



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...

Rounders
Softball



Football

YEAR
11

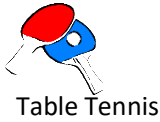


Table Tennis



Badminton



Football



Basketball

Dodgeball



Cricket



OAA



Cricket



Physical activity
Personal Fitness



Basketball



Handball



Netball

YEAR
10

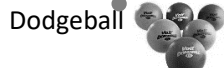
Gym
Inductions



Badminton



Physical activity
Spinning/Boxercise



Dodgeball

Rounders
Softball



Athletics



Football



Basketball



Fitness
Boxercise
Spinning



Athletics

Rounders
Softball



Cricket



Inter form

Leadership



Table Tennis



Badminton

Rounders/Softball



Football



Dance/Gym



Table Tennis

Netball



Orienteering



Handball

Athletics



Football



Netball



Leadership
Team building

Sporting
challenges



Inter form

YEAR
7



Introduction
to PE at RSHS

Dance



Gymnastics



Badminton

Rounders
Softball



Athletics



Three pillars

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

Year 8 – Physical Education

<p>Curriculum intent</p>	<p>The year 8 curriculum is designed to enhance and progress the student's ability in the range of sports and activities focussed on in Year 7 to create a greater depth of skills, knowledge and understanding. The Year students will also be working on new activities and sports. Each student will embed their understanding of rules and regulations, tactics and health related components. Students will be focusing on how to have an active and healthy lifestyle and continue a fair play focus.</p>		
<p>Term</p>	<p align="center">Carousel 1 (Autumn)</p>	<p align="center">Carousel 2 (Spring)</p>	<p align="center">Carousel 3 (Summer)</p>
<p>Knowledge</p>	<p>Students will further develop their understanding of how to perform a range of skills and techniques, developing an understanding of some advanced skills. They will know how to enforce rules and regulations from the previous unit in individual and team games.</p> <p>Students will develop an understanding of an attacking a defensive tactic in team and individual activities and team sports</p> <p>The students will develop their ability to lead a warm up in pairs and small groups – with some taking the lead</p>	<p>Students will develop their understanding of rules and regulations in a net game or team game and</p> <p>Students will develop an understanding of a range of Dance traditions and techniques and how to safely balance and use flight in gymnastics.</p> <p>Learners will develop an understanding of tactics in team and individual games. They will develop an understanding of how to link and create dance motifs and gymnastic sequences</p> <p>Learners will work on their respect when watching others performing, to give constructive feedback</p> <p>The students will develop their ability to lead a warm up in groups</p>	<p>Students will develop an understanding of striking games and athletic activities rules and regulations</p> <p>Students will build on their Y7 leadership skills to work towards a leadership award</p> <p>They will continue to focus on Fair play in strike and field and athletic activities and build resilience through leadership</p> <p>The students will develop their ability to lead a warm up in groups in different activity areas</p>
<p>Skills</p>	<p>Team games Netball/Handball/Football – Continue to Consolidate passing, control, dribble and shooting skills with the ability to apply them more consistently in challenges and games. They will look at more technical skills such as tackling in football, jump shots in Handball and advanced passing skills in Netball.</p> <p>Table tennis Develop forehand and backhand push shot and serves in challenges, rallies and game play. Develop the ability to play singles and doubles.</p>	<p>Badminton Building on overhead shots and serve from the previous unit applying them more consistently in challenges and games. They will develop the smash shot and drop shot.</p> <p>Football Consolidate passing, control, dribbling and shooting skills and techniques. Developing new tackling techniques and longer and direct passing skills, using dribbling and shooting with more accuracy and control in game play.</p>	<p>Athletics – developing running and throwing actions to increase speed and distance</p> <p>Strike and field – students will develop the skills needed to play competitive games in rounders or softball.</p> <p>Leadership – students will plan and lead sessions in a strike a field or OAA activity</p>

	<p>Play fairly by rules and regulations for singles and doubles</p> <p>Develop a team ethic and resilience to complete challenges</p>	<p>Dance Replicate and elaborate traditional and historical dance actions and motifs. Students will create motifs based on traditional dances, improve them, perform and evaluate each others performance</p> <p>Gymnastics Develop Travelling, rolling and balancing techniques. Replicating and creating partner and group balances in sequences. Used control on low level flight. Create, perform and evaluate their own and others techniques</p>	
Assessments	<p>Topic overview at the end of each activity using the PE 8 can statements</p> <p>Students will be baseline assessed (in game activities) to support groupings</p> <p>Students will be formatively assessed through the unit using the 'Can' statements</p>	<p>Topic overview at the end of each activity using the PE 8 can statements</p> <p>Students will be baseline assessed (in game activities) to support groupings</p> <p>Students will be formatively assessed through the unit using the 'Can' statements</p>	<p>Topic overview at the end of each activity using the PE 8 can statements</p> <p>Students will be baseline assessed (in game activities) to support groupings</p> <p>Students will be formatively assessed through the unit using the 'Can' statements</p>
Enrichment	<p>Extracurricular clubs</p> <p>Netball Football Badminton Table Tennis Rugby</p> <p>Inter form challenge – Dodgeball</p>	<p>Extra-curricular clubs</p> <p>Football / Futsal Basketball Table Tennis Dodgeball Dance Spinning/Boxercise</p> <p>Inter form challenge – Team challenge</p>	<p>Extra-curricular clubs</p> <p>Cricket / Softball Rounders Trampolining Dance Spinning/Boxercise Basketball Badminton</p> <p>Inter form challenge – Athletic event</p>

