**Physical Education Curriculum Overview**

**Year 7 – Boys**

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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 1** |
| **Baseline Assessment (All)** | **Football (3G)** | **Rugby (3G)** | **Hockey (3G)** | **Athletics (Field & 3G)** | **Tennis (Courts)** |
| **Theory:**Warm up and cool down* Invasion games
* Striking and fielding
* Fitness testing
* Athletics
* Team activities
* Bench and Dodge ball
 | **Theory:**Location of muscles**Knowledge:*** Ball control
* Types of passing
* Types of dribbling
* Types of shooting
* Attacking principles
* Defending principles
 | **Theory:**Components of fitness **Knowledge:*** Handling and carrying skills
* Ball control
* Types of pass
* Receiving the ball
* Attacking skills
* Introducing contact
* Basic rules of the game
 | **Theory:**Location of bones **Knowledge:*** Basic game rules
* Pitch markings
* Ball control
* Types of passing
* Types of tackling
* Types of dribbling
 | **Theory:**Joints and movement at joints**Knowledge:*** Sprinting techniques
* Throwing techniques
* Jumping techniques
* Relay strategies and techniques
* Long distance pacing
 | **Theory:**Functions of the skeletal system**Knowledge:** |
| **Skills:*** Dominant football control
* Short and long passing
* Dominant foot dribbling
* Long and short shooting
* Attacking; changing speed and direction
* Defending; marking
 | **Skills:*** Picking up a ball: (Stationary/Moving/Falling on the ball)
* Passing: using both hands in dominant direction
* Off-loading the ball in contact
* Kicking the ball to gain ground
* Receiving: the ball in a stationary position/ground pick up developing to on the move.
* Running forward with the ball, balanced running
* Beating opponents using side-step and change of pace/direction
* Try Scoring: including grounding the ball correctly with downward pressure
* When and when not to use one/two hands
* Basic contact skills including tackling: using basic technique from front and side.
* Awareness of the rules and regulations of tag rugby.
 | **Skills:*** Types of passing: including the push/drive and slap hit.
* Receiving and stopping the ball whilst stationary.
* Types of dribbling: including push/tap
* Introducing shooting: -open side technique
* Basic tackling: - block/Jab both front and side
* Elements of marking: - player with the balL
 | **Skills:****Track****100m/200m/400m*** Starting – ability to adopt the correct starting position / technique for each athletic event. Ie. Crouch start for 100m.

Posture – correct stance when performing. Looking straight ahead.Technique – Arm * Short, relaxed arm movement
* Elbows should not extend in front of the waist at most speeds
* Drive the arms forwards and backwards - hip to lip

Technique - leg / feet* Light, soft and quick foot placement
* Knees bent / feet relaxed
* Control of stride pattern

**800m/1500m*** Pace
* Technique – Controlled breathing, efficient running style.

**Relay events:*** Able to perform different exchange techniques
* Sweep or down sweep
* Awareness of change over boxes for relay events

**All track events:*** Finishing – Dipping for the line at the appropriate time
* Ability to remain in lane when event requires.
* Awareness of different athletic events on the track and how to record times achieved.

**Field**Throwing events:**Javelin:*** Grip: Hold the javelin in one of the following ways:
	+ Grip the cord between the thumb and index finger
	+ Grip the cord between the thumb and middle finger
	+ Hold the cord between the index and middle finger in a V grip.
* Run up – able to perform a run up and release Javelin safely
* Transfer of weight and follow through to ensure that the javelin lands nose first.

**Discus:*** Grip:
* Place thumb on the plate
* Spread fingertips equally apart over the rim of the discus
* Discus to ret on the joints closest to the fingertips.
* Execution – Standing throw
* Swing arm backward and forwards
* Palm facing down
* Discus to spin off the index finder
* Look at direction of throw

**Shot:*** Grip:
* Hold shot in base of fingers, not the palm
* Stance: Hold shot in area of the neck beneath jaw
* Keep elbow high
* Stand with shoulder pointing at the target
* Feet wide apart / tilt backwards
* Putting the shot:
* Push off with back foot
* Twist hips
* Extend arm

**Jumping Events:*** Able to perform basic technique for any jumping event. Familiar with take off foot.
* Awareness of why power and speed are important in jumping events.
* Awareness of how jumping events are measured. Which mark should be measured etc.

**Long jump** * Approach – Attack the board with speed. Maintain velocity / Look straight ahead
* Take off -Synchronisation of arm and leg action. Hit the board and aim to stay in flight for as long as possible.
* Landing – fall forwards and not backwards

**Triple Jump (as above but for the three stages)*** Hop / step / jump – Encourage students to achieve roughly same distance on each stage.
* Use of arms (driving forwards) to aid with distance
 | **Skills***
 |
| **Lesson 2** |
| **Skills:** * Running
* Dodging
* Effective communication
* Teamwork
* Throwing
* Catching
* Analysis of fitness test
* Problem solving
 | **Handball (SH)** | **Table Tennis (Gym)** | **Badminton (SH)** | **Cricket (SH & 3G)** | **Softball (3G)** |
| **Knowledge:*** Basic game rules
* Types of passing
* Types of dribbling
* Types of shooting
* Attacking principles
* Defending principles
 | **Knowledge:*** How to safely erect, dismantle and move equipment.
* Basic game rules.
* Basic grip and stance.
* Serving and returning serve, technique and rules of play.
* Types of basic shots on forehand and back hand.
* Scoring system for singles.
 | **Knowledge:*** How to set up the equipment, posts nets, rackets, shuttles.
* How to put equipment away, store posts safely, fold nets neatly.
* Court layout, name the lines of the court.
* Simple shake hands grip, V shape
* Singles game rules, particularly relating to service.
* Scoring system
* Types of serve, forehand, backhand.

Types of basic forehand shot | **Knowledge:*** Stopping, throwing and catching techniques
* Striking skills-basic grip and stance
* Judging line and length of the ball.
* Judging when to play straight and cross batted shots.
* Batting techniques
* Basic bowling technique from standing.
* Simple fielding positions
* Basic rules of the game
 | **Knowledge:*** Stopping, throwing and catching techniques
* **Basic underarm bowling technique**
* **SImple cross batted batting technique, grip and stance.**
* **Basic pitch/diamond set up.**
* **Basic fielding positions**
* **Basic rules and adaptations for teaching & learning games, including scorineg**
 |
| **Skills:*** Side, bounce and shoulder passing
* Dominant hand dribbling
* Static and jump shooting
* Attacking; dodging and changing speed
* Defending; marking and protecting the D
 | **Skills:*** Grip
* Stance
* Push shot
* Serve and return of serve. Push, backspin and topspin on preferred side.
* Topspin, forehand drive (topspin)
* Basic footwork, pre-shot, during and post shot.
* Body movement specific to each shot, eg rotation of the upper body, form front on to side on and back to ready position. flexion at the knee and elbow.
 | **Skills:*** Grip, V shape between thumb and index finger, racket head vertical
* NOT a pan grip
* Forehand and Backhand serve, underarm.
* Stance for serve and receive
* Basic overhead forehand, side on stepping onto non racket leg, hit shuttle with arm fully extended.
* Basic underarm forehand to lift shuttle when below height of net
 | **Skills:*** Stopping the ball with two hands-two handed pick up.
* Long barrier
* Chase and retrieve one handed pick up.
* Underarm one-handed throw.
* On- handed overarm throw.
* 2 handed catching, various heights.
* Batting- basic grip and stance at the crease.
* Straight batted shots-
* Forward defensive.
* Front foot drive.
* Cross batted shots-
* Pull shot
* Running between the wickets.
* Bowling-
* Basic grip and stance for medium paced seam bowling.
* Bowling action from a standing position.
 | **Skills:*** **Stopping ball two handed.**
* **Catching a low ball two handed.**
* **Catching a high ball two handed.**
* **Two handed grip and sideways stance**
* **Underarm throw to target**
* **Overarm throw to target**
* **Bowling consistently**
* **Running and stopping.**
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**Physical Education Curriculum Overview**

