

**Saints Peter and Paul Catholic High School**

**2. Curriculum Overview**

Subject: PE		EXCEL [Athletics]	OUTWIT [includes invasion games and net & wall games]	Replicate	STRIKING & FIELDING [Cricket, rounders]	OUTDOOR ADVENTUROUS ACTIVITIES	TRAIN [Fitness methods]
<b>Refer to KS2 NC</b>	Year 3 Year 4 Year 5 Year 6	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</li> <li>• develop flexibility, strength, technique, control and balance</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>					
<b>Refer to KS3 NC</b>	Y7 Y8 Y9	<b>Athletics</b>	<b>Team &amp; Individual Sports [i.e. Football/ Netball/ Rugby/ Tennis/ Badminton/ Dodgeball]</b>	<b>Dance/ Gymnastics</b>	<b>Rounders/ Cricket</b>	<b>OAA</b>	<b>Fitness testing/ training methods/ components of fitness</b>
<b>Key Knowledge and Skills</b>	<p><b>Year 7</b> -Create a love for physical education by experiencing a range of different activities.</p> <p><b>Year 8</b> -Broaden sporting</p>	<p>-Skills and techniques e.g. throwing, jumping &amp; running -Replication &amp; demonstration of skills -Rules and regulations for a variety of athletic events, track &amp; field -Coaching skills -Evaluation skills -Reflective skills -Links to 'TRAIN' components of fitness,</p>	<p>-Skills and techniques e.g. throwing, jumping, kicking, dodging, shooting, shots, serving -Rules and regulations for team/individual games -Tactics &amp; strategies to outwit opponents -Positioning -Coaching skills -Evaluation skills -Reflective skills</p>	<p>-Physical skills e.g. posture, alignment &amp; extension -Interpretive skills e.g. musicality, focus, projection -Choreographic devices e.g. cannon, unison, formation, mirroring, levels -Replication &amp; demonstration of skills -Leadership skills</p>	<p>-Skills &amp; techniques e.g. batting, bowling, fielding. -Replication &amp; demonstration of skills -Tactics &amp; strategies to outwit, including: ball placement, positioning of fielders, playing to team's strengths &amp; weaknesses</p>	<p>-Effective communication skills -Teamwork skills -Problem solving skills -Physical challenges -Mental challenges -Map reading skills -Tactics &amp; strategies to outwit opposing teams</p>	<p>-Measures of fitness e.g. Harvard step test, 1m sit up test, 30M sprint. -Replication of specific techniques -Training methods -Components of fitness -Muscles -Energy systems</p>

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<p>experience and embed &amp; refine skills</p> <p><b>Year 9</b> -Apply more advanced skills, using key terminology consistently and effectively</p>	<p>training zones, principles of training.</p>	<p>-Sportsmanship -Links to 'TRAIN' components of fitness, training zones, principles of training.</p>	<p>-Evaluation skills -Reflective skills -Links to 'TRAIN' components of fitness, training zones, principles of training.</p>	<p>-Links to 'TRAIN' components of fitness, training zones, principles of training.</p>			<p>-Benefits of warming up &amp; cooling down.</p>
<p><b>Assessment</b></p>	<p>Core Assessment: Application of skill through Performance</p>	<p>Core Assessment: Small sided games</p>	<p>Core Assessment: Application of skill through Performance</p>	<p>Core Assessment: Small sided games</p>	<p>Core Assessment: Application of skill through Performance</p>	<p>Core Assessment: Application of skill through Performance</p>	

**NB:** Order of sequencing per year group is based on sporting seasons/ competitions in the calendar/ groupings/ spacing available.