



Date	Review Date	Lead Teacher
September 2023	August 2024	Mr M Hawkes

Summary of Scheme of work

Physical education is taught twice a week in KS3 and once a week in KS4. Pupils in KS4 receive four lessons of PE if they adopt for the BTEC sport pathway.

In order to ensure continuity and progression in the Physical Education Scheme of Work the following strategies have been adopted:

- The scheme has been developed by the Physical Education subject leader in collaboration with all staff
- The Physical Education programmes of study in the National Curriculum are the basis of the scheme
- Staff meetings have been and will be used to discuss Physical Education in our school and implementing the scheme of work
- Physical Education planning follows the same format throughout school and is monitored by the Physical Education subject leader

Continuity and progression

In order to have a focus on progression in PE, the following has been considered for each year group and key stage.

Year 7 and 8 follow a skill based curriculum whereby pupils are introduced to the skills in year 7 and develop those skills in year 8 through conditioned practices and games.

Year 9 follow a tactical based curriculum model of TGFU. The skills learnt in year 7 and 8 are implemented through use of tactics in games. Pupils play modified games to develop their attacking and defensive awareness.

Year 10 follow a tactical and complex skill based curriculum. Within autumn and spring pupils focus on performing skills and tactics within a games based model. In the summer term, an introduction of sports such as Frisbee and Volleyball allow pupils to develop complex skills within practice and games.

Year 11 follow a games based model whereby pupils develop skills and tactics within games. Pupils choose a performance, coaching or officiating pathway to be assessed in. The focus in these lessons is enjoyment and engagement within PE.

Physical Education SOW

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Year 7</p> <p>Introduction to performing simple/fundamental skills in practice and game</p> <p>Identifying and describing the key points of skills</p>	<p>Dodgeball</p> <ul style="list-style-type: none"> Types of throwing-overarm, under and side Attacking tactics Defensive tactics Blocking Dodging Catching techniques <p>Games (baseline)</p> <ul style="list-style-type: none"> Danish Longball Health and fitness (use of gym) Endball (like benchball) Teambuilding lesson. 	<p>Fitness and Exercise</p> <ul style="list-style-type: none"> Safe use of equipment within the fitness suite Developing knowledge of fitness components within different sporting contexts Performing different training methods <p>Tchoukball</p> <ul style="list-style-type: none"> Throwing over arm and catching High elbow standing shooting 	<p>Gymnastics</p> <ul style="list-style-type: none"> Balance i.e. 1, 2,3 and 4 points Headstands V sits Forward and backwards rolls Locomotion Counter balance and tension Pairs balancing Sequencing <p>Ultimate Frisbee</p> <ul style="list-style-type: none"> Backhand throw Forehand throw Different types of catching 	<p>Dance</p> <ul style="list-style-type: none"> Learning and performing movements across different dance genres. I.e. contemporary, street and capoeira. Laban's Analysis Working creatively and cooperatively with others <p>Basketball</p> <ul style="list-style-type: none"> Lay up introduction 	<p>Athletics</p> <ul style="list-style-type: none"> Sprinting technique Long jump. Introduction to take off Shot put, discus and javelin standing throws High jump scissors kick technique long distance tactics hurdles stride pattern and lead leg introduction triple jump introduction hop step and jump Race walking technique Relays <p>Tennis</p> <ul style="list-style-type: none"> Introduction to forehand and backhand Having control of the racket 	<p>Athletics</p> <ul style="list-style-type: none"> Sprinting technique Long jump. Introduction to take off Shot put, discus and javelin standing throws High jump scissors kick technique long distance tactics hurdles stride pattern and lead leg introduction triple jump introduction hop step and jump Race walking technique Relays <p>Striking/fielding Rounders / softball / Danish longball / cricket</p>

	<p>Communication and teamwork.</p> <ul style="list-style-type: none"> • Tag Rugby • Dodgeball games 	<ul style="list-style-type: none"> • Shooting at angles • Creating space in attack 	<ul style="list-style-type: none"> • Attaching and defensive strategies • Applying tactics within games How to score and how to create space. 	<ul style="list-style-type: none"> • Set shot shooting i.e. BEEF • Passing. i.e. chest, bounce and overhead • Defensive stance 1 v 1 • Pivoting Dribbling while under no pressure 	<ul style="list-style-type: none"> • Rules of tennis • Back scratch serve • Volleying for control • Playing a stroke into specific areas on the court with control • Singles competition 	<ul style="list-style-type: none"> • Batting technique • Bowling under arm • Fielding- long barrier • Overarm fielding throw • Catching two hands • Positioning
<p>Year 8</p> <p>Developing and performing simple and complex skills under pressure within practice and game</p> <p>Describing and explaining the key points of skills</p>	<p>Tag Rugby</p> <ul style="list-style-type: none"> • passing • catching • rules • how to tag • how to score • how to beat an opponent 	<p>Health and Fitness</p> <ul style="list-style-type: none"> • Safe use of equipment within the fitness suite • Developing knowledge of fitness components within different sporting contexts 	<p>Young Leaders</p> <ul style="list-style-type: none"> • Introduction to communication • Creating games • Learning FASTPACE • Cooperating with others • Planning and leading others • Reviewing and reflecting on own and 	<p>Tennis</p> <ul style="list-style-type: none"> • Introduction to forehand and backhand • Having control of the racket • Rules of tennis • Back scratch serve • Volleying for control 	<p>Athletics</p> <ul style="list-style-type: none"> • Sprinting and Sprint start from blocks. (stay low) • Long Jump Hang-flight (hips forward like banana shape) 3 stride • Shot Put-Standing and one foot step forward • Discus - Standing and step into 	<p>Athletics</p> <ul style="list-style-type: none"> • Sprinting and Sprint start from blocks. (stay low) • Long Jump Hang-flight (hips forward like banana shape) 3 stride • Shot Put-Standing and one foot step forward • Discus - Standing and step into