**Year 7 – Girls**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 1** |
| **Baseline Assessment (All)** | **Netball (Courts)** | **Handball (SH)** | **Dance (Gym)** | **Athletics (Field & 3G)** | **Rounders (3G)** |
| **Theory:**Warm up and cool down* Invasion games
* Striking and fielding
* Fitness testing
* Athletics
* Team activities
* Bench and Dodge ball
 | **Theory:**Location of muscles**Knowledge:*** Footwork rule
* 3 second rule
* Types of passing (when, where)
* Types of shooting
* Court positions and roles
* Attacking principles
* Defending principles
 | **Theory:**Components of fitness**Knowledge*** Basic game rules
* Types of passing
* Types of dribbling
* Types of shooting
* Attacking principles
* Defending principles
 | **Theory:**Location of bones**Knowledge*** Unison, canon, meeting and parting and mirroring
* Consideration of space
* Pathways
* Characters in performance
* Timing and beats
 | **Theory:**Joints and movement at joints**Knowledge:*** Sprinting techniques
* Throwing techniques
* Jumping techniques
* Relay strategies and techniques
* Long distance pacing
 | **Theory:**Functions of the skeletal system**Knowledge:*** Throwing and catching techniques.
* Striking skills – batting technique, grip and stance.
* Basic underarm bowling technique.
* Simple fielding techniques.
* Basic rules of the game:-
* How to score
* No ball rule
* Out rule – post and caught
* Positions of the pitch
 |
| **Skills:*** Chest, bounce, shoulder and overhead passing (short distance)
* 1,2 footwork and jump stop footwork with a pivot
* Attacking; dodging, clearing out and changing speed
* Defending; marking
* Static under the post shooting
 | **Skills:*** Side, bounce and shoulder passing
* Dominant hand dribbling
* Static and jump shooting
* Attacking; dodging and changing speed
* Defending; marking and protecting the D
 | **Skills:*** Choreography
* Basic shapes
* Motif development
* Performance and rehearsal
* Use of stimulus to develop, refine and vary dance ideas
 | **Skills:****Track****100m/200m/400m*** Starting – ability to adopt the correct starting position / technique for each athletic event. Ie. Crouch start for 100m.

Posture – correct stance when performing. Looking straight ahead.Technique – Arm * Short, relaxed arm movement
* Elbows should not extend in front of the waist at most speeds
* Drive the arms forwards and backwards - hip to lip

Technique - leg / feet* Light, soft and quick foot placement
* Knees bent / feet relaxed
* Control of stride pattern

**800m/1500m*** Pace
* Technique – Controlled breathing, efficient running style.

**Relay events:*** Able to perform different exchange techniques
* Sweep or down sweep
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**All track events:*** Finishing – Dipping for the line at the appropriate time
* Ability to remain in lane when event requires.
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**Field**Throwing events:**Javelin:*** Grip: Hold the javelin in one of the following ways:
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* Run up – able to perform a run up and release Javelin safely
* Transfer of weight and follow through to ensure that the javelin lands nose first.

**Discus:*** Grip:
* Place thumb on the plate
* Spread fingertips equally apart over the rim of the discus
* Discus to ret on the joints closest to the fingertips.
* Execution – Standing throw
* Swing arm backward and forwards
* Palm facing down
* Discus to spin off the index finder
* Look at direction of throw

**Shot:*** Grip:
* Hold shot in base of fingers, not the palm
* Stance: Hold shot in area of the neck beneath jaw
* Keep elbow high
* Stand with shoulder pointing at the target
* Feet wide apart / tilt backwards
* Putting the shot:
* Push off with back foot
* Twist hips
* Extend arm

**Jumping Events:*** Able to perform basic technique for any jumping event. Familiar with take off foot.
* Awareness of why power and speed are important in jumping events.
* Awareness of how jumping events are measured. Which mark should be measured etc.

**Long jump** * Approach – Attack the board with speed. Maintain velocity / Look straight ahead
* Take off -Synchronisation of arm and leg action. Hit the board and aim to stay in flight for as long as possible.
* Landing – fall forwards and not backwards

**Triple Jump (as above but for the three stages)*** Hop / step / jump – Encourage students to achieve roughly same distance on each stage.
* Use of arms (driving forwards) to aid with distance
 | **Skills:*** Chase and retrieve one handed pick up
* Underarm one-handed throw
* One handed overarm throw
* 2 handed catching, various heights
* Batting- basic grip and stance
* Running between the bases
* Bowling- grip and stance
* Fielding on a base position
* Backstop stance.
 |
| **Lesson 2** |
| **Skills:** * Running
* Dodging
* Effective communication
* Teamwork
* Throwing
* Catching
* Analysis of fitness test
* Problem solving
 | **Gymnastics(Gym)** | **Hockey (3G)** | **Football (3G)** | **Tennis (Courts)** | **Cricket (SH & 3G)** |
| **Knowledge:*** Vocabulary of; body tension, aesthetic, speed, fluency
* Types of travel
* Types of jump
* Ability to get equipment out safely
* Respectively watch performance
 | **Knowledge:*** Basic game rules
* Pitch markings
* Ball control
* Types of passing
* Types of tackling
* Types of dribbling
 | **Knowledge:*** Ball control
* Types of passing
* Types of dribbling
* Types of shooting
* Attacking principles
* Defending principles
 | **Knowledge:** | **Knowledge:*** Stopping, throwing and catching techniques
* Striking skills-basic grip and stance
* Judging line and length of the ball.
* Judging when to play straight and cross batted shots.
* Batting techniques
* Basic bowling technique from standing.
* Simple fielding positions
* Basic rules of the game
 |
| **Skills:*** Jumping
* Rolling; teddy bear roll, pencil roll, forward roll, egg roll, side roll
* Hands and feet travelling; cartwheel, bear crawl, caterpillar
* Balances; arabesque
* Body shape; straight, tuck, straddle, pike, curled shape
* Flight; jumping off low apparatus and correct landing shape
* Linking movements together with control, accuracy and speed
* Quality of movement; body management, aesthetic
 | **Skills:*** Types of passing: including the push/drive and slap hit.
* Receiving and stopping the ball whilst stationary.
* Types of dribbling: including push/tap
* Introducing shooting: -open side technique
* Basic tackling: - block/Jab both front and side
* Elements of marking: - player with the ball
* Awareness of the basic rules and regulations of the game and their application
 | **Skills:*** Ball Control using: both feet
* Short and long passing: (dominant foot)
* Short- and long-range shooting: (dominant foot)
* Dominant foot dribbling
* Close control
* Basic heading (limited use)
* Types of tackling: including block tackle, jockeying opponent.
* Attacking; changing speed and direction
* Defending - marking: player with the ball
* Dominant football control
* Awareness of the basic rules and regulations of the game and their application
 | **Skills:** | **Skills:*** Stopping the ball with two hands-two handed pick up.
* Long barrier
* Chase and retrieve one handed pick up.
* Underarm one-handed throw.
* On- handed overarm throw.
* 2 handed catching, various heights.
* Batting- basic grip and stance at the crease.
* Straight batted shots-
* Forward defensive.
* Front foot drive.
* Cross batted shots-
* Pull shot
* Running between the wickets.
* Bowling-
* Basic grip and stance for medium paced seam bowling.
* Bowling action from a standing position.
 |

