



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	AREs
GIRLS	<p><b>Big question:</b> What basic skills do you need to play netball?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Types of passing, shooting technique, footwork skills, basic attacking and defending skills, decision making, analysis and leadership.</p>	<p><b>Big question:</b> What basic skills do you need to play football?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Dribbling, passing, shooting and basic attacking and defending skills, decision making, analysis and leadership.</p> <p><b>Big question:</b> What basic skills do you need to play a game of rugby?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Ball familiarisation, passing and receiving, 2 v 1 attacking, tackling. Rucking 1 v 1 and scrums 1 v 1. Decision making, analysis, leadership.</p>	<p><b>Big question:</b> How can you monitor and improve your fitness levels?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Heart rate, training zones, Zumba, boxercise, cardiovascular, muscular, endurance, fitness.</p> <p><b>Big question:</b> What makes a good gymnastics routine?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Rolls, rotations, balances, tension, aesthetically pleasing, travel, decision making, leadership, analysis.</p>	<p><b>Big question:</b> What are the basic techniques you can apply to badminton/ table tennis shots within a game?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Serving forehand and backhand, overhead clear, half court play. Forehand and backhand push. Decision making and analysis.</p> <p><b>Big question:</b> What is important when working within a team?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Communication, verbal, non-verbal. Listening, tactics, consideration. Problem solving, decision making, leadership, analysis.</p>	<p><b>Big question:</b> What basic skills do you need to develop to play a game of rounders?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Throwing, catching, bowling, batting, fielding (long barrier), analysis, leadership, decision making. Rules of the game.</p>	<p><b>Big question:</b> What are the techniques for a range of field and track events?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Throwing, jumping, running, analysis, leadership.</p>	<ul style="list-style-type: none"> <li>• <b>Developing and Applying Skills</b> I can perform and apply skills in isolation and in competitive situations</li> <li>• <b>Decision Making</b> I can make decisions in sporting situations which enhance my performance</li> <li>• <b>Performance Analysis</b> I can analyse sporting performances</li> <li>• <b>Leadership</b> I can lead and officiate in sports activities</li> <li>• <b>Developing Fitness</b> I have good levels of fitness to participate in sports activities</li> </ul>
BOYS	<p><b>Big question:</b> What basic skills do you need to play football?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Dribbling, passing, shooting and basic attacking and defending skills, decision making, analysis and leadership.</p>	<p><b>Big question:</b> What basic skills do you need to play a game of rugby?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Ball familiarisation, passing and receiving, 2 v 1 attacking, tackling. Rucking 1 v 1 and scrums 1 v 1. Decision making, analysis, leadership.</p>		<p><b>Big question:</b> What are the basic techniques you can apply to badminton/ table tennis shots within a game?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Serving forehand and backhand, overhead clear, half court play. Forehand and backhand push. Decision making and analysis.</p>			



# CURRICULUM PLANS

# PE YEAR 8



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	AREs
<b>GIRLS</b>	<p><b>Big question:</b> What are the rules of netball and how do they impact our skills?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Positions, replaying the ball, the difference between a free pass and penalty pass, stages of defending, passing in front. Stages of defence, centre pass set play</p>	<p><b>Big question:</b> What further skills do you need to play a game of tag rugby?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Spin passing, scrums, 2 v 1 attacking play). Tackling within a game, rucking (1v1), scrums 5 players. Line outs, positional play. Decision making, analysis, leadership.</p>	<p><b>Big question:</b> What skills can you perform on gymnastics apparatus?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Flight, vault, aesthetically pleasing, body tension. Shapes and balances. Analysis and leadership.</p>	<p><b>Big question:</b> What are the more advanced techniques you can apply to badminton/table tennis shots?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Deep serve, overhead clear, smash shot, decision making and analysis. Forehand drive, backhand drive, top spin and backspin.</p>	<p><b>Big question:</b> How can we further our skills and tactics to improve our performance in rounders?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Types of bowling, batting with direction, fielding placements. Analysis, decision making, leadership.</p>	<p><b>Big question:</b> How can we further develop our techniques including the approach/run up for athletics events to improve our times/distances?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Throwing, jumping, running, analysis, leadership. Approaches, recovery, phases of each technique.</p>	<ul style="list-style-type: none"> <li>• <b>Developing and Applying Skills</b> I can perform and apply skills in isolation and in competitive situations</li> <li>• <b>Decision Making</b> I can make decisions in sporting situations which enhance my performance</li> <li>• <b>Performance Analysis</b> I can analyse sporting performances</li> <li>• <b>Leadership</b> I can lead and officiate in sports activities</li> <li>• <b>Developing Fitness</b> I have good levels of fitness to participate in sports activities</li> </ul>
<b>BOYS</b>	<p><b>Big question:</b> What further skills do you need to play a game of football?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Advanced passing (lofted), outwitting a defender with dribbling. Attacking principles, creating space, shooting for power/accuracy with volleys. Decision making, leadership and analysis.</p>	<p><b>Big question:</b> What further skills do you need to play a game of rugby?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Spin passing, scrums, 2 v 1 attacking play). Tackling within a game, rucking (1v1), scrums 5 players. Line outs, positional play. Decision making, analysis, leadership.</p>	<p><b>Big question:</b> What basic skills do we need to develop to play a game of basketball?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Movements, dribbling, protecting the ball, passing, lay ups, shooting, defensive stance. Attacking and defensive strategy (2 v 2, 3 v 2, finding space, defensive slide). Rules of the game. Analysis, leadership and decision making.</p>		<p><b>Big question:</b> What basic skills do you need to develop to play a game of cricket?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Batting, bowling techniques, throwing and catching, fielding. Decision making, leadership and analysis. Rules of the game.</p>		