	<p>Cricket</p> <ul style="list-style-type: none"> • Basic batting technique. Hitting straight. • Standing bowling technique • Catching and long arm throwing • Long barrier technique • Pairs batting 	<ul style="list-style-type: none"> • Performing different training methods <p>Tchoukball</p> <ul style="list-style-type: none"> • Rule introduction • Passing and catching • Movement off the ball i.e. v cuts • Shooting to outwit an opponent • How to attack as a team • Tournament 	<p>others coaching</p> <ul style="list-style-type: none"> • Understanding of verbal and non verbal communication • Stopping a game • Working together • Working creatively to make a game <p>Gymnastics</p> <ul style="list-style-type: none"> • Developing balance – headstand and v sits • Introduction to flight and landing safely • Different types of flight off spring board • Sequencing of balance and flight • Introduction to cartwheels 	<ul style="list-style-type: none"> • Playing a stroke into specific areas on the court with control • Singles competition <p>Basketball</p> <ul style="list-style-type: none"> • Triple threat position • Dribbling under pressure and how to beat an opponent • Developing BEEF and lay ups • Refereeing • Man to man defence 	<ul style="list-style-type: none"> • High Jump- Scissors kick/3-5 stride (curve run) <p>Race walking technique</p> <ul style="list-style-type: none"> • Relays <p>Rounders</p> <ul style="list-style-type: none"> • Batting technique • Bowling under arm • Fielding- long barrier • Overarm fielding throw • Catching two hands • Positioning 	<ul style="list-style-type: none"> • High Jump- Scissors kick/3-5 stride (curve run) <p>Race walking technique</p> <ul style="list-style-type: none"> • Relays <p>Softball</p> <ul style="list-style-type: none"> • Fundamentals of batting. i.e. hitting off the tee • Fundamentals of bowling • Fielding. Catching, throwing and stumping the base. • Games play and tactics on where to hit the ball and where to place fielders <p>Rules and refereeing</p>
--	---	--	---	--	---	--

<p>Year 9</p> <p>Developing tactical awareness throughout a tactical games-based approach i.e. TGFU</p> <p>Introduction to sports leadership</p> <p>Explaining and analysing the key points of a performance</p> <p>Sport education</p>	<p>Tag Rugby</p> <ul style="list-style-type: none"> • passing • catching • rules • how to tag • how to score • how to beat an opponent <p>Cricket</p> <ul style="list-style-type: none"> • Basic batting technique. Hitting straight. • Standing bowling technique • Catching and long arm throwing • Long barrier technique • Pairs batting 	<p>Health and Fitness</p> <ul style="list-style-type: none"> • Performing more complex movement patterns such as overhead squats and snatches. • Understanding the role of training methods and how they improve fitness components. • Creating and designing training programs. <p>Tchoukball</p> <ul style="list-style-type: none"> • High elbow shooting with two steps • Shooting at angles • Counter attacking 	<p>Sports Education (sport leadership/Games making)</p> <ul style="list-style-type: none"> • Each week is a different theme and touches on a different type of game. • Understanding of verbal and non verbal communication • Stopping a game • Working together • Working creatively to make a game • Cooperating with others • Leading others within the group • Reflecting on your own and others coaching <p>Dodgeball</p>	<p>Ultimate Frisbee</p> <ul style="list-style-type: none"> • Backhand throw • Forehand throw • Different types of catching • Attaching and defensive strategies • Applying tactics within games <p>How to score and how to create space.</p> <p>Tennis</p> <ul style="list-style-type: none"> • How to serve so that the opponent doesn't return the ball • Volleying to win the point at the net • Using width and depth to win a point • Doubles tactics 	<p>Athletics</p> <ul style="list-style-type: none"> • Sprinting and Sprint start from blocks/Acceleration phase • Long jump Hang-landing (kick feet out)5 stride • Shot Put- step back /glide • Discus - 90 Degree rotation with hoops • High Jump- approach and take off Flop- 5 strides • Javelin- standing/ 3 stride <p>Softball</p> <ul style="list-style-type: none"> • Fundamentals of batting. i.e. hitting off the tee • Fundamentals of bowling • Fielding. Catching, throwing and stumping the base. • Games play and tactics on where to 	<p>Athletics</p> <ul style="list-style-type: none"> • Sprinting and Sprint start from blocks/Acceleration phase • Long jump Hang-landing (kick feet out)5 stride • Shot Put- step back /glide • Discus - 90 Degree rotation with hoops • High Jump- approach and take off Flop- 5 strides • Javelin- standing/ 3 stride <p>Rounders</p> <ul style="list-style-type: none"> • Batting technique • Bowling under arm • Fielding- long barrier • Overarm fielding throw • Catching two hands
--	---	---	--	---	---	--

