



YEAR	TOPICS	TERMLY INDEPENDENT WORK
7	<ol style="list-style-type: none"> <li>1. Composition and performance: Dance and gymnastics Theory thread - Can students plan and implement the three areas of a warm-up? Can the students describe why a warm-up is important?</li> <li>2. Space and movement: Basketball and netball Theory thread - Can the students name the major muscles in the body? can the students identify the types of muscle contractions using when jumping and landing in Basketball?</li> <li>3. Outwitting opponents: Badminton and table tennis Theory thread - Can the students name the Major bones in the body? Can The students identify the key roles the bones play, when participating in sport.</li> <li>4. Tactics and problem solving: Football and hockey Theory thread - Can the students identify the main synovial joints in the body? Can the students describe how muscle and joints work together to create movement?</li> <li>5. Improving performance: Tennis and athletics Theory thread – Can students describe the pathway of air during inspiration? Can the students explain why oxygen is important during exercise?</li> <li>6. Communication and teamwork: Striking and fielding (cricket) Theory thread – Can the students identify the chambers of the heart? And the students explain what happens to heart rate when exercising and why?</li> </ol>	<ol style="list-style-type: none"> <li>1. Independent warm-ups- running and managing own preparation for activity</li> <li>2. Creating independent compositional sequences throughout Dance and Gymnastics.</li> <li>3. Discovery learning when answering a challenge to find a solution to a key question/problem.</li> <li>4. Research key focus for academic thread at home.</li> <li>5. Independent learning through emphasis on communication and teamwork in practical situations</li> <li>6. Flipped learning, asking students to research for the next topic or unit prior to the lesson. Looking for what a good one looks like (WAGOLL), in order to deliver to peers</li> </ol>
8	<ol style="list-style-type: none"> <li>1. Rules, strategies and tactics (basketball / netball) Theory thread: Can students discuss the changes to the body when you warm up? Can the students explain how these changes benefit and athlete?</li> <li>2. Health and fitness lifestyles - Health related fitness Theory thread: Can the students identify 10 components of fitness? Can the students define what each component of fitness is?</li> </ol>	<ol style="list-style-type: none"> <li>1. Independent warm-ups- running and managing own preparation for activity</li> <li>2. Discovery learning when answering a challenge to find a solution to a key question/problem.</li> <li>3. Research key focus for academic thread at home.</li> <li>4. Independent learning through emphasis on communication and teamwork in practical situations</li> <li>5. Group work and discovery to develop tactical awareness and decision making.</li> </ol>



	<p>3. Space &amp; movement (hockey / football) Theory thread: Can the students describe that happens to performance as arousal levels increase? Can the students identify strategies to manage arousal levels?</p> <p>4. OAA, teamwork and problem solving (orienteering) Theory thread: can the students identify the two personality types? Can the students you describe the difference between intrinsic and extrinsic motivation?</p> <p>5. Improving performance: Tennis and athletics Theory thread – Can the students explain the difference between aerobic and anaerobic respiration? Can the students describe EPOC?</p> <p>6. Communication and teamwork: Striking and fielding (cricket) Theory thread – Can the students identify injury prevention strategies? Can the students explain RICE principle?</p>	<p>6. Flipped learning, asking students to research for the next topic or unit prior to the lesson. Looking for what a good one looks like (WAGOLL), in order to deliver to peers</p>
<p>9</p>	<p>1. Volleyball Theory thread: Can the students identify the movements created at each synovial joint? Can the students name a muscle which creates a specific movement in Volleyball?</p> <p>2. Handball Theory thread: Can the students identify different types of feedback? Can the students suggest and justify why a type of feedback may be appropriate when teaching football tactics?</p> <p>3. Climbing / badminton Theory thread: Can students identify the types of guidance used in a climbing / badminton? Can the students describe how guidance could be used in climbing?</p> <p>4. HRF Theory thread: Can you describe the medium- and long-term effects of exercise on the body? What is the best way to recover from intense exercise?</p>	<p>1. Independent warm-ups- running and managing own preparation for activity.</p> <p>2. Discovery learning when answering a challenge to find a solution to a key question/problem.</p> <p>3. Research key focus for academic thread at home.</p> <p>4. Independent learning through emphasis on communication and teamwork in practical situations</p> <p>5. Group work and discovery to develop tactical awareness and decision making.</p> <p>6. Flipped learning, asking students to research for the next topic or unit prior to the lesson. Looking for what a good one looks like (WAGOLL), in order to deliver to peers.</p> <p>7. HRF project looking at application training thresholds within training programmes.</p>



	<p>5. Improving performance: Tennis and athletics Theory thread – Can the students Identify planes and axis? Can the students describe a movement in Tennis/Athletics using planes and axis?</p> <p>6. Communication and teamwork: Striking and fielding (cricket) Theory thread – Can the students identify the 3 lever systems? Can the students link a lever system with a sporting movement?</p>	
<b>10</b>	<ul style="list-style-type: none"><li>• Hockey / football</li><li>• Netball / basketball</li><li>• HRF</li><li>• Climbing</li><li>• Table tennis</li><li>• Tennis</li><li>• Cricket</li><li>• Athletics</li></ul>	<ol style="list-style-type: none"><li>1. Independent warm-ups- running and managing own preparation for activity</li><li>2. Discovery learning when answering a challenge to find a solution to a key question/problem.</li><li>3. Research key focus for academic thread at home.</li><li>4. Independent learning through emphasis on communication and teamwork in practical situations</li><li>5. Group work and discovery to develop tactical awareness and decision making.</li></ol>
<b>11</b>	<ul style="list-style-type: none"><li>• Netball</li><li>• Badminton</li><li>• Table tennis</li><li>• HRF</li><li>• Cross-fit</li></ul>	<ol style="list-style-type: none"><li>1. Independent warm-ups- running and managing own preparation for activity</li><li>2. Discovery learning when answering a challenge to find a solution to a key question/problem.</li><li>3. Group work and discovery to develop tactical awareness and decision making.</li><li>4. Research pathway for future lifelong participation in sport and physical activity.</li><li>5. Create and run competitions.</li></ol>



*PE CURRICULUM OVERVIEW*

*Key Stages 3 & 4*

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|  | <ul style="list-style-type: none"><li>• Trampolining</li><li>• Cricket</li></ul> |  |
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