**Physical Education Curriculum Overview**

**Year 8 - Boys**

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| --- | --- | --- | --- | --- | --- |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 1** |
| **Handball (SH)** | **Rugby (3G)** | **Orienteering (Field)** | **Hockey (3G)** | **Athletics (Field & 3G)** | **Tennis (Courts)** |
| **Theory:** Components of fitness **Knowledge:*** Basic game rules
* Types of passing
* Types of dribbling
* Types of shooting
* Attacking principles
* Defending principles
 | **Theory:**Muscles and movement **Knowledge:*** Handling and carrying skills
* Ball control
* Types of pass
* Receiving the ball
* Attacking skills
* Introducing contact
* Rules of the game
 | **Theory:**Location of bones **Knowledge:***
*
 | **Theory:**Joints and movement at a joint**Knowledge:*** Rules of the game
* Pitch markings
* Ball control
* Types of passing
* Types of tackling
* Types of dribbling
* Awareness of own strengths/weaknesses
 | **Theory:**Short term effects of exercise**Knowledge:*** Sprinting techniques
* Throwing techniques
* Jumping techniques
* Relay strategies and techniques

Long distance pacing | **Theory:**Principles of training**Knowledge:** |
| **Skills:*** Side, bounce and shoulder passing
* Dominant hand dribbling
* Static and jump shooting
* Attacking; dodging and changing speed
* Defending; marking and protecting the D
 | **Skills:*** Picking up a ball at speed: (Stationary/Moving/Falling on the ball)
* Passing: using both hands in either direction
* Off-loading the ball in contact
* Kicking the ball forward to gain ground
* Receiving: the ball on the move running forward with the ball, balanced running
* Beating opponents using side-step, feint, dummying and change of pace/direction.
* Try Scoring: including grounding the ball correctly with downward pressure knowing when and when not to use one/two hands
* Contact skills including tackling: using technique from front and side and tackling in close contact.
* Awareness of team strategies/tactics in attacking situations e.g. set piece plays including attacking positioning on the field
* Basic defensive positioning on the field including a straight collective line.
* Awareness of the basic rules and regulations of the game and their application.
 | **Skills:***
*
 | **Skills:*** Types of passing: including the push/drive and slap hit.
* Receiving and stopping the ball whilst stationary and on the move on the strong side.
* Types of dribbling including push/tap
* Dribbling with ability to beat opponents showing close control and to outwit opponent on strong side.
* Shooting: with open side technique
* Basic tackling: - block/Jab both front and side
* Tackling including marking the player without the ball/shadowing opponents
* Knowing when to pass/tackle/shoot
* Developing good decisions on which pass to make.
* Some awareness of team strategies
* Show some attacking positioning on the field
* Show some defensive positioning on the field.
* Demonstrate some awareness of strengths/weaknesses and actions of other players
* Awareness of the basic rules and regulations of the game and their application.
 | **Skills:****Track:****100m/200m/ 400m*** Stride length – driving legs back and raising knees but not overly high. Avoiding overstriding
* Chest forward with shoulders back and relaxed
* Ability to perform a sprint start. Reacting promptly to the starter and driving out off the start line
* Ability to apply correct technique for the event
* Changing and adapting race tactics.
* When to dip for the line

**800m/1500m*** Changing and adapting race tactics
* Timing of kicking for the finish line
* Ability to complete the event having paced themselves.

**Relay events:*** Select an appropriate leg for each member of the team to complete – tactical awareness
* Receive the baton in the appropriate hand depending on the incoming runner
* Awareness of the rules and regulations of the event.

**Field:**Throwing events**Javelin:*** Ability to apply one of the pre learned grips in order to throw the javelin effectively
* Able to release the Javelin at the optimum release position – when hand is ahead of the front foot
* During the runup elbow at the right angle / point before release

**Discus:*** Ability to perform correct technique and transfer of weight
* Legs being used consistently to generate power
* Hips being used to enhance throw.
* Discus consistently spinning off the index finger

**Shot:*** Use of hips to aid throw
* Shot released at an angle of 45 degrees to ensure distance
* Correct technique being shown

**Jumping events:****Long jump / Triple Jump*** Ability to perform and complete a successful jump for both of these events.
* Hitting the board at the appropriate speed for take-off. Remain in control of all phases of jump.
* Hips driven up to aid performance
* Al stages of the jump put together successfully (run up, take off, flight and landing).
 | **Skills:** |
| **Lesson 2** |
| **Football (3G)**  | **Fitness (Gym)** | **Badminton (SH)** | **Table Tennis (Gym)** | **Cricket (SH & 3G)** | **Softball (Field & 3G)** |
| **Knowledge:*** Ball control
* Types of passing
* Types of dribbling
* Types of shooting
* Attacking principles
* Defending principles
* Awareness of own strengths/weaknesses
 | **Knowledge:*** Physical benefits of regular exercise on the body – a) reduces risk of obesity/maintains healthy body weight b) reduces risk of health problems linked to sedentary life e.g., heart disease
* Mental benefits of regular exercise a) improves self-esteem/confidence b) helps manage stress
* The term sedentary.
* The term fitness – fitter body more able to cope with demands placed on it.
* Understand the terms resting heart rate and working heart rate.
* Difference between circuit and HIIT.
 | **Knowledge:*** Recap from Year 7 Court layout
* Equipment set up
* Singles game rules
* Scoring system
* Types of serve and rules of service
* Technique for forehand clear
 | **Knowledge:*** Scoring a game of singles
* Developing a range of shots on backhand and forehand.
* Attacking principles
* Defensive principles.
* Shot selection in a competitive situation.
 | **Knowledge:*** Fielding techniques
* Throwing and catching techniques
* Batting techniques
* Fielding positions
* Rules of the game-batting, bowling and fielding.,
* Bowling techniques
* Tactical awareness when batting, bowling and fielding.
 | **Knowledge:*** **Fielding techniques,**
* **Stopping, long barrier**
* **Stopping two handed**
* **Throwing overarm, with pace and accuracy**
* **Roles of different fielding positions-inner and outer field**
* **Batting technique**
* **Backswing**
* **Striking**
* **Follow through**
* **Selecting shot and hitting in specific direction**
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 |
| **Skills:*** Ball Control using chest, thigh and both feet
* Short and long passing: (dominant foot), short passing with non-dominant foot.
* Short- and long-range shooting: (dominant foot), short range shooting with non-dominant foot.
* Dominant foot dribbling with ability to beat opponent with change of direction and speed.
* Types of heading
* Tackling: including block tackle, jockeying opponent and interceptions.
* Defending - marking: player with the ball and without the ball.
* Attacking positioning on the field
* Defensive positioning on the field
* Awareness of team strategies/tactics in both attacking and defending situations.
* Awareness of strengths/weaknesses and actions of other players.

