



PE CURRICULUM AREA STAFF

Mrs S Schleider

Mrs R Moore

Should you require more information about this subject area please contact:

Name: Mrs S Schleider

Position: Curriculum Area Leader

Email: S.Schleider@byjhs.org

PE CURRICULUM INTENT

At BYJHS, we recognise the importance of Physical Education and how it contributes to the overall education of all students by helping them to lead full and valuable lives through engaging in purposeful and high-quality sporting and physical activities. Not only does PE promote long-term active and healthy lifestyles, physical skills, physical development, and knowledge of body actions but it can make a positive impact on the mental and social health and well-being of our students.

We strive to inspire our students through fun and engaging PE/Games lessons that are enjoyable and challenging and accessible to all and endeavour them **to become happy, healthy, and successful people through PE**; possessing the skills, motivation, and knowledge to **enjoy a lifelong engagement with sport and physical activity**.

Our Physical Education curriculum will give our students the opportunity **improving their fitness, health and mental well-being** through knowledge (on key anatomy and physiology, psychology, biomechanics); physical, technical and tactical sporting skills and application; and physical literacy in varying sporting contexts and activities (invasion, net-wall, performing at maximum, accurate replication and striking and fielding) as well as recognising recognise relevant rules, etiquette and safety.

We aim to use PE as a vehicle to **develop the whole character of a student, in particular looking at building mental skills such as resilience, determination and confidence** through competitive sporting success and physically demanding activities and challenges. We understand the importance of Physical Education in **instilling a sense of good sportsmanship, and encourage recognition of other pupils' contribution, developing leadership skills** (through coaching or an official), **responsibility and self-awareness**. We also recognise the ways in which our curriculum can support **the development of self-esteem** through the development of physical confidence and helping pupils to manage both success and failure in competitive and co-operative activities. We actively seek to **develop skills as a team player**, including praise for others and motivation skills through feedback, and to develop independence through problem-solving physical challenges, evaluating, modifying technique and consolidating skills through practice and repetition.

Year 7: PE					
Autumn Term		Spring Term		Summer Term	
Autumn 1		Spring 1		Summer 1	
TOPIC: Table Tennis and Badminton		TOPIC: Outdoor Adventurous Activities (OOA), Dance and Health Related Fitness		TOPIC: Rounders	
WEEKS: 6		WEEKS: 6		WEEKS: 6	
KNOWLEDGE	ASSESSMENT	KNOWLEDGE	ASSESSMENT	KNOWLEDGE	ASSESSMENT
<p>Table Tennis</p> <ul style="list-style-type: none"> • Shot selection in a range of competitive contexts • Use of deception and simple strategies to outwit opposition • Use of sport specific terminology • Application of modified game rules • Using space <p>Badminton</p> <p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to badminton:</p> <ul style="list-style-type: none"> • Shot selection in a range of competitive contexts • Using space 	<p>Practical skills application</p>	<p>Outdoor Adventurous Activities</p> <ul style="list-style-type: none"> • Process how to solve problems using a set of resources • How to work effectively with others • To use feedback to improve performance <p>Dance</p> <ul style="list-style-type: none"> • Movements and application to music • Use of space, formations, levels, unison, and canon • How to compose a performance as part of a group • Importance of timing to create an effect <p>Health and fitness</p>	<p>Practical skills application</p> <p>MID-YEAR EXAM WHOLE-SCHOOL ASSESSMENT DATA COLLECTION POINT</p>	<ul style="list-style-type: none"> • Application of techniques in a range of contexts • Short specific terminology • Simple strategies to outwit opposition • Application of a set of modified game rules 	<p>Practical skills application</p>

