



Rayner Stephens
HIGH SCHOOL

Curriculum
Intent
for
PE

Our intent is to provide students with a high-quality and ambitious curriculum which will prepare our students for an active and healthy lifestyle. Our students will have the opportunity to become physically confident through developing their own health and fitness.

Our curriculum has been carefully designed to ensure that learning builds and links to previous knowledge, we are constantly developing and challenging students to allow them to make progress. Each year, students will develop motor skills (fundamentals in movement), sport specific skills, increase their knowledge and application of fitness, develop an understanding of tactical awareness and use their leadership skills. Students will be physically active for sustained periods of time, have the confidence to engage successfully in competitive and non-competitive activities, evaluate performances, lead active and healthy lifestyles, build character and respect, to support them in the community.

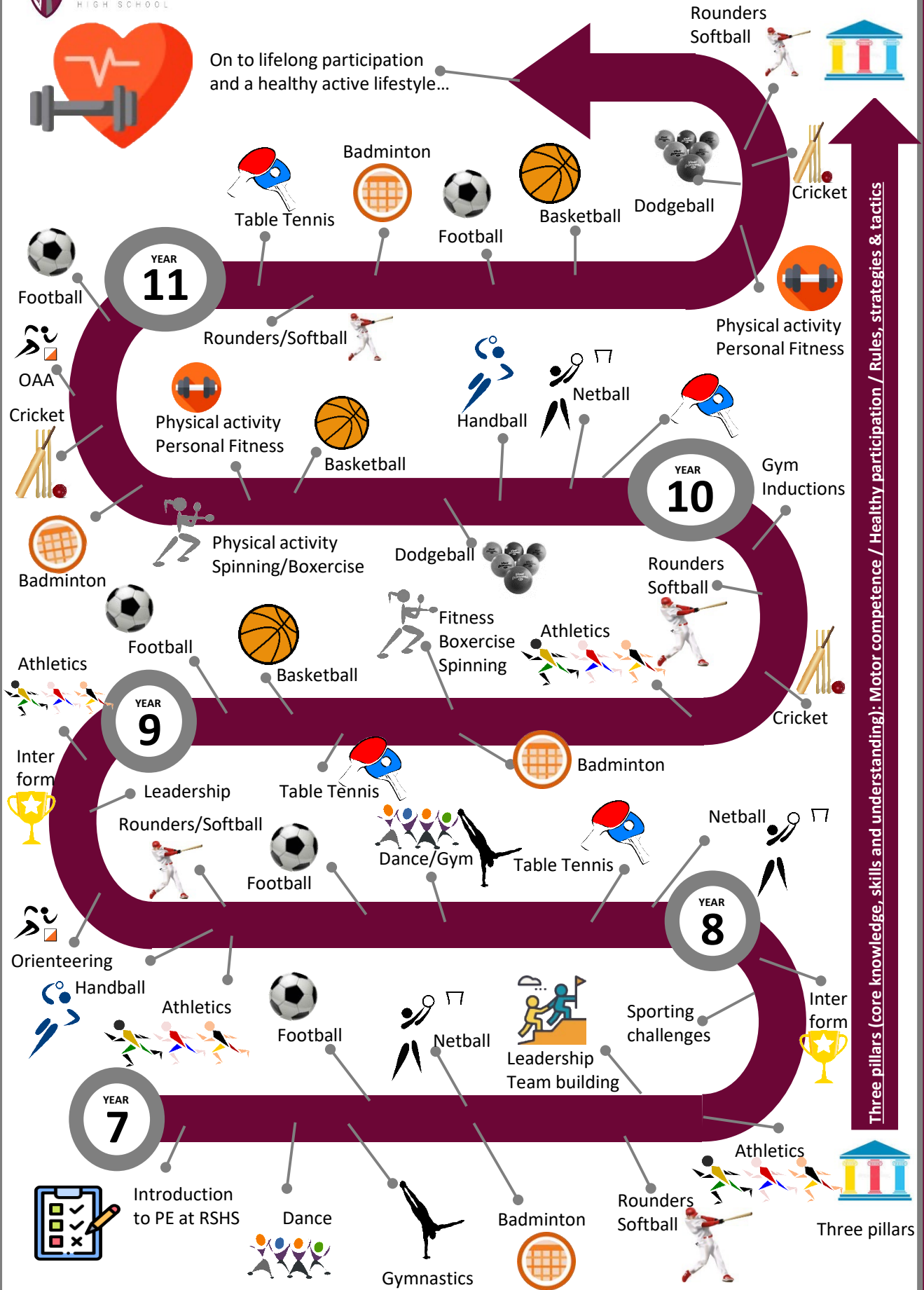
The transition into KS4 will further develop their strategies, techniques, and opportunities for competitive sport. Students can opt into a sporting pathway via BTEC Sport and BTEC TECH Health and Social care. These courses will allow the students to progress on to similar (higher) further education courses

Our aim is to ensure that students leave us with the confidence and interests in a range of sports and physical activities to have lifelong participation in sport. Students should fully understand and appreciate the importance of health and physical activities.

