



Date	Review Date	Lead Teacher
September 2019	August 2020	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 the 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>Health and Fitness</p> <ul style="list-style-type: none"> Performing movement fundamentals ie. squats. Learning the role of fitness components and fitness tests. Learning which sports use specific fitness components. <p>Basketball</p> <ul style="list-style-type: none"> Lay up introduction Set shot shooting i.e. BEEF 	<p>Football</p> <ul style="list-style-type: none"> Performing fundamental skills within isolated and conditioned practices. i.e. shooting, passing and heading. Learning how to control the ball accurately One v one defence <p>Gymnastics</p> <ul style="list-style-type: none"> Balance i.e. 1, 2,3 and 4 points Headstands V sits 	<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>Tchoukball</p> <ul style="list-style-type: none"> Throwing over arm and catching High elbow standing 	<p>Handball</p> <ul style="list-style-type: none"> How to score using high elbow shot How to beat an opponent by dribbling Passing and receiving the ball accurately One v one defence Refereeing <p>Hockey</p> <ul style="list-style-type: none"> Standing push pass Controlling the ball and dribbling 	<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 <p>Rounders</p> <ul style="list-style-type: none"> Fundamental batting technique Underarm bowling 	<p>Athletics</p> <ul style="list-style-type: none"> long distance tactics hurdles stride pattern and lead leg introduction triple jump introduction hop step and jump Race walking technique Relays <p>Cricket</p> <ul style="list-style-type: none"> Basic batting technique. Hitting straight. Standing bowling

	<ul style="list-style-type: none"> • Passing. i.e. chest, bounce and overhead • Defensive stance 1 v 1 • Pivoting • Dribbling while under no pressure 	<ul style="list-style-type: none"> • Forward and backwards rolls • Locomotion • Counter balance and tension • Pairs balancing • Sequencing 	<ul style="list-style-type: none"> shooting • Shooting at angles • Creating space in attack 	<ul style="list-style-type: none"> • Stopping the ball • Understanding safety rules • How to score using a push pass • Performing a block tackle 	<ul style="list-style-type: none"> • Catching low and high • Overarm throwing • Hitting for distance and hitting into specific areas 	<ul style="list-style-type: none"> technique • Catching and long arm throwing • Long barrier technique • Pairs batting
<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>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 • Performing different training methods 	<p>Football</p> <ul style="list-style-type: none"> • Short and long passing • Ball control and dribbling • Attacking group and individually • Defending man to man • Shooting 	<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 others coaching 	<p>Handball</p> <ul style="list-style-type: none"> • Development of high elbow shooting with run up and under pressure • Defending. Use of the push to put off opponents • Maintaining possession through a variety of passing i.e. bounce or overhead. • Dribbling to beat an opponent. Use of both hands. • Ways to beat an opponent 	<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 • High Jump- Scissors kick/3-5 stride (curve run) 	<p>Athletics</p> <ul style="list-style-type: none"> • Javelin- standing/ 3 stride • Hurdles- Lead leg snap down focus • Triple Jump (take off focus) • Relays (changeover technique) • Race Walking tactics