<ul style="list-style-type: none"> • Simple strategies to outwit opposition <p>Application of modified game rules</p>		<ul style="list-style-type: none"> • Skill replication in a range of fitness activities that test physical capacity • Basic understanding of the way the body responds to exercise • How to improve performances • Simple warm up and cool down routines/movements 			
SKILLS		SKILLS		SKILLS	
<p>Table tennis</p> <ul style="list-style-type: none"> • Grip and stance • Push-Backhand/Forehand • Drive-Forehand • Serve <p>Badminton</p> <ul style="list-style-type: none"> • Footwork/stance and grip • Shuttle control • Sending/receiving-forehand/backhand • Clear • Drop shot • Service action 		<p>Outdoor Adventurous Activities</p> <ul style="list-style-type: none"> • Communication • Problem solving • Teamwork • Trust • Time management • Organisation <p>Dance</p> <ul style="list-style-type: none"> • Rhythm • Timing • Gestures • Jumps <p>Health related fitness</p> <ul style="list-style-type: none"> • Warm up/cool down movements • Circuit movements 		<ul style="list-style-type: none"> • Batting • Bowling • Fielding-Sending/Receiving • Fielding-Barriers 	

		<ul style="list-style-type: none"> • Tests for components of fitness • Boxercise techniques • Simple measurements of the body-heart rate 			
Autumn 2		Spring 2		Summer 2	
TOPIC: Hockey/ Tag Rugby WEEKS: 6		TOPIC: Netball WEEKS: 6		TOPIC: Football and Athletics WEEKS: 6	
KNOWLEDGE	ASSESSMENT	KNOWLEDGE	ASSESSMENT	KNOWLEDGE	ASSESSMENT
Hockey <ul style="list-style-type: none"> • Principles of attack and defence • Finding and using space • Different marking, covering, delaying strategies • Application of modified game rules Tag Rugby <ul style="list-style-type: none"> • Ball Familiarisation • Passing and Retrieving • Attacking Play • Tagging • Passing On the Move • Principles of attack and defence using a range of strategies 	Practical skills application	<ul style="list-style-type: none"> • Principles of attack and defence using a range of strategies • Finding and using space • Use of sport specific terminology • Application of modified game rules 	Practical skills application	Football <ul style="list-style-type: none"> • Principles of attack and defence • Finding and using space • Different marking, covering, delaying strategies • Application of modified game rules Athletics <ul style="list-style-type: none"> • Skill replication in a range of competitive contexts 	Practical skills application END OF YEAR EXAM WHOLE-SCHOOL ASSESSMENT DATA COLLECTION POINT

<ul style="list-style-type: none"> • Finding and using space to change point of attack • Understanding of sport specific terminology • Application of game rules 				<ul style="list-style-type: none"> • Basic biomechanics to aid core skill execution • Simple tactics to improve performances • Application of event rules • Health and safety guidelines when using equipment 	
SKILLS		SKILLS		SKILLS	
<p>Hockey</p> <ul style="list-style-type: none"> • Passing/Receiving • Dribbling • Ball control • Shooting • Defending/block tackle <p>Tag Rugby</p> <ul style="list-style-type: none"> • Passing/Receiving • Ball handling • Tackling • Dodging • Evading 		<ul style="list-style-type: none"> • Passing/Receiving • Ball handling • Footwork • Shooting • Defending • Dodging 		<p>Football</p> <ul style="list-style-type: none"> • Passing/Receiving • Shooting • Dribbling • Ball control • Defending/Marking /Tackling <p>Athletics</p> <ul style="list-style-type: none"> • Sprinting • Pacing • Leg and arm drive • Take off, flight, landing • Throwing actions • starts 	

