

SUBJECT: Teaching, Learning and Curriculum Principles

PE / Sport

2019 - 2021



Pupils build on and embed the physical development and skills taught in Key stages 1 and 2, they become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They understand what makes a performance effective and how to apply these principles to their own and others' work. They develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils tackle complex and demanding physical activities. They get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

YEAR GROUP	SCHEME or QUALIFICATIONS	AUTUMN TOPICS	SPRING TOPICS	SUMMER TOPICS	ASSESSMENT
7	Overcome opponents in direct competition through team and individual games. Analyse performance and develop techniques to improve performance in in order to achieve personal best. Take part in outdoor and adventurous activities which present intellectual and physical challenges.	Badminton Basketball Football Hockey Netball Rugby Gymnastics Trampolineing Fitness	Badminton Basketball Football Rugby Gymnastics Trampolineing Fitness Indoor Cricket Table Tennis	Athletics Cricket Rounders Softball Tennis	Formal assessments take place every 10 weeks.
8	Overcome opponents in direct competition through team and individual games. Analyse performance and develop techniques to improve performance in in order to achieve personal best. Take part in outdoor and adventurous activities which present intellectual and physical challenges.	Badminton Basketball Football Hockey Netball Rugby Gymnastics Trampolineing Fitness	Football Volleyball Gymnastics Trampolineing Short Tennis Indoor Cricket Table Tennis	Athletics Cricket Rounders Softball Tennis	Formal assessments take place every 10 weeks.
9	Overcome opponents in direct competition through team and individual games. Analyse performance and develop techniques to improve performance in in order to achieve personal best. Take part in outdoor and adventurous activities which present intellectual and physical challenges.	Basketball Netball Fitness Rugby Football Table Tennis Badminton Volleyball Hockey Trampolineing Gymnastics	Fitness Football Badminton Volleyball Hockey Indoor Cricket Trampolineing Gymnastics Handball	Athletics Cricket Rounders Softball Tennis	Formal assessments take place every 10 weeks.
10	Use and develop a variety of tactics and strategies to overcome opponents in team and individual games. Develop technique and improve performance in competitive sports. Evaluate performance and techniques to develop performance across a range of activities to achieve personal best. Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges. GCSE PE – Edexcel BTEC Sport – Edexcel	Netball Fitness Badminton Hockey Rugby Football Volleyball Trampolineing Gymnastics Component 1: Fitness and Body Systems Component 3: Practical Performance	Handball Indoor Cricket Table Tennis Badminton Hockey Basketball Volleyball Component 1: Fitness and Body Systems Component 3: Practical Performance	Athletics Cricket Rounders Softball Tennis Component 1: Fitness and Body Systems Component 3: Practical Performance	 Component 1: Fitness and Body Systems Component 3: Practical Performance

		Unit 2: Practical Sports Performance Unit 5: Training for Personal Fitness	Unit 2: Practical Sports Performance Unit 5: Training for Personal Fitness	Unit 2: Practical Sports Performance Unit 5: Training for Personal Fitness	Assessment is ongoing and carried out through coursework.
11	<p>Use and develop a variety of tactics and strategies to overcome opponents in team and individual games. Develop techniques and improve performance in competitive sports. Evaluate performance and techniques to develop performance across a range of activities to achieve personal best. Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges.</p> <p>GCSE PE</p> <p>BTEC Sport</p>	<p>Hockey Badminton Indoor games Outdoor games Gymnastics Trampolining</p> <p>Component 2: Health and Performance</p> <p>Component 4 – Personal exercise programme</p> <p>Unit 1: Fitness for Sport and Exercise Unit 6: Leading Sports Activities</p>	<p>Basketball Multi Gym(Fitness) Indoor Games Outdoor Games Team Building Problem Solving</p> <p>Component 2: Health and Performance</p> <p>Component 4 – Personal exercise programme</p> <p>Unit 1: Fitness for Sport and Exercise Unit 6: Leading Sports Activities</p>	<p>Athletics Cricket Rounders' Softball Tennis</p> <p>Component 2: Health and Performance</p> <p>Component 4 – Personal exercise programme</p> <p>Unit 1: Fitness for Sport and Exercise Unit 6: Leading Sports Activities</p>	<p>Component 1 & 2 exams.</p> <p>Component 4 – Personal exercise programme</p> <p>Onscreen exam – June.</p> <p>Assessment is ongoing and carried out through coursework.</p>