

Parklands High School PE Curriculum

Year 7 Curriculum													
Type	Invasion		HRF	Invasion	Outdoor Adventure	Net	Focus: Personal Development						
Activities	Netball NG	Rugby HS	Handball NG	Baseball NG	Orienteering GM	Badminton CS	Gymnastics GM	Dance GM	Rugby RS	Handball RS	Table Tennis MG	Athletics Double NG	Cricket NG
Knowledge	- Know the three types of passing - Know footwork rule - Know how to defend (mark the player) - Know what stage 2 defending (mark the ball) - Know the contact rule - Know how to outwit a performer.	- Know how to do a short pass effectively and when we would use this pass - Know how to dribble the ball effectively using dominant foot - Know how to shoot with accuracy and why we would aim for the corners - Know how to tackle effectively - Know how to transition to 2v1 attacking	- Know how to use the equipment safely - Know correct term effects of exercise on CV - Know how you can follow a training programme - Know your own specificity in a training programme - Show continuous training on the CV equipment - Show specificity in weight training, muscular strength vs muscular endurance - Show you can work at a high level level	- Know how to do a chest pass, and bounce pass and when to use these passes. - Know how to dribble the ball effectively using dominant hand - Know how to set shot in isolation - Know how to defend effectively - Know how to attack in a 2v1 situation - Know the contact, double dribble and travelling rules	- Know how to orientate a map. - Know and understand symbols on a small course. - Know how to orientate around an oval course.	- Know some court markings - Know how to perform short backhand serve - Know how to perform a long backhand serve - Know how to perform overhead clear - Know some basic rules to play singles	- Know what makes a good balance - Know how to perform 1,2,3 & 4 point balances - Know how to perform partner balances - Know how to create basic choreography - Know how levels are in dance - Know what formations are in choreography - Know how to create a balance sequence that is aesthetically pleasing.	- Know how to identify beats, counts and rhythms in music - Know how to learn basic taught choreography - Know how to create basic choreography - Know how levels are in dance - Know what formations are in choreography - Know how to create a balance sequence that is aesthetically pleasing.	- Know how basic pass is performed - Know how agility helps in rugby - Know that passing backwards is a rule in Rugby - Know how to pass backwards in a competitive 2v1 situation - Know how to structure a 2v2 game	- Know what a standing pass/catch is in Handball - Know how to dribble in handball - Know how to perform a standing shot in handball - Know the basic rules of handball to structure a small sided game	- Know how to serve and rules of service in singles play - Know how to play in a practise - Know how to play a backhand push shot - Know how to play the forehand topspin shot - Know some basic rules to play singles	- Know how to do a sprint start - Know how to run a 200m. - Know how to take a race off start - Know how to do a relay change over - Know how to hold a discus - Show the correct technique in shot, javelin - Know how to perform a standing throw in Seif, Javelin.	- Know how to hold the ball correctly and the correct batting stance - Know how to run between the wickets with a partner - Know the rules for run outs, bowled and caught in cricket - Know how to bowl overarm - Know how to use the long barrier when fielding - Know how to score points.
Skills	- Show passes in a practise - Show footwork in a drill - Show how to defend on the move - Show stage 2 defending in a practise - Show how to outwit a performer in a drill	- Show how to do a short pass to a teammate in isolation - Show how to dribble effectively in isolation - Show how to shoot with accuracy in isolation - Show how to tackle effectively 1v1 and 2v1 using the black tackle - Show how to get into space when attacking 2v1	- Show how to use the equipment safely - Show correct technique in weight training - Know how to use the cardiovascular and resistance machines safely and effectively - Show your own specificity in a training programme - Show continuous training on the CV equipment - Show specificity in weight training, muscular strength vs muscular endurance - Show you can work at a high level level	- Show how to perform a chest pass/ bounce pass in isolation - Show how to dribble the ball effectively using dominant hand - Show how to set shot in isolation - Show how to defend effectively in a 1v1 situation - Show how to attack in a 2v1 situation using strength vs muscular endurance - Show the contact, double dribble and travelling rules	- Show how to orientate a map and find your way around various small orienteering courses, showing an understanding of the map symbols.	- Show a good quality serve using correct rules - Show how to control to perform a rally with a partner - Show how to perform a good quality overhead clear in isolation - Show how to perform a good quality overhead clear shot in isolation - Show the knowledge to keep score.	- Show you can perform a variety of individual balances with body tension - Show that you can perform a variety of partner balances with body tension - Show how to create a balance and a counter tension balance with a partner. - Show how to give effective feedback to a sequences with a variety of travelling actions.	- Show that you can perform a variety of dance moves in time to the music. - Show that you can learn basic taught choreography - Show that you can create basic choreography including changes in formations and levels.	- Show how basic pass is performed - Show how agility helps in rugby - Know how to pass backwards in a competitive 2v1 situation - Show how to structure a 2v2 game	- Show what a standing pass/catch is in Handball - Show how to hold a discus - Show how to perform a standing shot in handball - Show the basic rules of handball to structure a small sided game	- Show a good quality serve using correct rules - Show the control to perform a rally with a partner - Show how to perform a good quality forehand push shot in isolation - Show a good quality backhand push shot in isolation - Show a good quality forehand topspin shot in isolation - Show the knowledge to officiate a game	- Show how to do a sprint start - Show running the bend in 200m - Show how to take a race off start - Show a relay changeover in a practise - Show how to hold a discus - Show the correct technique in shot, javelin - Show an appropriate warm up for specific athletic events	- Show that you can hit the ball in different directions - Show that you can run effectively with a partner when batting to score runs - Show the ability to umpire and play a small sided game with run outs, bowled and caught - Show that you can bowl overarm from a standing position - Show the correct technique for the long barrier when fielding
Transferable	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Resilience - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Problem Solving - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Communication - Resilience - Self-Confidence - Self Management	- Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management
Theory	- Pupils to learn the 5 stages of a warm up and implement these at the start of lessons - pulse raiser, mobility, stretches, dynamic movements and skill rehearsal												
Assessment	Pupils will assessed on their knowledge and skills over the activity. Pupils will assess themselves and their peers using the RAGP method. Over the whole year pupils will be assessed in their personal skills development. See KS3 Assessment PRAG Hubs												
End Point	Pupils will be able to play a small game of netball using correct footwork and passing choices and how to attack and defend in adapted scenarios.												