# CURRICULUM PLANS

# PE YEAR 9



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	PQEs
GIRLS	<p><b>Big question:</b> What advanced skills can we develop to enhance our game play within netball?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Stepping in when shooting, 3rd stage of defence, circle tactics, defending the shot, creating space, analysis, decision making and leadership.</p> <p><b>Big question:</b> What skills do we need to play hockey?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Dribbling, passing, receiving, tackling, rules of the game, shooting. Attacking and defending principles, decision making, analysis and leadership.</p>	<p><b>Big question:</b> What further skills do you need to play a game of football?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Advanced passing (lofted), outwitting a defender with dribbling. Attacking principles, creating space, shooting for power/accuracy with volleys. Decision making, leadership and analysis.</p>	<p><b>Big question:</b> What are the basic skills we can perform within a short sequence on a trampoline?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Safety, straight jumps, stopping, shapes, tuck, straddle, pike, ½ and full turns, seat drops, swivel hips, front and back landing. How to spot for others. Leadership, analysis, decision making.</p>	<p><b>Big question:</b> What tactics can you develop and apply into your badminton / table tennis game play?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Drop shot, net shot, sequences of shots, serving, clearing, analysis and decision making.</p>	<p><b>Big question:</b> What tactics do we need to consider within a rounders game?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Batting placements, fielding tactics, bowling tactics. Analysis, decision making, leadership.</p>	<p><b>Big question:</b> How can we analyse and improve our own and peers' performances in athletics to improve in each event?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Throwing, jumping, running, analysis, leadership. Approaches, recovery, phases of each technique, speed.</p>	<ul style="list-style-type: none"> <li>• <b>Developing and Applying Skills</b> I can perform and apply skills in isolation and in competitive situations</li> <li>• <b>Decision Making</b> I can make decisions in sporting situations which enhance my performance</li> <li>• <b>Performance Analysis</b> I can analyse sporting performances</li> <li>• <b>Leadership</b> I can lead and officiate in sports activities</li> <li>• <b>Developing Fitness</b> I have good levels of fitness to participate in sports activities</li> </ul>
	BOYS	<p><b>Big question:</b> What advanced skills can we combine with a tactic to outwit our opponents in football?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Advanced passing (lofted, driven, swerve), control using different body parts (thigh and chest). Attacking - beating an opponent 1 v 1. Shooting - first time finish. Defensive formations. Corner and free kick set play. Leadership, analysis and decision making.</p>	<p><b>Big question:</b> What advanced skills can we combine with a tactic to outwit our opponents in rugby?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Passing and creating space, tacking including rear tackle, line outs, contested scrums and kicking. Leadership, analysis and decision making.</p>			<p><b>Big question:</b> What basic skills do you need to develop to play a game of softball?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Throwing and catching, fielding (tag out and positions), pitching, batting, base running. Rules of the game. Analysis, leadership and decision making.</p>	
SCHOOL OF SPORT AND SOCIETY	<p><b>Big question:</b> How well can you perform a range of skills within isolation and in a game situation?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Linked skills with advanced techniques, analysis, communication, decision making, Types of skills.</p> <p><b>Big question:</b> What are your opinions and others' opinions on social issues and the social world?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Play and traits. Disabilities, performance enhancing drugs.</p>	<p><b>Big question:</b> What is a healthy diet and lifestyle and what are the barriers to such? Can these be overcome?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Muscles, bones, components of fitness, fitness testing, Role of exercise, diet and nutrition, barriers to healthy lifestyles. Analysis.</p>					