Awareness of the rules and regulations of the game and their application. | **Skills:*** Can lead and perform exercises using HITT as a training method.
* Perform and identify exercises that develop cardiovascular endurance.
* Perform and identify exercises that develop muscular endurance.
* Perform and identify exercises that develop muscular strength.
* Correct technique for a lunge.
* Correct technique for a press-up.
* Correct technique for a plank.
* Running, jumping movements at different speeds.
* Can adapt technique to increase the intensity on the body.
 | **Skills:*** Correct grip
* Low forehand and backhand serve, stance, body position, stroke cycle
* Develop high serve and high feed.
* Forehand overhead clear, to hit shuttle high and into the back area of court. Show backswing, strike with racket head pointing up at fullest reach and follow through.
* Develop racket head speed for power, step into the shot,
* Develop basic backhand shot encouraging movement of feet and racket leg steps forward, back of the hand facing the net to strike the shuttle
* Introduce tactics to outwit your opponent in the game, hit shuttle into the open court
 | **Skills:*** Defensive push shot, keeping the ball low over the net and in a safe area of the table to deter opponent form attacking.
* Attacking push using angle, low height and change of depth.
* Forehand and backhand topspin to create bounce and speed.
* Serving variations to attack opponent, pace, direction and spin, including top, back and side spin.
* Loop shot, allowing ball to drop off the end of the table before
* Chop shot (heavy backspin),preferred side.
 | **Skills:*** Fielding-
* High two-handed catching.
* One-handed catching.
* Throwing at the stumps, underarm and overarm.
* Batting-
* Back foot defence.
* Cut shot
* Cover drive
* Bowling-
* Medium-pace seam bowling, grip, line and length.
* Introduction to spin bowling, grip and action for off spin.
 | **Skills:** **Fielding** **Long barrier****Retrieve and throw, under -arm and overarm****Batting – grip, two handed****Stance feet, knees, hips, sideways****High backswing ,speed and follow through****Timing-hitting the ball early and later to strike in different directions****Tactical batting, showing awareness of runners on the diamond and fielders’ positions****Tactical awareness of fielders to prevent runs and out batters** |

**Physical Education Curriculum Overview**

**Year 8 - Girls**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 1** |
| **Netball (Courts)** | **Hockey (3G)** | **Football (3G)**  | **Rugby (3G)** | **Athletics (Field & 3G)** | **Rounders (Back field)** |
| **Theory:** Components of fitness **Knowledge:** * Footwork rule (inc dragging)
* Obstruction/contact rule
* Types of passing (when, where, how)
* Types of shooting
* Court positions and roles
* Attacking principles
* Defending principles
* Awareness of own strengths/weaknesses
 | **Theory:**Muscles and movement **Knowledge:*** Rules of the game
* Pitch markings
* Ball control
* Types of passing
* Types of tackling
* Types of dribbling
* Awareness of own strengths/weaknesses
 | **Theory:**Location of bones **Knowledge:*** Ball control
* Types of passing
* Types of dribbling
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 | **Theory:**Joints and movement at a joint**Knowledge:*** Handling and carrying skills
* Ball control
* Types of pass
* Receiving the ball
* Attacking skills
* Introducing contact
* Basic rules of the game
 | **Theory:**Short term effects of exercise**Knowledge:*** Sprinting techniques
* Throwing techniques
* Jumping techniques
* Relay strategies and techniques
* Long distance pacing
 | **Theory:**Principles of training**Knowledge:*** Fielding techniques
* Throwing and catching techniques
* Batting technique –direction of hit
* Fielding positions
* Rules of the game-batting, bowling and fielding, specific focus on:-
* Obstruction rule
* Batting box rule
* Backward hit rule inc tactics
* Tactical awareness when batting, bowling and fielding
 |
| **Skills:*** Chest, bounce, shoulder and overhead passing (mid-long distance)
* 1,2 footwork, jump stop footwork on the move and pivoting
* Ball handling; catching in the air
* Attacking; dodging, spin dodge, clearing out and changing speed
* Defending; marking the player without the ball
* Rebounding under the post
* Shooting; long and short distance
 | **Skills:*** Developed passing including -push/drive/hit/slap.
* Receiving and stopping the ball whilst on the move:
* Dribbling: - ability to beat opponents showing close control and to outwit opponent on strong side.
* Tackling including marking the player without the ball/shadowing opponents
* Knowing when to pass/tackle/shoot
* Developing good decisions on which pass to make.
* Some awareness of team strategies
* Show some attacking positioning on the field
* Show some defensive positioning on the field.
* Demonstrate some awareness of strengths/weaknesses and actions of other players
* Awareness of the basic rules and regulations of the game and their application.
 | **Skills:*** Ball Control using chest, thigh and both feet
* Short and long passing: (dominant foot), short passing with non-dominant foot.
* Short- and long-range shooting: (dominant foot), short range shooting with non-dominant foot.
* Dominant foot dribbling with ability to beat opponent with change of direction and speed.
* Types of heading
* Tackling: including block tackle, jockeying opponent and interceptions.
* Defending - marking: player with the ball and without the ball.
* Attacking positioning on the field
* Defensive positioning on the field
* Awareness of team strategies/tactics in both attacking and defending situations.
* Awareness of strengths/weaknesses and actions of other players.
* Awareness of the rules and regulations of the game and their application.
 | **Skills:*** Picking up a ball: (Stationary/Moving/Falling on the ball)
* Passing: using both hands in dominant direction
* Off-loading the ball in contact
* Kicking the ball to gain ground
* Receiving: the ball in a stationary position/ground pick up developing to on the move.
* Running forward with the ball, balanced running
* Beating opponents using side-step and change of pace/direction
* Try Scoring: including grounding the ball correctly with downward pressure
* When and when not to use one/two hands
* Basic contact skills including tackling: using basic technique from front and side.
* Awareness of the rules and regulations of tag rugby.
 | **Skills:****Track:****100m/200m/ 400m*** Stride length – driving legs back and raising knees but not overly high. Avoiding overstriding
* Chest forward with shoulders back and relaxed
* Ability to perform a sprint start. Reacting promptly to the starter and driving out off the start line
* Ability to apply correct technique for the event
* Changing and adapting race tactics.
* When to dip for the line

**800m/1500m*** Changing and adapting race tactics
* Timing of kicking for the finish line
* Ability to complete the event having paced themselves.

**Relay events:*** Select an appropriate leg for each member of the team to complete – tactical awareness
* Receive the baton in the appropriate hand depending on the incoming runner
* Awareness of the rules and regulations of the event.