Year 8: PE					
Autumn Term		Spring Term		Summer Term	
Autumn 1		Spring 1		Summer 1	
TOPIC: Table Tennis and Badminton WEEKS: 6		TOPIC: Outdoor Adventurous Activities (OOA), Dance and Health Related Fitness WEEKS: 6		TOPIC: Rounders WEEKS: 6	
KNOWLEDGE	ASSESSMENT	KNOWLEDGE	ASSESSMENT	KNOWLEDGE	ASSESSMENT
Table Tennis Through the implementation, students will be able to understand, use and recall the following knowledge relating to table tennis: <ul style="list-style-type: none"> • Shot selection in a range of competitive contexts • Use of deception and more complex strategies to outwit opposition • Understanding of sequences of play • Use of specific terminology and application of game rules. Badminton <ul style="list-style-type: none"> • Shot selection in a range of competitive contexts • Use of deception and more complex strategies to outwit opposition 	Practical skills application	Outdoor Adventurous Activities <ul style="list-style-type: none"> • How to tackle problem-solving activities as part of a group • To follow instructions and take on a number of different roles • to review a performance and change the outcome in subsequent trials Dance <ul style="list-style-type: none"> • interpret music with appropriate movements • Use of space, formations, levels, unison, and canon • Develop the ability to compose a sequence • Evaluative skills of own or others' performance 	Practical skills application MID-YEAR EXAM WHOLE-SCHOOL ASSESSMENT DATA COLLECTION POINT	<ul style="list-style-type: none"> • Application of techniques in a competitive context • Short specific terminology relating to a performer and official • Strategies to outwit opposition • Application of a set of modified game rules 	Practical skills application

<ul style="list-style-type: none"> • Understanding of sequences of play • Use of specific terminology and application of game rules • Using space 		<p>Health and fitness</p> <ul style="list-style-type: none"> • Skill replication in a range of fitness activities that test physical capacity • Use a range of health and fitness terminology • Understanding of the way the body responds to exercise • Warm up and cool down routines/movements 			
<p>SKILLS</p>		<p>SKILLS</p>		<p>SKILLS</p>	
<p>Table tennis</p> <ul style="list-style-type: none"> • Grip and stance • Push-Backhand/Forehand • Drive-Forehand • Serve <p>Badminton</p> <ul style="list-style-type: none"> • Sending/receiving-forehand/backhand • Clear • Drop shot • Flick shot • Smash • Service action-variety 		<p>Outdoor Adventurous Activities</p> <ul style="list-style-type: none"> • Communication • Problem solving • Teamwork • Trust • Time management • Organisation/Planning <p>Dance</p> <ul style="list-style-type: none"> • Rhythm • Timing • Gestures • Jumps <p>Health related fitness</p> <ul style="list-style-type: none"> • Circuit movements 		<ul style="list-style-type: none"> • Batting • Bowling • Fielding-Sending/Receiving • Fielding-Barriers 	

		<ul style="list-style-type: none"> • Tests for components of fitness • Boxercise techniques • Difference in running for speed/endurance 			
Autumn 2		Spring 2		Summer 2	
TOPIC: Hockey/ Tag Rugby WEEKS: 6		TOPIC: Netball WEEKS: 6		TOPIC: Football and Athletics WEEKS: 6	
KNOWLEDGE	ASSESSMENT	KNOWLEDGE	ASSESSMENT	KNOWLEDGE	ASSESSMENT
Hockey <ul style="list-style-type: none"> • Principles of attack and defence • Finding, using, and denying space • Making decisions quickly and efficiently • Application of game rules • Understanding how to work as a team effectively Tag Rugby <ul style="list-style-type: none"> • Passing and Creating Space • Tactical Play • Free Passes • Positional Play 	Practical skills application	<ul style="list-style-type: none"> • Principles of attack and defence using a range of strategies • Finding, using, and marking space • Use of sport specific terminology • Application of game rules correctly 	Practical skills application	Football <ul style="list-style-type: none"> • Principles of attack and defence • Finding, using, and denying space • Making decisions quickly and efficiently • Application of game rules • Understanding how to work as a team effectively Athletics <ul style="list-style-type: none"> • Skill replication in a range of competitive events 	Practical skills application END OF YEAR EXAM WHOLE-SCHOOL ASSESSMENT DATA COLLECTION POINT