# CURRICULUM PLANS

# PE YEAR 10



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	<p><b>Big question:</b> What skills and tactics do you need to play traditional sports?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Passing and receiving, dribbling, shooting, attacking and defending skills. Tactics and marking. Decision making, leadership and analysis. Rules of the games.</p>	<p><b>Big question:</b> What skills and tactics do you need to play non-traditional sports?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Passing/throwing and receiving, dribbling, defending and attacking principles. Rules of the game. Shooting and tackling. Analysis, decision making and leadership.</p>	<p><b>Big question:</b> What makes an effective sequence within gymnastics / trampolining?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Safety, straight jumps, stopping, shapes, tuck, straddle, pike, ½ and full turns, seat drops, swivel hips, front and back landing. How to spot for others. Leadership, analysis, decision making Rolls, rotations, balances, travel. Flight, vault, aesthetically pleasing, body tension. Shapes and balances. Analysis and leadership.</p>	<p><b>Big question:</b> Why is technique important within different health related fitness activities and how do they differ?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Safety, training zones and intensity, techniques, muscles, Zumba moves, circuits, skipping, boxercise - jab, cross, hook, uppercut. Stance. Leadership and analysis.</p>	<p><b>Big question:</b> What skills and tactics do we need to apply to striking and fielding games? (cricket/ softball/ rounders).</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Batting, bowling/pitching, throwing and caching, fielding (tagging out/stumping), running between bases/wicket. Rules of the games. Analysis, leadership and decision making.</p>	<p><b>Big question:</b> How can we analyse and improve our own and peers' performances in athletics to improve in each event?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Throwing, jumping, running, analysis, leadership. Approaches, recovery, phases of each techniques, speed.</p>
CAMBRIDGE NATIONAL SPORTS STUDIES	<p><b>Big question:</b> What issues affect participation in sport?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Different user groups. Barriers and solutions to barriers, factors which impact upon popularity, sporting examples, trends and growth.</p> <p><b>Big question:</b> What practice methods are there to support improvement in a sporting activity?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Key skills within badminton, identifying improvements, types of skills, types of practice, methods of improvement, measuring improvements.</p>	<p><b>Big question:</b> What is the role of sport in promoting values?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Values with sport, Olympic and Paralympic movement, initiatives within sports, performance enhancing drugs, etiquette and sporting behaviour.</p>	<p><b>Big question:</b> What is the importance of hosting major sporting events?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Features of events, potential benefits and drawback, links to legacy.</p> <p><b>Big question:</b> What are the personal qualities, styles, roles and responsibilities of sports leaders?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Roles and opportunities, responsibilities, qualities and styles.</p>	<p><b>Big question:</b> What is the importance of hosting major sporting events?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Features of events, potential benefits and drawback, links to legacy.</p> <p><b>Big question:</b> What are the personal qualities, styles, roles and responsibilities of sports leaders?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Roles and opportunities, responsibilities, qualities and styles.</p>	<p><b>Big question:</b> What are the different types of outdoor activities and their provisions?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Definitions, provisions including providers, centres, organisations.</p> <p><b>Big question:</b> What is the value of participating in outdoor activities?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Benefits of participating and skill development.</p>	<p><b>Big question:</b> What knowledge and skills do you need to demonstrate during outdoor activities?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Care of equipment, safe practice, communication skills, decision making, team-work, problem solving, evaluation.</p>



# CURRICULUM PLANS

# PE YEAR 11



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1
	<p><b>Big question:</b> Why is fitness important?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Components of fitness, training zones, performance analysis.</p>	<p><b>Big question:</b> Why and how is decision making important within sport?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Tactics of the game, ball placement, when to shoot/pass/ dribble.</p>	<p><b>Big question:</b> Why is analysis of performance important?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> How to improve performance, strengths and weaknesses. Team performance evaluation and analysis.</p>	<p><b>Big question:</b> How do you lead a warm-up?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Communication, environment, equipment, components of a warm-up (pulse raiser, mental preparation, stretches, skill practice).</p>	<p><b>Big question:</b> What skills can be transferred across a variety of sports and what about their techniques differ?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Throwing and catching, positions, dribbling, shooting.</p>
CAMBRIDGE NATIONAL SPORTS STUDIES	<p><b>Big question:</b> How do you deliver a sports activity session?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Safe practice, delivery styles communication, techniques, motivation techniques, activity-specific knowledge and adaptability.</p> <p><b>Big question:</b> How did your delivery of your sports activity session go?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Evaluation of what went well, what didn't go well and what could be improved.</p>	<p><b>Big question:</b> How do you plan an outdoor activity?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Considerations including equipment, health and safety, venue, environment, timings, Hazard to be identified.</p>	<p><b>Big question:</b> What skills, techniques, tactic/strategies do you need for a team sporting activity?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Performance of skills, creativity, tactics, decision making, fitness, managing performance.</p>	<p><b>Big question:</b> What skills, techniques, tactic/strategies do you need for a team sporting activity?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Performance of skills, creativity, tactics, decision making, fitness, managing performance.</p>	<p><b>Big question:</b> What skills, techniques, tactic/strategies do you need for an individual sporting activity?</p> <p><b>Overview of knowledge, understanding and skills (key concepts):</b> Performance of skills, creativity, tactics, decision making, fitness, managing performance.</p>