



PE CURRICULUM OVERVIEW

Key Stages 3 & 4

YEAR	TOPICS	TERMLY INDEPENDENT WORK
7	1. Composition & performance (dance) Perform dances using advanced dance techniques within a range of dance styles and forms 2. Space & movement (Hockey & Basketball) Invasion- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games 3. Outwitting opponents (Tennis & Badminton) Striking and Fielding- use and develop a variety of tactics and strategies to overcome opponents in team and individual games 4. Improving performance (Athletics) -develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] -analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best	1. Independent warm-ups- running and managing own preparation for activity 2. Creating independent compositional sequences throughout Dance and Gymnastics. 3. Discovery learning when answering a challenge to find a solution to a key question/problem. 4. Research key focus for academic thread at home. 5. Independent learning through emphasis on communication and teamwork in practical situations 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
8	1. Personal development (HRF) -Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities -Develop flexibility, strength, technique, control and balance 2. Space & movement (hockey) Invasion- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games 3. Rules, strategies and tactics (basketball)	1. Independent warm-ups- running and managing own preparation for activity 2. Discovery learning when answering a challenge to find a solution to a key question/problem. 3. Research key focus for academic thread at home. 4. Independent learning through emphasis on communication and teamwork in practical situations 5. Group work and discovery to develop tactical awareness and decision making. 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



	Invasion- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games whilst understanding and identifying the rules and laws of each sport. 4. Composition & performance (Gymnastics) perform gymnastic sequences using advanced dance techniques within a range of styles and forms 5. Improving performance: Tennis and athletics develop their technique and improve their performance in other competitive sports 6. Communication and teamwork: Striking and fielding (cricket) Take part in activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group	
9	1. Tactics and outwitting opponents (Volleyball) Net- use and develop a variety of tactics and strategies to overcome opponents in team and individual games 2. Space Movement and tactics (Handball) Invasion- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games 3. OAA, team work and problem solving (orienteering) take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group	1. Independent warm-ups- running and managing own preparation for activity. 2. Discovery learning when answering a challenge to find a solution to a key question/problem. 3. Research key focus for academic thread at home. 4. Independent learning through emphasis on communication and teamwork in practical situations 5. Group work and discovery to develop tactical awareness and decision making. 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. 7. HRF project looking at application training thresholds within training programmes.



	4. HRF -Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities -Develop flexibility, strength, technique, control and balance 5. Improving performance (Athletics & Tennis) -evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best - develop their technique and improve their performance in other competitive sports 6. Communication and teamwork: Striking and fielding (cricket) Take part in activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group	
10	• Hockey / football • Netball / basketball • HRF • Climbing • Table tennis • Tennis	1. Independent warm-ups- running and managing own preparation for activity 2. Discovery learning when answering a challenge to find a solution to a key question/problem. 3. Research key focus for academic thread at home. 4. Independent learning through emphasis on communication and teamwork in practical situations 5. Group work and discovery to develop tactical awareness and decision making.



PE CURRICULUM OVERVIEW

Key Stages 3 & 4

	• Cricket • Athletics	
11	• Netball • Badminton • Table tennis • HRF • Cross-fit • Trampolining • Cricket	1. Independent warm-ups- running and managing own preparation for activity 2. Discovery learning when answering a challenge to find a solution to a key question/problem. 3. Group work and discovery to develop tactical awareness and decision making. 4. Research pathway for future lifelong participation in sport and physical activity. 5. Create and run competitions.