

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge and Skills	Boys <ul style="list-style-type: none"> Cross Country Handball Basketball Girls <ul style="list-style-type: none"> Cross Country Netball Gym/Dance 	Boys <ul style="list-style-type: none"> Table Tennis Football Girls <ul style="list-style-type: none"> Team Building Fitness 	Boys <ul style="list-style-type: none"> Rugby Fitness Girls <ul style="list-style-type: none"> Table Tennis Basketball 	Boys <ul style="list-style-type: none"> Theory Dance Team Building Girls <ul style="list-style-type: none"> Theory Football Badminton 	Boys <ul style="list-style-type: none"> Athletics Girls <ul style="list-style-type: none"> Athletics 	Boys <ul style="list-style-type: none"> Cricket, Tennis, Volleyball Girls <ul style="list-style-type: none"> Rounders, Cricket, Tennis
Links to prior learning	Key Stage 3 National Curriculum Subject Content (DfE KS3 framework 2014) <ul style="list-style-type: none"> A development of the curriculum covered in yr 7&8: Pupils should be taught to: use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] § perform dances using advanced dance techniques within a range of dance styles and forms take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best take part in competitive sports and activities outside school through community links or sports clubs 					
Assessment	<ul style="list-style-type: none"> Cross Country course (timed) Conditioned games – Bronze, Silver or Gold Award Dance & Gymnastics routine - gold, silver, bronze award 	<ul style="list-style-type: none"> Conditioned games – Bronze/Silver/Gold Recap of Singles games + intro of Doubles games – Bronze, Silver, Gold Ongoing teacher assessment for team building and fitness - Bronze, Silver or Gold award 	<ul style="list-style-type: none"> Conditioned games – Bronze, Silver or Gold Award 	<ul style="list-style-type: none"> Conditioned games – Bronze, Silver or Gold Award Dance routine - gold, silver, bronze award Ongoing teacher assessment for team building - Bronze, Silver or Gold award Theory – regular formative assessment. End of unit test for summative assessment 	<ul style="list-style-type: none"> Compete in 100m, 200m, 300m, 400m, 800m, 1500m and long jump, triple jump (boys only), shot put, discus and javelin – Bronze, Silver or Gold award 	<ul style="list-style-type: none"> Conditioned games – Bronze, Silver or Gold Award
Home learning	Revision: Muscles	Revision: Bones	Revision: Diet	Revision: Cardio-vascular System	Revision: Components of Fitness	Revision: Warming up
Cultural Capital and extra-curricular opportunities	<ul style="list-style-type: none"> Netball Gymnastics Dance Football Rugby Fitness Club 	<ul style="list-style-type: none"> Netball Gymnastics Dance Football Rugby Indoor Athletics 	<ul style="list-style-type: none"> Netball Dance Football Rugby Table Tennis Basketball 	<ul style="list-style-type: none"> Netball Dance Football Rugby Table Tennis Basketball 	<ul style="list-style-type: none"> Rounders Athletics Dance Tennis Cricket 	<ul style="list-style-type: none"> Rounders Athletics Dance Tennis Cricket
Literacy	<ul style="list-style-type: none"> My Health Vocabulary - Muscles 	<ul style="list-style-type: none"> My Health Vocabulary - Bones 	<ul style="list-style-type: none"> My Health Vocabulary - Diet 	<ul style="list-style-type: none"> Theory – Components of Fitness, Training Methods My Health – Vocabulary – Cardiovascular System 	<ul style="list-style-type: none"> My Health – Vocabulary – Components of Fitness 	<ul style="list-style-type: none"> My Health –Vocabulary – Warm up & Cool Down
Numeracy	<ul style="list-style-type: none"> Handball/Badminton & Netball scoring systems Dance Rhythms & counting in a beat 	<ul style="list-style-type: none"> Football/Badminton scoring systems Dance Rhythms & counting in a beat. Fitness training zones & heart rates 	<ul style="list-style-type: none"> Table Tennis & Basketball scoring systems Fitness training zones & heart rates 	<ul style="list-style-type: none"> Rugby, Basketball, Table Tennis & Football scoring systems 	<ul style="list-style-type: none"> Time keeping, pacing and measuring distances 	<ul style="list-style-type: none"> Cricket, Tennis, Volleyball and Rounders score keeping
Careers Information, Education, Advice and Guidance (CEIAG)	https://www.careerpilot.org.uk/job-sectors/subject/pe https://blog.peoffice.co.uk/what-can-gcse-pe-lead-to-later-in-life/					
Spirituality	<ul style="list-style-type: none"> Willingness 	<ul style="list-style-type: none"> Faith 	<ul style="list-style-type: none"> Friendship 	<ul style="list-style-type: none"> Resilience 	<ul style="list-style-type: none"> Self-discipline 	<ul style="list-style-type: none"> Courage
How can parents support the curriculum?	<ul style="list-style-type: none"> Encourage student to participate in extra-curricular activities after school (15:10-16:10) Encourage student to complete a well-being walk for at least 30 minutes each evening Join sports clubs outside of school Complete junior park run (2k) or park run (5k) at Worden Park on a Saturday (5k) or Sunday (2k) morning at 9am Question students on the ‘My Health’ vocabulary each week 					