**Field:**Throwing events**Javelin:*** Ability to apply one of the pre learned grips in order to throw the javelin effectively
* Able to release the Javelin at the optimum release position – when hand is ahead of the front foot
* During the runup elbow at the right angle / point before release

**Discus:*** Ability to perform correct technique and transfer of weight
* Legs being used consistently to generate power
* Hips being used to enhance throw.
* Discus consistently spinning off the index finger

**Shot:*** Use of hips to aid throw
* Shot released at an angle of 45 degrees to ensure distance
* Correct technique being shown

**Jumping events:****Long jump / Triple Jump*** Ability to perform and complete a successful jump for both of these events.
* Hitting the board at the appropriate speed for take-off. Remain in control of all phases of jump.
* Hips driven up to aid performance
* Al stages of the jump put together successfully (run up, take off, flight and landing).
 | **Skills:*** Short barrier stop
* Long barrier stop
* 1 handed underarm throw
* 1 handed overarm throw
* High two-handed catching
* One-handed catching
* Throwing at the bases underarm and overarm
* Length and pace of throwing accuracy
* Batting tactics – Direction and placement of shot.
 |
| **Lesson 2** |
| **Gymnastics (Gym)** | **Handball (SH)** | **Dance (Gym)** | **Trampolining (SH)** | **Tennis (Courts)** | **Cricket (SH & 3G)** |
| **Knowledge** * Centre of mass for balance
* Vocabulary; synchronisation, timing
* Identify aesthetic performance
* Identify patch and point balances in a performance
* Can give feedback to improve performance
 | **Knowledge:** * Basic game rules
* Types of passing
* Types of dribbling
* Types of shooting
* Attacking principles
* Defending principles
 | **Knowledge:** | **Knowledge:** * Safety around a trampoline
* How to mount and dismount
* How to coach a peer through each landing
* Progressions for each landing
* Aesthetic routine creation
 | **Knowledge:**  | **Knowledge:*** Fielding techniques
* Throwing and catching techniques
* Batting techniques
* Fielding positions
* Rules of the game-batting, bowling and fielding.,
* Bowling techniques
* Tactical awareness when batting, bowling and fielding.
 |
| **Skills:*** Balance; counterbalance, partner balance, single balance and group balance
* Shoulder stand
* V – Sit
* Dish and arch shape
* Point balances
* Linking movements into a routine
* Flight using large and small apparatus
* Synchronisation with a partner
* Support for safety
 | **Skills*** Side, bounce and shoulder passing
* Dominant hand dribbling
* Static and jump shooting
* Attacking; dodging and changing speed
* Defending; marking and protecting the D
 | **Skills:** | **Skills:*** Bounce and stop
* Basic shapes; tuck and pike
* Seat landing
* Front landing
* Back landing
* ½ twist in and out of landing
* Create a 10 bounce routine
 | **Skills:** | **Skills:*** Fielding-
* High two-handed catching.
* One-handed catching.
* Throwing at the stumps, underarm and overarm.
* Batting-
* Back foot defence.
* Cut shot
* Cover drive
* Bowling-
* Medium-pace seam bowling, grip, line and length.
* Introduction to spin bowling, grip and action for off spin.
 |

**Physical Education Curriculum Overview**

**Year 9 - Boys**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 2** |
| **Football (3G)** | **Rugby (3G)** | **Orienteering (Field)** | **Hockey (3G)** | **Athletics (Field & 3G)** | **Tennis (Courts)** |
| **Knowledge:*** Types of ball control
* Types and variety of passing
* Types of dribbling
* Types of shooting
* Attacking principles
* Defending principles
* Decision making
* Awareness of strengths/weaknesses of the team and other players
* Awareness of the rules and regulations of the game of football.
 | **Knowledge:*** Handling and carrying skills
* Ball control
* Types of pass
* Receiving the ball
* Attacking skills
* Introducing contact
* Rules of the game
 | **Knowledge:*** Basic navigation
* Map skills
* Basic map reading
* Introducing competition
* Awareness of the rules and regulations of orienteering.
 | **Knowledge:** * Advanced game rules
* Pitch markings
* Ball control
* Types of passing
* Types of tackling
* Types of dribbling
* Attacking principles
* Defending principles
* Decision making
* Awareness of strengths/weaknesses of the team and other players
* Awareness of the rules and regulations of the game of hockey.
 | **Knowledge:*** Sprinting techniques
* Throwing techniques
* Jumping techniques
* Relay strategies and techniques
* Long distance pacing
 | **Knowledge:***
*
 |
| **Skills:*** Advanced ball control using: using chest and thigh
* Non dominant foot passing
* Dominant foot shooting: including use of swerve and use of volleys
* Non dominant foot shooting
* Dribbling: • Ability to beat opponents
* Heading: both defensive or attacking
* Advanced marking: including the player without the ball.
* When to pass/shoot/dribble/tackle
* Where to pass/shoot/dribble/tackle
* Which pass to make
* Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays, corners
* Attacking positioning on the field
* Defensive positioning on the field
* Defensive ploys – man to man marking, zonal marking, positioning and organisation at set pieces, showing communication and command of area.
* Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game
* Awareness of the rules and regulations of the game and their application (including refereeing signals)
 | **Skills:*** Picking up a ball at speed: (Stationary/Moving/Falling on the ball)
* Passing: using both hands in either direction and when to run/pass/kick.
* Off-loading the ball in contact
* Kicking the ball forward to gain ground
* Receiving: the ball on the move running forward with the ball, balanced running
* Beating opponents using side-step, swerrve feint, switching, dummying with a change of pace/direction or other methods to cross the gain line.
* Try Scoring: including grounding the ball correctly with downward pressure knowing when and when not to use one/two hands
* Contact skills including tackling: using technique from front, side and rear tackiling in close contact. Including smothering the ball.
* Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays
* Attacking positioning on the field
* Defensive positioning on the field including defensive ploys – man to man marking
* Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game
* Awareness of the rules and regulations of the game and their application (including refereeing signals)
 | **Skills:*** Map reading Introduce plans of rooms, tabletops, gymnasiums progress to school grounds with a plan of the buildings/playing fields.
* Scale Introduce a variety of scales from room sizes to playing fields and more difficult areas
* Legend Recognise all the colours and common features on an orienteering map.
* Orientate map to terrain Candidates identify where they are, identify features around them and locate these on the map. Students change grip to keep the map set.
* Control points Recognise control points on the map and at the relevant feature in the terrain. Also how routes are shown. Navigate along a single line feature Navigate from one control to the next along a single line feature i.e. path, wall.
* Use line feature’s as handrails Navigate from one control to the next using handrails.
* Thumb map Candidates use their thumb, folding the map if appropriate, to indicate their present location.
* Sense of scale to distance Use spatial distance judgement e.g. halfway along.
* Knowledge of the sport of orienteering.
* Understanding of safety students should be aware of importance of whistle (when and how to use), watch, appropriate clothing and selection of course relative to physical fitness and technical competence.
* Cutting corners Aiming off Candidates aim to one side of a control or feature so that they know which way to turn when they hit the feature and before seeing the control.
* Compass directions Introduce candidates to the features of a compass and how to navigate using cardinal directions.
* Attack points Candidates navigate to an obvious feature near the control point from which the control can be located.
* Rough orienteering with good catching features. Candidates navigate quickly using rough compass bearings and obvious features on the map and ground. Pace counting Introduce candidates to use of pacing to check off distance covered .
* Navigate through different types of terrain Introduce candidates to a variety of terrains e.g. woods, safe lowland open areas.
* Competitive techniques Provide opportunities for candidates to take part in competitive events.
 | **Skills:*** More advanced passing including reverse stick passing: -push/drive/hit/slap/scoop
* Open or reverse passing: - flick open passing.
* Receiving and stopping the ball whilst on the move: showing appropriate grip and body position
* Receiving and stopping the ball using Reverse stick
* Dribbling: - ability to beat opponents using Indian dribble, close control and to outwit opponent on both sides.
* More advanced tackling including shave marking, marking the player without the ball/shadowing opponents
* Knowing when to pass/tackle/shoot/switch stick hands
* Knowing where to pass/tackle/shoot
* Making good decisions which pass to make with appropriate weighting etc
* Have Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays, short/penalty and long corners
* Show attacking positioning on the field
* Show defensive positioning on the field.
* Demonstrate awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game.
* Awareness of the rules and regulations of the game and their application (including refereeing signals).
 | **Skills:****Track****100m/200m/400m*** Bend running (where relevant)
* Stride Pattern / pacing
* Head carriage
* Demonstrate pace running
* Maintain a fast pace during the race.
* Race tactics

