

Physical Education Curriculum Vision, Aims and Overview

At Harefield School, our PE curriculum believes in providing all students with the opportunity to develop a lifelong love of participation. We believe we play an important part in all student's lives, helping them to make the right choices about leading healthy and active lifestyles. We also want them to develop a deeper understanding of stretches for all major muscle groups and those specific to an array of sports and to be able to discuss the major benefits of being healthy and living an active lifestyle both during school and post 16. Within our lessons, pupils will focus on developing, implementing and refining their team and individual skills and game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situations.

Key Aims of PE at Harefield School:

- Having fun and stimulating lessons
- Having a well-balanced curriculum from KS3 – KS4
- Offering pathway for student to excel at Level 2 & Level 3 BTEC
- Providing a high quality extra-curricular programme
- Giving students opportunities to develop leadership and coaching skills.

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	<p>Netball</p> <ul style="list-style-type: none"> ● Passing & footwork rule ● Creating space/outwitting opponents ● Attacking play/dodging ● Shooting ● Defending/positional awareness 	<p>Netball</p> <ul style="list-style-type: none"> ● Timing of pass/support play ● Attacking play/outwitting opponents ● Advanced Shooting ● Marking/defending 	<p>Netball</p> <ul style="list-style-type: none"> ● Use of space/court linkage ● Attacking principles ● Defending principles ● Tactics- centre pass/within the circle 	<p>Basketball</p> <ul style="list-style-type: none"> ● Developing / Securing Attacking/Outwitting an opponent. ● Developing / Securing shooting – lay up ● Developing / Securing Defence – Zone ● Developing / Securing Strategies for attack/ 3 man weave ● Developing / Securing Tactics 	<p>Basketball</p> <ul style="list-style-type: none"> ● Securing / Mastering Attacking/Outwitting an opponent. ● Securing / Mastering shooting – lay up ● Securing / Mastering Defence – Zone ● Securing / Mastering Strategies for attack/ 3 man weave ● Securing / Mastering Tactics
Autumn 2	<p>Hockey</p> <ul style="list-style-type: none"> ● Grip, Dribbling & Handling. ● Passing & receiving ● Outwitting opponents/use of space ● Shooting ● Defending/block tackle 	<p>Hockey</p> <ul style="list-style-type: none"> ● Dribbling & movement with the ball ● Passing & reverse stop ● Creation of space/attacking principles ● Defending/jab tackle ● Advanced Shooting 	<p>Badminton</p> <ul style="list-style-type: none"> ● Securing overhead/Underarm Clear ● Securing drop shot ● Securing the smash shot ● Securing doubles and singles tactics 	<p>Badminton</p> <ul style="list-style-type: none"> ● Securing / Mastering overhead/Underarm Clear ● Securing / Mastering drop shot ● Securing / Mastering the smash shot ● Securing / Mastering doubles and singles tactics 	<p>Badminton</p> <ul style="list-style-type: none"> ● Mastering overhead/Underarm Clear ● Mastering drop shot ● Mastering the smash shot ● Mastering doubles and singles tactics
Spring 1	<p>Badminton</p> <ul style="list-style-type: none"> ● Introduction to the Grip and ready position ● Introduction to 	<p>Badminton</p> <ul style="list-style-type: none"> ● Developing / Securing overhead/underarm Clear ● Developing / Securing drop shot 	<p>Rugby</p> <ul style="list-style-type: none"> ● Passing & Use of space ● Outwitting opponents- 5 vs 3 ● Tag tackling + rucking 	<p>Rugby</p> <ul style="list-style-type: none"> ● Developing / Securing Passing & Use of space ● Outwitting opponents- 5 vs 4 	<p>Rugby</p> <ul style="list-style-type: none"> ● Securing / Mastering Passing & Use of space ● Outwitting opponents- 5 vs 4