<ul style="list-style-type: none"> Principles of attack and defence using a range of strategies Finding and using space to change point of attack Understanding of sport specific terminology Application of more complex game rules 				<ul style="list-style-type: none"> Application of a set of rules when competing Understanding of own strengths and limitations Knowledge of personal running, jumping, and throwing capacity 	
SKILLS		SKILLS		SKILLS	
<ul style="list-style-type: none"> Passing/Receiving Dribbling- open and reverse side Ball control Shooting Defending/Tackling <p>Tag Rugby</p> <ul style="list-style-type: none"> Passing/Receiving Ball handling Tackling Dodging Evading Kicking 		<ul style="list-style-type: none"> Passing/Receiving Ball handling Footwork Shooting Marking Intercepting Dodging 		<p>Football</p> <ul style="list-style-type: none"> Passing/Receiving Shooting Dribbling Ball control Defending/Marking /Tackling <p>Athletics</p> <ul style="list-style-type: none"> Sprinting/Speed/Power Pacing/cardiovascular endurance Starts Drive Take off, flight, landing Throwing actions Relay 	

Year 9: PE					
Autumn Term		Spring Term		Summer Term	
Autumn 1		Spring 1		Summer 1	
TOPIC: Table Tennis and Badminton WEEKS: 6		TOPIC: Outdoor Adventurous Activities (OOA), Dance and Health Related Fitness WEEKS: 6		TOPIC: Rounders WEEKS: 6	
KNOWLEDGE	Assessment	KNOWLEDGE	Assessment	KNOWLEDGE	Assessment
Table Tennis Understand, use, and recall the following knowledge relating to table tennis: <ul style="list-style-type: none"> • Shot selection in a range of competitive contexts • Use of deception and more complex strategies to outwit opposition • Understanding of sequences and play • Understanding of terminology and accurate application of game rules Badminton <ul style="list-style-type: none"> • Shot selection in a range of competitive contexts 	Practical skills application	Outdoor Adventurous Activities <ul style="list-style-type: none"> • Developing solutions as part of a team • Understanding of terminology • Application of map skills in a range of contexts • To accurately reflect and feedback to each other on how to improve outcomes Dance <ul style="list-style-type: none"> • Choreography of small sequences as part of a group • Use of space, formations, levels, unison, and canon • Evaluative skills of own or others' performance Health and fitness	Practical skills application MID-YEAR EXAM WHOLE-SCHOOL ASSESSMENT DATA COLLECTION POINT	<ul style="list-style-type: none"> • Application of techniques in a competitive context • Short specific terminology • Strategies to outwit opposition • Application of game rules as a performer and official 	Practical skills application

<ul style="list-style-type: none"> • Use of deception, tactics, and more complex strategies to outwit opposition • Understanding of sequences of play • Understanding of terminology and accurate application of the set of game rules 		<ul style="list-style-type: none"> • Skill replication in a range of fitness activities • Use a range of health and fitness terminology • Understanding of the way the body responds to exercise using appropriate terminology • Lead warm up and cool down routines 			
<p>SKILLS</p>		<p>SKILLS</p>		<p>SKILLS</p>	
<p>Table tennis</p> <ul style="list-style-type: none"> • Grip and stance • Push-Backhand/Forehand • Backhand Drive-application of spin • Forehand Drive-application of spin • Serve <p>Badminton</p> <ul style="list-style-type: none"> • Clear-forehand/backhand • Drop shot with deception • Flick shot • Smash • Service action-variety 		<p>Outdoor Adventurous Activities</p> <ul style="list-style-type: none"> • Communication • Problem solving • Teamwork • Map reading skills • Time management • Organisation/Planning <p>Dance</p> <ul style="list-style-type: none"> • Rhythm • Timing • Gestures • Jumps • Lifts <p>Health related fitness</p> <ul style="list-style-type: none"> • Circuit movements • Tests for components of fitness 		<ul style="list-style-type: none"> • Batting-variations • Bowling-variations • Fielding-Sending/Receiving • Fielding-Positioning 	