**800m / 1500m** * Pre race tactics
* Positioning in field, where to run in the pack, when to lead and when to follow.
* Demonstrate sensible pace throughout the race.
* Remain in control of breathing throughout the event
* Select appropriate race tactics.
* Bend running

**Relay events:*** Successfully change baton using appropriate technique
* Set off within change over box at appropriate time
* Awareness of rules when changing the baton

**All track events:*** Awareness of different aspects of training to improve performance.
* Reflect on decisions to improve future performances

**Field:****Throwing events:****Javelin:*** Apply a short run up – 13-17 steps whilst maintaining the position of the javelin
* Throwing arm thrust up and forward
* Javelin consistently lands nose first
* Clear transfer of weight to improve distance achieved.

**Discus:*** Technique: Push off with right leg, clear twist of the hips and snap left are cross chest.
* Ensure a great amount of spin to make the discus more stable

**Shot*** Consistent technique
* Clear push off with back foot, twist of hips and flick of the wrist

**Al throwing event:*** Appropriate angle of release
* Efficient transition between technical phases of movement

**Jumping events:****Long jump / Triple Jump*** Measure accurately run up for the event.
* Perform each movement in a controlled manner
* Adjust run up in order to hit the board consistently
* Efficient transition between technical phases of movements
* Flat foot take off – if take off from heel it will reduce speed and taking off on toes decreases stability
* When jumping bring heels up and head down towards knees
* Jump consistently
 | **Skills:***
 |
| **Lesson 2** |
| **Fitness (Gym)**  | **Badminton (SH)** | **Table Tennis (Gym)** | **Trampolining (SH)** | **Cricket (SH & 3G)**  | **Softball (3G)** |
| **Knowledge:*** Understand the term maximum heart rate (MHR)
* Understand the term training zone and improving aerobic and anaerobic fitness.
* Know the term aerobic fitness.
* Know the term anaerobic fitness.
* Difference between continuous and fartlek training.
* Can explain the short term and long-term effects of exercise on the muscles.
 | **Knowledge:*** Court layout
* Singles game rules
* Scoring system
* Types of serve
* Technique for forehand clear and smash
* Net shots and drop shots
* Backhand lift, clear, drive drop.
* Tactics in the game to outwit your opponent
 | **Knowledge:*** Development of tactical awareness, reacting to your opponent's strengths and weaknesses.
* Imposing your game plan on your opponent and countering your opponent’s tactics.
* Reading the spin imparted by your opponent, particularly when returning serve.
 | **Knowledge:** * Safety around a trampoline
* How to mount and dismount
* How to coach a peer through each landing
* Progressions for each landing
* Aesthetic routine creation
 | **Knowledge:*** Throwing and catching techniques
* Fielding techniques
* Batting techniques-
* Tactical awareness
* Attacking and defensive awareness.
* Game awareness.
* Fielding positions, more complex variants depending on bowler, batter and game tactics.
* Rules of the game
* Bowling techniques-bowling to a tactical field setting.
* Line, length, pace, spin and flight of the ball.
 | **Knowledge:****Fielding technique** **anticipating and intercepting the ball****Bowling variations****Batting-Tactical awareness** **Fielding –tactical awareness****Multiple outs , catch and one or two run outs****Rules and scoring** |
| **Skills:*** Can lead and perform exercises using fartlek as a training method.
* Perform and identify exercises that develop cardiovascular endurance.
* Perform and identify exercises that develop muscular endurance.
* Perform and identify exercises that develop muscular strength.
* Running, jumping movements at different speeds.
* Can adapt technique to increase the intensity on the body.
 | **Skills:*** All types of serve and positioning for service and receive.
* Low forehand & backhand serve to the front of service box, with accuracy
* High forehand serve, to the baseline.
* Backhand flick serve, body position and backhand grip
* Clear, smash and drive on forehand, consistently accurate
* Advanced skills of backhand clear, drive and smash.
* Overhead drop, net shots and net return.
* How to block a smash
* Employ tactics to expose opponents' weaknesses.
* Shot selection in the game
 | **Skills:*** Forehand and back hand loop.
* Imparting side spin with backhand and forehand.
* Counter hitting on both sides.
* Block, defend an offensive shot
* Lob-to defend a smash or loop.
* Serving variations-
* backspin, long and short.
* Top spin, long and short.
* Sidespin, left and right, long and short.
* High serve.
 | **Skills:*** Bounce and stop
* Basic shapes; tuck and pike
* Seat landing
* Front landing
* Back landing
* ½ twist in and out of landing
* Create a 10 bounce routine
 | **Skills:**Fielding-* One-handed pick up and throw on the run.
* Two-handed pick up and throw on the run.
* Close catching
* . Wicket-keeping-
* Stance and positioning.
* Low and high takes.
* Positioning to take the ball to complete a run out.
* To execute a stumping.

Batting-* Square cut and late cut.
* Drop and run.
* Angling bat to run the ball down and rotate the strike.
* Sweep shot
* Slog sweep shot
* On drive
* Straight drive.

Bowling-* Fast (pace) bowling including run up and delivery action.
* Swing bowling- grip and delivery action.
* Spin bowling-
* Grip and action for leg spin.

  | **Skills:** * **Fielding**
* **One handed pick up and throw (underarm and overarm) depending on distance**
* **Overhead catching**
* **Catching to each side**
* **Batting –distance/power**
* **Directional hitting hitting**
* **Backstop –catch and throw**
*
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**Physical Education Curriculum Overview**