Year 8 Curriculum													
Type	Invasion		HRF	Invasion	Outdoor Adventure	Net	Focus: Health, Fitness & Wellbeing						
Activities	Netball	Football	HRF	Baseball	Orienteering	Badminton	Gymnastics	Dance	Rugby	Handball	Table Tennis	Athletics	Cricket
Knowledge	- Know what a pivot is - Know how to defend, feint/spin - Know the rule displaying - Know how to reoffer - Know the positions of GS/GK	- Know how to do a short pass effectively under pressure - Know how to dribble with both feet the ball effectively past a defender - Know how to shoot with accuracy from different angles - Know how to play a player and understand why - Know how to attack in 3v2 attacking set up	- Know some methods of training - HIT, Interval, weights and Circuit - Know the 11 muscles of the body and exercises. - Know how to progression in a training programme (recap specificity) - Know what a training programme should include, warm up, session, cool down	- Know how to do a chest pass, and bounce pass and when each one is used - Know how to dribble the ball effectively using either hand - Know how to set shot and jump shot in a pressurised situation - Know how to defend in a 2v1 situation - Know how to attack as a team use space	- Know how to orientate a map of the school (10-20 points) - Know how to plan a basic route. - Know how to plan to complete orienteering competitively.	- Know singles court markings - Know how to perform short and long serves - Know how to perform an overhead clear - Know how to perform a good quality overhead clear - Know all rules to play singles - Know appropriate shot to select in a competitive situation	- Know how to create the card and sequence of the key rules of badminton and to be able to play a range of simple shots with a partner.	- Know how to complete a dance specific warm up. - Know what makes a dance performance successful. - Know how to plan to define cannon, union & accumulation. - Know how to use cannon, union & accumulation in basic choreography.	- Know how players support their teammates to pass - Know that passing on the move improves performance - Know how to pass to a rearer the game after a tackle - Know how contact is used in Rugby (pads) - Know when to pass backwards in a competitive 2v1 situation - Know how to structure a 3v3 tag game	- Know what a moving pass/catch is in Handball - Show how to dribble in handball under pressure - Know how to perform a running shot in handball. - Know the rules of handball to structure a Small sided game.	- Know why we would serve to different areas on the table - Know how to play the forehand backspin shot - Know how to play a backhand backspin shot - Know how to play the forehand smash shot - Know all rules to play singles	- Know how to do a sprint start - Know the rules in starting in short/middle distance - Know tactics in a race - Know what pacing is required for certain times - Know how to do a relay change - Know how to hold a discus - Know the Fosbury flop in HJ - Know how to perform the next stage in throwing events eg. steps, shot put turn (below).	- Know how and why to play a defensive shot in cricket with soft hands - Know how to play the straight drive - Know how to bowl overarm with a run up - Know how to bowl in bowling including no balls and wides - Know the rules for bowling including wide, no ball, leg/side, full - Know how to use the pick up and throw when fielding
Skills	- Show the pivot in footwork and a small game - Show how to defend a full size game - Show shooting technique - Show how to play in a game - Show small sided games with some rules.	- Show how to do a short pass to a teammate under pressure - Show how to dribble effectively in past on a defender - Show how to shoot with accuracy from different angles including cut on the ball - Show how to play a player and tackle effectively - Show how to get into space when attacking 3v2	- Show an exercise that focuses on each area under pressure - Know social benefits of training and be able to use the CV - Show how to progression in a training programme - Show your own circuit training session. - Show you can follow a training programme	- Show a chest pass and a bounce pass in the pressurised situation - Show how to dribble using dominant and off hand - Show the set shot and jump shot in a pressurised situation - Show how to defend effectively in a 2v1 situation - Show you can attack with good use of space	- Show how to orientate a larger map that is much more complex including a map of the area - Show how to follow a map to different points - Show you can follow a basic route to follow points - Show you can successfully complete other.	- Show a good quality serve using correct rules - Show a good quality overhead clear in a structured rally - Show how to play a good quality overhead clear shot in isolation. - Show good positioning on court. - Show basic knowledge to officiate a game.	- Show how to create and perform gymnastic sequences demonstrating a range of effective balances. - Know how to create and perform gymnastic sequences demonstrating a range of effective balances.	