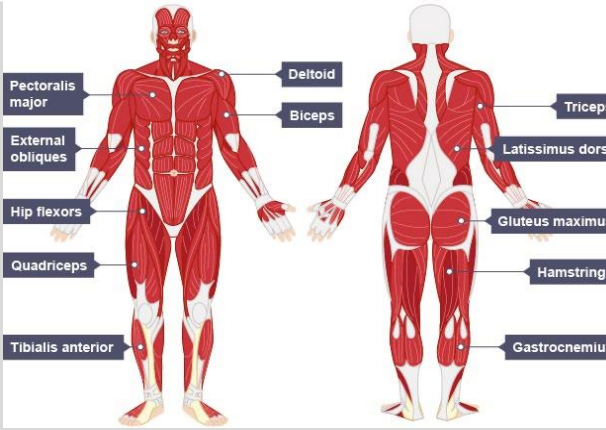
Year 8 Physical Education Spring Term Knowledge Organiser

Key Vocabulary:

1	Physical	Physical fitness refers to the ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living..
2	Skill	The abilities that are necessary for successful sports performance.
3	Components of fitness	The PHYSICAL and SKILL parts that keep the body healthy
4	Muscle	a band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body:
5	Agonist Antagonist	Agonist works when the muscles relax and antagonist works when muscles contract. Agonists can be called as 'prime movers' as these very much responsible for producing specific movements.
6	Training	the regular use of exercises to promote bodily fitness and strength.
7	Ligaments Tendons	A tendon is a fibrous connective tissue which attaches muscle to bone. A ligament is a fibrous connective tissue which attaches bone to bone.

Physiology - The human body

8 Muscular system



	Function	Example in sport
Deltoid	Abduction of the shoulder (moving the arm outwards and away from the body)	Outward arm action in a jumping jack
Pectoralis major	Adduction of the shoulder (moving the arm towards the body); Shoulder horizontal flexion (moving the arms forwards in front of the body)	Upwards phase of a press up
Triceps	Extend the elbow (straightening the arm)	Shooting in netball
Biceps	Flex the elbow (bending the arm)	Drawing a bow in archery
External obliques	Trunk rotation (turning the body sideways)	Turning the body to breathe to the side when performing front crawl in swimming
Latissimus dorsi	Shoulder adduction (moving the arm towards the body); Shoulder horizontal extension	Butterfly stroke in swimming
Hip flexors	Hip flexion (moving knee up towards the chest)	Performing a rugby conversion kick
Gluteus maximus	Hip extension (moving the leg backwards)	Pulling back leg before kicking a ball
Quadriceps	Extend the knee (straightening the leg)	Kicking a ball
Hamstrings	Flex the knee (bending the leg)	Performing a hamstring curl on a weights machine
Gastrocnemius	Plantar flexion of the ankle (pointing the toes downwards)	Standing on tiptoe to mark a goal shoot in netball
Tibialis anterior	Dorsiflexion of the ankle (bringing the toes up towards the shin)	Foot making contact with a football

Body components

9 Components of fitness

Physical	Skill
Aerobic Endurance	Agility
Muscular Endurance	Balance
Flexibility	Coordination
Strength	Power
Speed	Reaction time
Body Composition	

10 Methods of training

Continuous - a steady pace, moderate intensity training method used for developing aerobic endurance. Can be running, swimming or cycling

Circuit Training- circuit training involves a series of different activities. Lots of people can take part in a range of activities with little equipment needed

Interval training - is where periods of exercising are followed by a rest or recovery period at slower speeds. Useful for games players

11 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

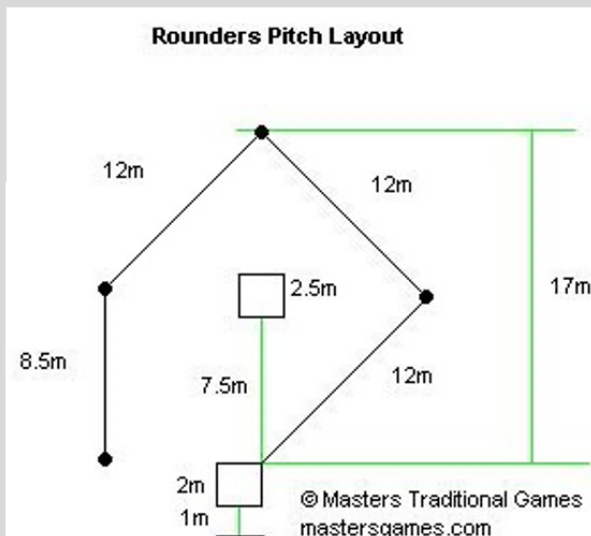
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11 Rules and Regulations

Developing – Understand basic rules and know how to Officiate with confidence in small sided game

Advancing – Understand basic rules and know how to Officiate full sided games with support

Mastering – Understand basic rules and know how to Officiate independently