**Year 9 - Girls**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 1** |
| **Trampolining (SH)** | **Fitness (Gym)** | **Handball (SH)**  | **Dance (Gym)** | **Athletics (Field & 3G)** | **Rounders (Back field)** |
| **Knowledge:** * Safety around a trampoline
* How to mount and dismount
* How to coach a peer through each landing
* Progressions for each landing
* Aesthetic routine creation
 | **Knowledge:** * Understand the term maximum heart rate (MHR)
* Understand the term training zone and improving aerobic and anaerobic fitness.
* Know the term aerobic fitness.
* Know the term anaerobic fitness.
* Difference between continuous and fartlek training.
* Can explain the short term and long-term effects of exercise on the muscles.
 | **Knowledge:** * Advanced game rules and refereeing
* Types of passing
* Types of dribbling
* Types of shooting
* Attacking principles
* Defending principles
* Tactics, positions and strategy
 | **Knowledge:**  | **Knowledge:*** Sprinting techniques
* Throwing techniques
* Jumping techniques
* Relay strategies and techniques
* Long distance pacing
 | **Knowledge:** * Throwing and catching techniques
* Fielding techniques
* Batting techniques
* Tactical awareness
* Game awareness
* Fielding positions, tactical set up of players
* Rules of the game- Side out rule, miss-field rule
* Bowling technique – pace of the bowl.
 |
| **Skills:*** Bounce and stop
* Basic shapes; tuck and pike
* Seat landing
* Front landing
* Back landing
* ½ twist in and out of landing
* Create a 10 bounce routine
* Front somersault
* Back somersault
 | **Skills:*** Can lead and perform exercises using fartlek as a training method.
* Perform and identify exercises that develop cardiovascular endurance.
* Perform and identify exercises that develop muscular endurance.
* Perform and identify exercises that develop muscular strength.
* Running, jumping movements at different speeds.
* Can adapt technique to increase the intensity on the body.
 | **Skills:*** Side, bounce and shoulder passing
* Passing on the move
* Dominant and non-dominant hand passing
* Catching on the move
* Static and jump shooting
* Striding jump shot
* Attacking; dodging, changing speed, fakes, spin dodge
* Defending; marking and protecting the D
* Goal keeper shot stopping
 | **Skills:** | **Skills:****Track****100m/200m/400m*** Bend running (where relevant)
* Stride Pattern / pacing
* Head carriage
* Demonstrate pace running
* Maintain a fast pace during the race.
* Race tactics

**800m / 1500m** * Pre race tactics
* Positioning in field, where to run in the pack, when to lead and when to follow.
* Demonstrate sensible pace throughout the race.
* Remain in control of breathing throughout the event
* Select appropriate race tactics.
* Bend running

**Relay events:*** Successfully change baton using appropriate technique
* Set off within change over box at appropriate time
* Awareness of rules when changing the baton

**All track events:*** Awareness of different aspects of training to improve performance.
* Reflect on decisions to improve future performances

**Field:****Throwing events:****Javelin:*** Apply a short run up – 13-17 steps whilst maintaining the position of the javelin
* Throwing arm thrust up and forward
* Javelin consistently lands nose first
* Clear transfer of weight to improve distance achieved.

**Discus:*** Technique: Push off with right leg, clear twist of the hips and snap left are cross chest.
* Ensure a great amount of spin to make the discus more stable

**Shot*** Consistent technique
* Clear push off with back foot, twist of hips and flick of the wrist

**Al throwing event:*** Appropriate angle of release
* Efficient transition between technical phases of movement

**Jumping events:****Long jump / Triple Jump*** Measure accurately run up for the event.
* Perform each movement in a controlled manner
* Adjust run up in order to hit the board consistently
* Efficient transition between technical phases of movements
* Flat foot take off – if take off from heel it will reduce speed and taking off on toes decreases stability
* When jumping bring heels up and head down towards knees
* Jump consistently
 | **Skills:*** Long and short barrier stop
* One-handed pick up and throw on the run.
* High two handed catching
* Low two handed catching
* Backstop/first base link
* Back up base cover positioning
* Batting – direction and placement of hit
* Running between the bases
* Umpiring and scoring the game correctly
 |
| **Lesson 2** |
| **Netball (Courts)** | **Hockey (3G)** | **Football (3G)** | **Rugby (3G)** | **Tennis (Courts)** | **Cricket (SH & 3G)** |
| **Knowledge:** * Set pieces/plays from a C pass
* Basic umpiring
* Penalty pass/obstruction/contact/held ball/throw in rules
* Types of passing short and long (when, where, how)
* Types of shooting
* Court positions and roles
* Attacking principles
* Defending principles
* Awareness of strengths/weaknesses of the team and other players
 | **Knowledge:** * Advanced game rules
* Pitch markings
* Ball control
* Types of passing
* Types of tackling
* Types of dribbling
* Attacking principles
* Defending principles
* Decision making
* Awareness of strengths/weaknesses of the team and other players
* Awareness of the rules and regulations of the game of hockey.
 | **Knowledge:*** Types of ball control
* Types and variety of passing
* Types of dribbling
* Types of shooting
* Attacking principles
* Defending principles
* Decision making
* Awareness of strengths/weaknesses of the team and other players
* Awareness of the rules and regulations of the game of football.
 | **Knowledge:*** Handling and carrying skills
* Ball control
* Types of pass
* Receiving the ball
* Attacking skills
* Introducing contact
* Rules of the game
 |  | **Knowledge:*** Throwing and catching techniques
* Fielding techniques
* Batting techniques-
* Tactical awareness
* Attacking and defensive awareness.
* Game awareness.
* Fielding positions, more complex variants depending on bowler, batter and game tactics.
* Rules of the game
* Bowling techniques-bowling to a tactical field setting.
* Line, length, pace, spin and flight of the ball.
 |
| **Skills:*** Chest, bounce, shoulder and overhead passing with accuracy
* 1,2 footwork, jump stop footwork on the move in the air and pivoting
* Ball handling; catching in the air and on the move
* Attacking; dodging, spin dodge, clearing out and changing speed
* Defending; marking the player without the ball, shadowing, interceptions
* Rebounding in the D
* Shooting; long and short distance
 | **Skills:*** More advanced passing including reverse stick passing: -push/drive/hit/slap/scoop
* Open or reverse passing: - flick open passing.
* Receiving and stopping the ball whilst on the move: showing appropriate grip and body position
* Receiving and stopping the ball using Reverse stick
* Dribbling: - ability to beat opponents using Indian dribble, close control and to outwit opponent on both sides.
* More advanced tackling including shave marking, marking the player without the ball/shadowing opponents
* Knowing when to pass/tackle/shoot/switch stick hands
* Knowing where to pass/tackle/shoot
* Making good decisions which pass to make with appropriate weighting etc
* Have Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays, short/penalty and long corners
* Show attacking positioning on the field
* Show defensive positioning on the field.
* Demonstrate awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game.
* Awareness of the rules and regulations of the game and their application (including refereeing signals).
 | **Skills:*** Advanced ball control using: using chest and thigh
* Non dominant foot passing
* Dominant foot shooting: including use of swerve and use of volleys
* Non dominant foot shooting
* Dribbling: • Ability to beat opponents
* Heading: both defensive or attacking
* Advanced marking: including the player without the ball.
* When to pass/shoot/dribble/tackle
* Where to pass/shoot/dribble/tackle
* Which pass to make
* Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays, corners
* Attacking positioning on the field
* Defensive positioning on the field
* Defensive ploys – man to man marking, zonal marking, positioning and organisation at set pieces, showing communication and command of area.
* Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game
* Awareness of the rules and regulations of the game and their application (including refereeing signals)
 | **Skills:*** Picking up a ball at speed: (Stationary/Moving/Falling on the ball)
* Passing: using both hands in either direction
* Off-loading the ball in contact
* Kicking the ball forward to gain ground
* Receiving: the ball on the move running forward with the ball, balanced running
* Beating opponents using side-step, feint, dummying and change of pace/direction.
* Try Scoring: including grounding the ball correctly with downward pressure knowing when and when not to use one/two hands
* Contact skills including tackling: using technique from front and side and tackling in close contact.
* Awareness of team strategies/tactics in attacking situations e.g. set piece plays including attacking positioning on the field
* Basic defensive positioning on the field including a straight collective line.
* Awareness of the basic rules and regulations of the game and their application.
 |  | **Skills:**Fielding-* One-handed pick up and throw on the run.
* Two-handed pick up and throw on the run.
* Close catching
* . Wicket-keeping-
* Stance and positioning.
* Low and high takes.
* Positioning to take the ball to complete a run out.
* To execute a stumping.