		<ul style="list-style-type: none"> • Low catching on knees • Attacking tactics 	<ul style="list-style-type: none"> • Types of throwing-overarm, under and side • Attacking tactics • Defesnive tactics • Blocking • Dodging • Catching techniques 	<ul style="list-style-type: none"> • Development of forehand and backhand 	hit the ball and where to place fielders Rules and refereeing	<ul style="list-style-type: none"> • Positioning
<p>Year 10</p> <p>Performing of complex skills and tactics within conditioned practice and game</p> <p>TGFU</p>	<p>Striking and fielding</p> <ul style="list-style-type: none"> • Rounders – batting/bowling • Danish Longball • Cricket- batting/bowling • Stoolball 	<p>Tchoukball</p> <ul style="list-style-type: none"> • High elbow shooting with two steps. Jumping behind the trampette • Shooting at angles to score on angles • Counter attacking • Low catching on knees • Switching play 	<p>Tennis</p> <ul style="list-style-type: none"> • How to serve so that the opponent doesn't return the ball • Volleying to win the point at the net • Using width and depth to win a point • Doubles tactics • Development of forehand and backhand • 	<p>Basketball</p> <ul style="list-style-type: none"> • Developing the lay up • Set shot from different angles • Creating space using v cuts • Defending a man • Passing under pressure within games • One on one situations 	<p>Athletics</p> <ul style="list-style-type: none"> • Sprinting and Spring start from blocks/Acceleration phase • Long Distance/Tactics • Long Jump hang-9/11 stride • Shot put- Rotary/glide • Discuss 90 Degree rotation with hoops or discus • High jump- Flop 9 strides 	<p>Athletics</p> <ul style="list-style-type: none"> • Sprinting and Spring start from blocks/Acceleration phase • Long Distance/Tactics • Long Jump hang-9/11 stride • Shot put- Rotary/glide • Discuss 90 Degree rotation with hoops or discus • High jump- Flop 9 strides

					<ul style="list-style-type: none"> • Javelin- 5-11 stride use brooms • Hammer throw standing <p>Softball (10B)</p> <ul style="list-style-type: none"> • Fundamentals of batting. i.e. hitting off the tee • Fundamentals of bowling • Fielding. Catching, throwing and stumping the base. • Games play and tactics on where to hit the ball and where to place fielders <p>Rules and refereeing</p>	<ul style="list-style-type: none"> • Javelin- 5-11 stride use brooms • Hammer throw standing
<p>Year 11</p> <p>Performing, coaching and officiating. Instilling lifelong enjoyment for PE.</p>	<p>Cricket</p> <ul style="list-style-type: none"> • Basic batting technique. Hitting straight. • Standing bowling technique • Catching and long arm throwing 	<p>Tchoukball</p> <ul style="list-style-type: none"> • High elbow shooting with two steps. Jumping behind the trampette • Shooting at angles to 	<p>Tennis</p> <ul style="list-style-type: none"> • Developing skills through games • Developing the forehand and backhand while on the move 		<p>Athletics</p> <ul style="list-style-type: none"> • Sprinting and Spring start from blocks/Acceleration phase • Long Distance/Tactics • Long Jump hang- 9/11 stride 	

<p>Games based practices.</p> <p>TGFU</p>	<ul style="list-style-type: none"> • Long barrier technique • Pairs batting 	<p>score on angles</p> <ul style="list-style-type: none"> • Counter attacking • Low catching on knees • Switching play 	<ul style="list-style-type: none"> • Development of the serve to score a point in specific areas • Volleying at the net to win a point • Performing a lob • 		<ul style="list-style-type: none"> • Shot put- Rotary/glide • Discuss 90 Degree rotation with hoops or discus • High jump- Flop 9 strides • Javelin- 5-11 stride use brooms • Hammer throw standing <p>Softball (11a)</p> <ul style="list-style-type: none"> • Fundamentals of batting. i.e. hitting off the tee • Fundamentals of bowling • Fielding. Catching, throwing and stumping the base. • Games play and tactics on where to hit the ball and where to place fielders <p>Rules and refereeing</p>	
---	---	---	---	--	--	--