students know, understand and can apply the rules and regulations consistently. Students take on active leadership roles and lessons have a greater focus on healthy active lifestyles and commitment to lifelong activity. | Demonstrate effective problem-solving skills.  A variety of outdoor adventure activities such as bouldering, climbing, orienteering, problem solving and teamwork.  How to develop team work skills and communication.  How to boulder and climb safely.  How to orienteer a map. |