Core PE Learning Journey



On to lifelong participation and a healthy active lifestyle...



Three pillars (core knowledge, skills and understanding): Motor competence / Healthy participation / Rules, strategies & tactics

Three pillars

Year 7 – Physical Education

Curriculum intent
 The year 7 curriculum is designed to develop learners in a range of sports, with a suitable amount of time to enable them to progress. They will take part in an induction unit focussing on the motor competence in a range of activities. Each student will perform in a range of activities and sports throughout the year to develop healthy participation. They will also develop their understanding of rules and regulations, tactics and health related components. Students will develop an understanding of fair play and improve on it throughout the year

Term	Carousel 1 (Autumn)	Carousel 2 (Spring)	Carousel 3 (Summer)
-------------	----------------------------	----------------------------	----------------------------

Knowledge	<p>Learners will develop an understanding of the fundamentals of movement in an induction unit using a range of physical and skill related components.</p> <p>Learners will develop an understanding of how to perform the basic skills and techniques of throwing, catching, passing, dribbling, shooting in team games. An understanding of basic rules and regulations in Team games. (football / Netball / Handball.)</p> <p>They will develop an understanding of Fair play and respect in a team game.</p> <p>Learners will understand a 3 part warm up, with the opportunity to lead their partner, group or team.</p>	<p>Students will develop an understanding of the:</p> <p>Net game – Badminton Understand how to serve and play overhead shots Understand the rules for singles play</p> <p>Understand how to link actions together to create motifs in Dance</p> <p>Understand how to link actions together in gymnastics to create sequences</p> <p>Develop an understanding of how to respect each other through games and reviewing aesthetic elements</p> <p>Understand how to Lead elements of the warm up within in pairs and small groups</p>	<p>Students will develop an understanding of how to perform different skills and techniques, the rules and regulations for a striking and fielding game and Team building activities.</p> <p>Develop an understanding of how to play a strike and fielding game, knowing basic rules and regulations to enable games to be played independently.</p> <p>Develop an understanding of leadership through OAA activities.</p> <p>Develop ways to be resilient to solve problems in team and individual activities</p> <p>Know how to lead elements of the warm up specific to their sport/activity</p>
------------------	---	--	---

Skills	<p>Fundamentals of movement challenge themselves in a range of skill and physical challenges and activities which combine speed, agility, coordination, aerobic and muscular endurance.</p> <p>Team games – Handball/Football/Netball Develop skills in Handball – football – Short passing, close control, dribbling and shooting</p>	<p>Net game – Badminton Develop stance, footwork, flick serve and over head shots to be able to rally and play competitively</p> <p>Dance Replicate actions with control Move to music Create motifs from replicated actions and their own creations</p>	<p>Striking/Field games – Rounders and cricket Throwing overarm /underarm Catching - high and low Hitting – drive shot / Batting – within the field of play Bowling – with control</p> <p>Team building and Problem Solving/Orienteering Develop ways to communicate Communicate to complete challenges Discuss, adapt and solve challenges Orientate a map and follow</p>
---------------	---	--	--

	Netball – Passing and catching, footwork, shooting	Gymnastics Develop Balance, travel and roll actions Link actions together to create sequences Use low level apparatus safely		Locate and place control points	
Assessments	Formative ongoing assessment throughout schemes of learning based on the 8 statement topic overviews End of activity Teacher assessment – Using the 8 PE statement Topic overviews	Formative ongoing assessment throughout schemes of learning based on the 8 statement topic overviews End of activity Teacher assessment – Using the 8 PE statement Topic overviews		Formative ongoing assessment throughout schemes of learning based on the 8 statement topic overviews End of activity Teacher assessment – Using the 8 PE statement Topic overviews	
Enrichment	Extracurricular clubs Netball Football Badminton Table Tennis Rugby Inter form – Lineball game	Extra-curricular clubs Futsal Netball Basketball Table Tennis Dodgeball Core PE - New sporting challenge	Extra-curricular clubs Futsal Basketball Table Tennis Dodgeball Inter form Team competition - Dodgeball	Extra-curricular clubs Cricket Rounders Basketball Dance Core PE - New sporting challenge	Extra-curricular clubs Softball Rounders Badminton Trampoline Basketball Inter form Athletic competition

Year 7 Physical Education Spring Term Knowledge Organiser

Key Vocabulary:

1	Human Skeleton	an internal framework of bone, cartilage, or other rigid material supporting or containing the body of an animal or plant:
2	Functions	an activity that is natural to or the purpose of a person or thing:
3	Support	bear all or part of the weight of; hold up:
4	Protection	The bones protect the vital organs
5	Warm up Cool down	Warm up – to prepare your body and mind to perform Cool down – to promote recovery to return the body back to pre work out level
6	Skeletal muscle	Skeletal muscle is joined to bones. Its cells contract to make bones move and joints bend.
7	Contract Relax	Muscles work together so one relaxes and one contracts