	<ul style="list-style-type: none"> Overhead/Underarm Clear ● Introduction to the Drop shot ● Introduction to the Smash ● Doubles and singles tactics 	<ul style="list-style-type: none"> ● Developing / Securing Smash ● Developing / Securing doubles and singles tactics 	<ul style="list-style-type: none"> ● Restarting play-line outs 	<ul style="list-style-type: none"> ● Developing / Securing Tag tackling & Rucking + Mauling ● Restarting play-line outs 	<ul style="list-style-type: none"> ● Securing / Mastering Tag tackling ● Restarting play-line outs
Spring 2	<p>Football</p> <ul style="list-style-type: none"> ● Intro Passing – Side Foot ● Intro Dribbling, Control & Turning ● Passing and movement off the ball. ● Intro Shooting ● Attack/outwitting an opponent ● Defensive/tackling techniques 	<p>Football</p> <ul style="list-style-type: none"> ● Develop Passing ● Dribbling, Turns and Outwitting a defender ● Develop Attack. ● Develop Shooting ● Heading ● Defensive strategies/tactics 	<p>Football</p> <ul style="list-style-type: none"> ● Developing / Securing Passing ● Developing / Securing Control & Turning ● Developing / Securing Attack/Beating an opponent ● Developing / Securing Shooting ● Developing / Securing Defensive Tactics ● Developing Set Plays 	<p>Football</p> <ul style="list-style-type: none"> ● Securing Passing ● Securing Control & Turning ● Securing Attack/Beating an opponent ● Securing Shooting ● Securing Defensive Tactics ● Developing / Securing Set Plays 	<p>Football</p> <ul style="list-style-type: none"> ● Securing / Mastering Passing ● Securing / Mastering Control & Turning ● Securing / Mastering Attack/Beating an opponent ● Securing / Mastering Shooting ● Securing / Mastering Defensive Tactics ● Developing / Securing Set Plays
Summer 1	<p>Cricket</p> <ul style="list-style-type: none"> ● Ball familiarisation/catching ● Fielding ● Bowling ● Batting ● Game situations/basic strategies 	<p>Cricket</p> <ul style="list-style-type: none"> ● Fielding practice ● Batting-drive shot ● Batting- pull shot ● Bowling-run up development ● Batting calls/basic field placement. 	<p>Rounders</p> <ul style="list-style-type: none"> ● Throwing/catching/fielding ● Bowling development ● Batting development ● Fielding roles/outwit opponents ● Evaluation of tactics/peer assessment 	<p>Rounders</p> <ul style="list-style-type: none"> ● Developing / Securing Throwing, Catching & Fielding ● Developing / Securing Bowling Skills ● Developing / Securing Batting Skills ● Developing / Securing Fielding Roles & Outwit Opponents ● Evaluation of tactics/peer assessment 	Examinations
Summer 2	<p>Athletics</p> <ul style="list-style-type: none"> ● Intro running style (100/200/400m) ● Intro pace running – 800m ● Intro Jumping- long jump ● Intro Throwing – shot put ● Intro Throwing - javelin ● Intro Relay ● Sports Day prep 	<p>Athletics</p> <ul style="list-style-type: none"> ● Developing / Securing Running style (100/200/400m) ● Developing / Securing Pace running – 800m ● Developing / Securing Jumping- long jump/ high jump ● Developing / Securing Throwing – shot put ● Developing / Securing Throwing - javelin ● Developing / Securing Relay ● Sports Day prep 	<p>Athletics</p> <ul style="list-style-type: none"> ● Securing Running style (100/200/400m) ● Securing Pace running – 800m ● Securing long jump / high jump ● Securing Throwing – shot put ● Securing Throwing - javelin ● Securing Relay ● Sports Day prep 	<p>Athletics</p> <ul style="list-style-type: none"> ● Securing / Mastering Running style (100/200/400m) ● Securing / Mastering Pace running – 800m ● Securing / Mastering Jumping- long jump/high jump ● Securing / Mastering Throwing – shot put ● Securing / Mastering Throwing - javelin ● Securing / Mastering Relay ● Sports Day prep 	