Batting-* Square cut and late cut.
* Drop and run.
* Angling bat to run the ball down and rotate the strike.
* Sweep shot
* Slog sweep shot
* On drive
* Straight drive.

Bowling-* Fast (pace) bowling including run up and delivery action.
* Swing bowling- grip and delivery action.
* Spin bowling-
* Grip and action for leg spin.

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**Physical Education Curriculum Overview**

**Year 9 – OCR GCSE PE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Physical Factors Affecting Performance** | **Physical Factors Affecting Performance** | **Socio-cultural Issues and Sports Psychology** | **Socio-cultural Issues and Sports Psychology** | **Physical Factors Affecting Performance** | **Physical Factors Affecting Performance** |
| * Components of fitness
* Training principles
* Optimising training
 | * Warm up
* Cool down
* Prevention of injury
 | * Characteristics of skilful movement
* Classification of skills
* Goal setting
* Mental preparation
 | * Types of guidance
* Types of feedback
 | * Location of major bones
* Functions of the skeletal system
* Types of synovial joint
* Types of movement
* Location of major muscle groups
 | * Roles of muscles in movement
* Lever systems
* Planes of movement
* Axes of rotation
 |
| **Skills:*** List and describe the 10 components of fitness
* Describe each of the fitness tests
* Analyse fitness test results comparing to normative data
* Describe SPOR and FITT linking a practical example to each
* Describe SMART goal setting and provide practical examples
* List and describe the 7 types of training
 | **Skills:** | **Skills:** | **Skills:** | **Skills:*** List the major bones in the body
* Apply examples of how the skeletal system performs its functions
* Identify major joints and explain types of movement possible at the joints
 | **Skills:** |

**Physical Education**

**Year 10 – OCR GCSE PE**

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| --- | --- | --- | --- | --- | --- |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Physical Factors Affecting Performance** | **Physical Factors Affecting Performance** | **Socio-cultural Issues and Sports Psychology** | **Socio-cultural Issues and Sports Psychology** | **Socio-cultural Issues and Sports Psychology** | **Socio-cultural Issues and Sports Psychology** |
| * Cardiovascular system
* Short term effects of exercise CV
* Respiratory system
* Short term effects of exercise respiratory
 | * Aerobic and anaerobic
* Long term effects of exercise on all body systems
 | * Physical activity
* Participation
* Promotion, provision, access
 | * Commercialisation
* Ethics in sport
 | * Drugs in sport
* Violence in sport
 | * Health, fitness and wellbeing
* Diet and nutrition
 |
| **Skills:*** The role of the double circulatory system.
* List the different types of blood vessel
* Describe the pathway of blood through the heart.
* Define heart rate, stroke volume and cardiac output
* The role of red blood cells.
* Describe the pathway of air through the respiratory system.
* The role of the diaphragm and intercostal muscles.
* Define breathing rate, tidal volume and minute ventilation.
* Understand the role of alveoli in gaseous exchange.
* List the short-term effects of exercise on the body systems with examples.
* Be able to collect and use data relating to short term effects of exercise
 | **Skills:*** Define aerobic and anaerobic exercise.
* List the long-term effects of exercise on the body systems with examples.
* Be able to collect and use data relating to long term effects of exercise.
 | **Skills:*** Describe the current trends in participation in a variety of physical activity and sports using sources from Sport England, NGB’s, DCMS.
* Analyse the 14 different factors that can affect participation in physical activity and sport.
* List and describe the strategies which can be used to improve participation (promote, provision, access)
* Apply examples from physical activity/sport to participation issues.
 | **Skills:*** List and describe the influence of the media on commercialisation (social/internet/TV/newspapers)
* Define commercialisation, sponsorship and media with reference to the golden triangle.
* Describe and analyse the positive and negative effects of the media on commercialisation with practical examples.
* Describe and analyse the positive and negative effects of sponsorship on commercialisation with practical examples.
* Define gamesmanship, sportsmanship and deviance in sport applying practical examples for these concepts.
 | **Skills:*** List reasons why sports performers use drugs.
* Describe and analyse with practical examples the 3 types of performance enhancing drugs (anabolic steroids/beta blockers/stimulants).
* Evaluate the impact of drug use on performers and the sport itself.
* List the reasons for player violence with practical examples in sport.
 | **Skills:*** Define health, fitness and well-being.
* List the different health of physical activity on physical, emotional and social health.
* List the consequences of sedentary lifestyle on physical, emotional and social health.
* Define balanced diet.
* List the components and functions of the balanced diet.
* Understand the effect of diet and hydration in physical activity including calculating energy balance.
* Apply practical examples from physical activity and sport to diet and hydration**.**
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**Physical Education**

**Year 11 – OCR GCSE PE**

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| --- | --- | --- | --- | --- | --- |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **AEP** | **Revision and Reteach Physical Factors** | **Revision and Reteach Physical Factors** | **Revision and Reteach Physical Factors** | **Exam preparation and technique** | **N/A** |
| * Components of fitness
* Skills overview for their activity
* Movement analysis
* Types of training
* Principles of training
 | * Location of major bones
* Functions of the skeletal system
* Types of joint and movement at a joint
 | * Muscles and movement
* Lever systems
* Planes and axes
* CV system
* Respiratory system
* Short term effects of exercise
 | * Long term effects of exercise
* Components of fitness
* Training principles
* Optomising training
* Warm up and cool down
 | * AO meanings
* Command words
* Underline, highlight technique
* PEEL technique
* QLA informed reteach
 |  |
| Skills:* List and evaluate own/peer physical test results on 10 components of fitness and compare them to normative data.
* List and analyse own/peer 10 components of fitness and justify relative importance in chosen activity applying examples.
* List the core and advanced skills including decision making and tactical awareness in your sporting activity and analyse how each of these skills will lead to a successful performance.
* Assess, using quantatitve and qualitative data on own/peers' strengths and weaknesses, in terms of skill and fitness in chosen activity.
* Describe the movement analysis of a specific skill in your activity.
* Classify the skill in the skill continuum.
* Provide an action plan to improve one aspect of performance - a weakness in skill or fitness. This plan will show:
	+ Identification and justification of chosen skill
	+ List and describe 4-6 Progressive drills and practices, including coaching points to improve skill/fitness
	+ Understanding of risk assessment in sport
	+ List, describe and apply Principles of training
	+ List, describe and apply application of SMART goals
	+ Improvements made in chosen skill/fitness over 6 weeks.
 | Skills:* Please see Year 9 Summer 1.
 | Skills:* Please see Year 9 Summer 2 and Year 10 Autumn 1.
 | Skills:* Please see Year 10 Autumn 2 and Year 9 Autumn 1.
 | Skills:* Analyse each examination question understanding whether it is Assessment objective (AO) 1/2/3.
* Define, describe and apply command words appropriately in written responses.
* Define, describe and apply the key words appropriately in written responses.
* Appropriately answer the AO in the exam question.
* Describe and apply PEEL when writing extended answer responses.
* List the annotations that OCR apply when answering questions.
* Analyse own performance in mock examinations to focus quality revision on areas of weakness whilst maintaining areas of strength.
 | Skills: |