	<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 	<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 	<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>by using counter attacking and one two passing</p> <p>Hockey</p> <ul style="list-style-type: none"> • Development of push pass. Performing while on the move. • Performing a hit pass under control • Maintaining possession of the ball through shielding and turning the stick over • Jab tackle to put off the attacker • Dribbling to attempt to beat an opponent on stick side. 	<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 • Rules and refereeing 	<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 • Playing a stroke into specific areas on the court with control • Singles competition
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<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>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>Basketball</p> <ul style="list-style-type: none"> Developing the lay up Set shot from different angles Creating space 	<p>Football</p> <ul style="list-style-type: none"> How to score. Thinking of corners. Heading the ball to score Low crossing and using width How to turn to create scoring opportunities Long crossing to create quick attacks <p>Gymnastics</p> <ul style="list-style-type: none"> Vaulting-through, side and straddle. Use of buck length ways Developing 	<p>Sports Leadership</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 Cooperating with others Leading others within the group Reflecting on your own and others coaching <p>Tchoukball</p> <ul style="list-style-type: none"> High elbow shooting with two steps Shooting at angles Counter 	<p>Handball</p> <ul style="list-style-type: none"> Sport education model with specific groups Tactical understanding of positioning, attacking and defending i.e. how to score. Planning attacking and defending strategies. <p>Hockey</p> <ul style="list-style-type: none"> Attacking and defensive principles development How to beat an opponent by 	<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>Striking and Fielding</p> <ul style="list-style-type: none"> Games based lessons focused on developing principles of striking and 	<p>Athletics</p> <ul style="list-style-type: none"> Hurdles - Trail leg (look at the watch) Triple Jump landing and increase distance of hop and step Relays (changeover technique) Race Walking Hammer throw standing <p>Tennis</p> <ul style="list-style-type: none"> How to serve so that the opponent doesn't return the ball Volleying to
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	<p>using v cuts</p> <ul style="list-style-type: none"> Defending a man Passing under pressure within games One on one situations 	<p>flight</p> <ul style="list-style-type: none"> Creating sequences Cannon and mirroring Cartwheels under control and use of bench Handstands 	<p>attacking</p> <ul style="list-style-type: none"> Low catching on knees Attacking tactics 	<p>dribbling. Strick and no stick side</p> <ul style="list-style-type: none"> How to create space in attack Defending in pairs Tactics from short corners 	<p>fielding games. Development of complex skills within batting and bowling.</p> <ul style="list-style-type: none"> 1-2 weeks on each of; cricket, rounders, Danish longball, softball. Principles of where to hit the ball, how to stop runs and where to bowl to limit runs being scored. 	<p>win the point at the net</p> <ul style="list-style-type: none"> Using width and depth to win a point Doubles tactics Development of forehand and backhand
<p>Year 10</p> <p>Performing of complex skills and tactics within conditioned practice and game</p> <p>TGFU</p>	<p>Basketball</p> <ul style="list-style-type: none"> Developing the layup and scoring under pressure Set shot under pressure Creating space using v cuts and l cuts Three man 	<p>Football</p> <ul style="list-style-type: none"> Performing skills within modified games How to score with you back to goal The most dangerous ball to put in from a 	<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 	<p>Ultimate Frisbee</p> <ul style="list-style-type: none"> Backhand throw Forehand throw Different types of catching Attaching and defensive strategies Applying 	<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 	<p>Volleyball</p> <ul style="list-style-type: none"> How to score. Spike. How to set the ball How to defend the ball using dig Keeping a rally going. Attacking

	weaves <ul style="list-style-type: none"> Defending as a team 	cross <ul style="list-style-type: none"> Using width and a target man Defending as a team using pressure 	attacking <ul style="list-style-type: none"> Low catching on knees Switching play 	tactics within games <ul style="list-style-type: none"> How to score and how to create space. 	stride <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 	principles
Year 11 Performing, coaching and officiating. Instilling lifelong enjoyment for PE. Games based practices. TGFU	Basketball <ul style="list-style-type: none"> Developing skills within games contexts Development of layups and set shots within conditioned practices Developing tactical awareness in attacking and defending situations 	Tchoukball <ul style="list-style-type: none"> Development of high elbow shooting from angles Catching low and counter attacking Switching the play Creating space to receive the ball from the side line consistently 	Dodgeball <ul style="list-style-type: none"> Developing skills through games Attaching tactics of splitting the play and aiming for the ball Defensive tactics. Catching low and counter attacking 	Hockey <ul style="list-style-type: none"> Developing push pass while on the move and under pressure Performing the hit to score a goal Performing short corner tactics Defending in pairs and the block tackle 	Tennis <ul style="list-style-type: none"> Developing skills through games Developing the forehand and backhand while on the move Development of the serve to score a point in specific areas Volleying at the net to win a point Performing a lob 	