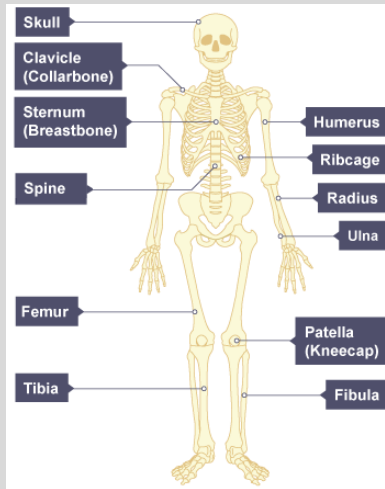
Physiology - The human body

8 The skeleton

The adult human skeleton consists of 206 bones.

There are different types of bones, such as:

- Femur = long bone
- Scapula (shoulder blade) = flat bone
- Vertebrae = irregular bones
- Patella (knee), carpels and tarsals = short bones



9 Functions of the Skeleton

The skeleton has four main functions:

- to support the body
- to protect some of the vital organs of the body
- to help the body move
- to make blood cells

10 Muscles

Your muscles are made of bundles of muscle cells forming muscle tissue. Muscles can only contract and relax, so they always work in pairs called antagonistic muscles. Skeletal muscle is joined to bones. Its cells contract to make bones move and joints bend. There are over 650 muscles in the human body.

Preparing for P.E

11 Warming up

Pulse raiser – GETTING YOUR HEART RATE UP - Slow to fast
 Jogging / side stepping / heel flicks / high knees

Stretch and exercise – MOBILISING MUSCLES AND JOINTS

Stretch – the MAJOR muscles you will use
 Exercises - Star jumps / tuck jumps / squats / lunges

Activity challenges - PREPARING THE MIND

Foxes and rabbits / Tag
 Keep ball / rondo / piggy in middle

12 Cooling down

A cooldown is to promote recovery and return the body to a pre-exercise or pre-workout level.

A relaxing range of stretching exercises



13 School focus

RESPECT – BE polite and considerate
 Shaking hands after the game

RESILIENCE – Positivity
 Trying that skill again even though its difficult

ASPIRATION – belief in our self
 What can I do to improve my performance

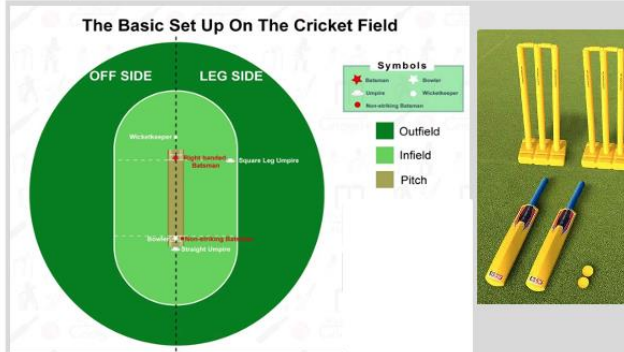
Year 7 Physical Education Spring Term Knowledge Organiser

Key Vocabulary:

1	Teamwork	The activity of working together in a group with other people, especially when this is successful:
2	Orientate	to discover your position in relation to what is around you:
3	Communication	a process by which information is exchanged between individuals verbally and non-verbally
4	Striking (batting)	the action of hitting a ball with a bat, especially in cricket or rounders
5	Bowling	the action/technique used by a bowler to a batter in rounders or cricket
6	Fielder	a player who in a defensive position while the other side is batting
7	Defence Attack	The two sides in a game of cricket or rounders Defence = Fielder Attack = Batters

Cricket

8 Pitch setup

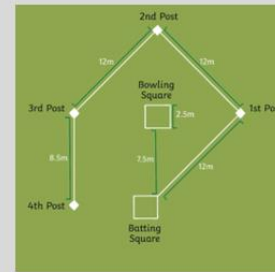


Object of game – to score more runs than your opponent

Out – Caught by a fielder / bowled by the bowler / stumps hit when you run between wickets

Scoring – you hit the ball and run between the wickets

9 Rounders – PITCH SETUP Striking and fielding techniques



Object of game – to score more runs than your opponent

Out – Caught by a fielder / Base stumped you are running to

Scoring – Hit the ball and run to the bases – 2nd base ½ rounder / 4th base = full rounder

OAA

10 Team building

Verbal



Non verbal



Team work



Verbal – speaking and listening to each other to complete a task effectively

Non verbally – using signs, body language other methods to each other to complete a task effectively

Teamwork – working together to complete a task in the most efficient way possible

11

Orienteering

Keep the map orientated at all times, i.e. align north on the map to north in the field.

“Thumb” the map. Means that you grip the map with your thumb just below the exact spot where you are. This is a very simple but effective way of avoiding a common mistake – reading the wrong part of the map.