- Show that you can perform basic dance movements successfully - Show how to create and perform a variety of dance movements successfully - Show how to create and perform a variety of dance movements successfully - Show how to create and perform a variety of dance movements	- Show how players support their teammates to pass - Know how to pass backwards in a 2v1 game - Show you can structure a 3v3 tag game - Show how contact is used in Rugby (pads)	- Show what a moving pass/catch is in Handball - Show how to dribble in handball under pressure - Show how to perform a running shot in handball. - Show the rules of handball to structure a Small sided game.	- Show a good quality serve to areas of the table - Show a good quality forehand backspin shot - Show a good quality backhand backspin shot in isolation - Show a good quality forehand smash shot in isolation - Show the knowledge to officiate a game	- Show spinning the ball in a race - Show running the bend in 200m race - Show pacing in a 800/1500m race - Show the Fosbury flop/scissors technique in HJ - Show the correct technique in shot, javelin. - Show an appropriate warm up for specific athletic events	- Show the ability to play a defensive shot in isolation - Show the straight drive in isolation - Show the ability to bowl overarm with a run up - Show the ability to umpire and play a small sided game with wides and no balls - Show the ability to use the pick up and throw when fielding in a drill
Transferable	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Resilience - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Problem Solving - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management	- Communication - Resilience - Leadership - Self-Confidence - Self Management	- Communication - Resilience - Leadership - Self-Confidence - Self Management	- Teamwork - Communication - Resilience - Leadership - Self-Confidence - Self Management
Theory	Pupils to learn the 11 major muscles in the body - Biceps, triceps, quadriceps, hamstrings, gastrocnemius, abdominals, pectorals, latissimus dorsi, trapezius, deltoid, gluteus. Pupils to still do the 5 stage warm up. Pupils to learn the 10 components of fitness and how they link to each sport - CE, ME, balance, agility, reaction time, flexibility, power, strength, coordination 6 speed. Pupils to learn benefits of a healthy active lifestyle.												
Assessment	Pupils will assessed on their knowledge and skills over the activity. Pupils will assess themselves and their peers using the RAGP method. Over the whole year pupils will be assessed in their personal skills development. See KS3 Assessment PRAG Hubs												
End Point	Pupils will be able to play a small game of netball using correct footwork and passing choices and how to attack and defend in adapted scenarios.												
Year 9 Curriculum													
Type	Invasion		HRF	Invasion	Outdoor Adventure	Net	Focus: Leadership Skills						
Activities	Netball (Girls)	Football	HRF	Baseball (Boys)	Orienteering	Badminton	Trampolining	Dance (Girls)	Rugby	Handball	Table Tennis (Boys)	Athletics	Cricket
Knowledge	- Know the positions starting points - Know the rules at C pass - Know how to lead a warm up	- Know how to pass effectively under pressure and keep possession - Know how and when to dribble the ball effectively in a small sided game - Know how to shoot with accuracy from different angles and distances - Know how to defend as a team - Know how to attack in 4v3 attacking set up	- Know what aerobic training and anaerobic training is. - Know social benefits of exercise - Know why we use a training programme - Know how to progression in a training programme, recap SPECIFICITY and PROGRESSION	- Know how to keep possession of the ball in a pressurised situation - Know how to use either hand to protect the ball whilst dribbling - Know how to defend as a team using player marking - Know how to attack as a team around the key area	- Know how to orientate a larger map (30 points) - Know all the symbols on the map. - Know how to plan a route with some accuracy - Know how to plan to complete orienteering competitively.	- Know singles court markings - Know how to perform short and long serves - Know how to perform an overhead clear - Know how to perform a good quality overhead clear - Know all rules to play singles - Know appropriate shot to select in a competitive situation	- Know how to create the card and sequence of the key rules of badminton and to be able to play a range of simple shots with some accuracy in a competitive situation.	- Know how to complete a dance specific warm up. - Know what makes a dance performance successful. - Know how to plan to define cannon, union & accumulation. - Know how to use cannon, union & accumulation in basic choreography.	- Know how players support their teammates to pass within a game - Know different types of pass, basic/passing - Know the different types of kicks in rugby - Know how to pass backwards in a 3v3 game - Know you can structure a 5v5 tag game	- Know how to dribble with non dominant hand - Know when to pass backwards in a game - Know how to perform a running shot in handball. - Know the rules of handball to structure a Small sided game.	- Know how to do a high pass serve - Know when and when we would play the backspin shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - Know how to play the backhand smash shot - Know how to play the forehand smash shot - 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