		<ul style="list-style-type: none"> Running for speed/endurance 			
Autumn 2		Spring 2		Summer 2	
TOPIC: Hockey WEEKS: 6		TOPIC: Netball WEEKS: 6		TOPIC: Football and Athletics WEEKS: 6	
KNOWLEDGE	Assessment	KNOWLEDGE	Assessment	KNOWLEDGE	Assessment
<ul style="list-style-type: none"> Principles of attack and defence Using deception to create space and develop use of decision-making skills Use of sport specific terminology Working effectively as a team while applying a set of game rules 	Practical skills application	<ul style="list-style-type: none"> More complex principles of attack and defence Decision making related to skill execution Working effectively as a team to exploit or deny space Application of rules and sport specific terminology 	Practical skills application	<p>Football</p> <ul style="list-style-type: none"> Principles of attack and defence Using deception to create space and opportunities for others Decision making for skill execution Working effectively as a team while applying a set of game rules <p>Athletics</p> <ul style="list-style-type: none"> Skill replication in a range of competitive events Experienced a number of sprint and pacing races 	Practical skills application END OF YEAR EXAM WHOLE-SCHOOL ASSESSMENT DATA COLLECTION POINT

				<ul style="list-style-type: none"> • Understanding of own strengths and limitations • Knowledge of the effect of exercise and ways to improve 	
SKILLS		SKILLS		SKILLS	
<ul style="list-style-type: none"> • Passing/Receiving • Dribbling • Ball control • Shooting • Defending/Tackling 		<ul style="list-style-type: none"> • Passing/Receiving • Ball handling • Footwork • Shooting • Marking/covering • Intercepting • Dodging 		Football <ul style="list-style-type: none"> • Passing/Receiving • Shooting • Dribbling • Ball control • Defending/Marking/Tackling Athletics <ul style="list-style-type: none"> • Sprinting/Speed/Power • Pacing/Cardiovascular endurance • Starts/Drive Phase • Stride length • Take off, flight, landing • Throwing actions • Relay 	

PE CURRICULUM SEQUENCING

The KS3 PE curriculum at BYJHS follows an activity-based model where we try to cover a wide range of activities and sports during all 5 years of the PE curriculum. The curriculum is sequenced in a spiral design so each year students should be building on their skill and core knowledge base as they revisit activities enabling them to make broader and deeper progress from unit to unit.

In order to ascertain the skills each student has, they begin with a benchmark Bleep test, focussing on their general fitness and skills in sport. The emphasis in Year 7 is to embed skills, movements, knowledge and to start to apply these to isolated drills and structured competitive situations. The Year 8 curriculum aims to refine students' skills, knowledge, and application with a focus on improving consistency and accuracy. In Year 9 the focus shifts to developing students' ability to apply more advanced skills, develop tactics/strategies to further outwit opponents and problem solve within small-sided, adapted, and full context competitive situations.

At the end of each unit of work in KS3 students will be assessed on their performance of physical skills in isolated practices and their application of skills in a competitive situation. The written assessment will test pupils' knowledge on rules, regulations, or tactics.

Through PE, students will have a progressive understanding of:

- Movement skills: develop locomotor, non-locomotor, and object control skills, these are the building blocks of developing physical literacy. The success of developing these skills can positively affect health throughout an individual's lifespan.
- Health and fitness: develop the knowledge and skills required to maintain and improve their health as part of their commitment to lifelong healthy choices. Teachers will encourage the holistic development of students' health and wellbeing

ensuring that physical education not only improves their physical development but their intellectual, emotional, social, and spiritual development. Students will be able to apply the key concepts and healthy eating model to their wider lives. Learning about a variety of training methods and the anatomy and physiology of the body will help them to develop their ability to explain how they can enhance their own performance and fitness levels and that of others.

- Technical skills: learn the skills required to take part in a wide range of sports, providing them with the necessary skills to be physically competent and, if they desire, to excel in their chosen sport(s).
- Tactical knowledge: learn how to select and apply appropriate tactics and strategies and apply these to the sport or situation they are in.
- Leadership: Students will be expected to lead warm-ups and some sports related drills as well as score and officiate within a range of different activities to develop teamwork and communication skills that will encourage them to become effective leaders, foster leadership qualities through experiences and will enable students to be active role models to others.
- Analytical skills: will be able to identify strengths and areas for improvement in themselves and others, offering effective advice to improve performance, movements, and sequences to produce refined outcomes.
- Sportsmanship: learn the importance of respect and fair play in sport, they will actively role model a positive sporting etiquette.