

**(Physical Education) Curriculum Overview 2023-24**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7 curriculum overview</b>	Invasion Games	Invasion Games <i>OAA (Learning Trip)</i>	Dance & Gymnastics	Net Games	Striking & Fielding	Athletics
<b>Skills</b>	Develop, basic map reading skills, navigation, teamwork, strategy, learning rules and regulations		Develop flexibility, strength, technique, control and balance	Develop coordination, balance, reaction time, striking, positioning	Develop control, accuracy, throwing, catching. Striking the ball.	Develop throwing, jumping, running, pacing. Learning rules and regulations. Recording results/distances/timings/measurements.
<b>Personal Development links</b>	Communication Growth Mindset Problem solving		Function Values Analytical Thinking	Friendship Resilience Accuracy	Connection Respect Focus	Responsibility Fairplay Reflection
<b>Career links</b>	Thinking ahead, Cambridge National/A-Level degree courses. Teaching/coaching. Sports event planner. Sports Administrator. Media/Broadcaster		Choreographer, Coaching, A-level/degree, individual dance pursuits (backing dancer, group dance), Actor/theater company.	Coaching, National/A-Level degree courses. Statistical analyst. Events Marketer, Umpire/referee. Media/Broadcaster	Coaching, umpire/refereeing, Statistical analyst. Media/Broadcaster	Sports Announcer, Athletics Official, Media/Broadcaster

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 8 curriculum overview</b>	Invasion Games	Invasion Games <i>OAA (Learning Trip)</i>	Dance, Gymnastics & Fitness	Net Games	Striking & Fielding	Athletics
<b>Skills</b>	Demonstrate basic map reading skills, navigation, teamwork and strategy, time keeping skills. Learning rules and regulations		Demonstrate flexibility, strength, technique, control and balance	Demonstrate coordination, balance, reaction time, striking, positioning, develop rules and regulation understandings	Object manipulation Rhythm & timing Demonstrating develop control, accuracy, throwing, catching. Striking the ball.	Demonstrate correct techniques for events. Accurate recording results/distances/timings/measurements.
<b>Personal Development links</b>	Decision Making Tactical analysis Determination		Performance Competence Creativity Celebrating differences	Tolerance Honesty Strategy Determination	Tactical awareness Tactical analysis Focus Respect	Honesty Fairplay Analysis Resilience
<b>Career links</b>	Primary school coaching , Cambridge National/A-Level degree courses. Teaching/coaching. Sports event planner. Sports Administrator. Scouting & talent acquisition. Media/Broadcaster		Physiotherapy, personal training, individual dance pursuits. Actor/theater company. Choreographer, Coaching, A-level/degree.	Coaching & Teaching, National/A-Level degree courses. Statistical analyst. Events Marketer, Umpire/referee.	Marketing & sponsorship, statistical analyst, Umpire/referee, scouting/ talent acquisition. Media/Broadcaster	Sales/customer lead Officiator School sport facilitator. Media/Broadcaster

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 9 curriculum overview</b>	Invasion Games	Invasion Games <i>OAA (Learning Trip)</i>	Dance, Gymnastics & Fitness	Net Games	Striking & Fielding	Athletics
<b>Skills</b>	Consistently demonstrate understanding of how to use a map effectively. Effectively use of navigation, teamwork, strategy and time keeping skills. Demonstrate competence skills and adapt existing rules.		Consistently demonstrate flexibility, strength, technique, control and balance. Demonstrate competence through design and application.	Consistently demonstrate coordination, balance, reaction time, striking and positioning. Effective student competency using tactics individually and in a team.	Students are able to demonstrate underarm throws with accuracy and precision in isolated situations. Effective student competency using tactics individually and in a team.	Consistently demonstrate correct technique within a competitive situation. Effective use of student competence to measure and record results.
<b>Personal Development links</b>	Equality Independence Resilience Leadership		Creativity Independence Leadership Creativity	Reflectiveness Independence Leadership Creativity	Empathy Independence Leadership Respect Tactical awareness	Curiosity Independence Coaching Leadership
<b>Career links</b>	Duke of Edinburgh, Volunteering, Scouts/Explorers, Air Cadets, Army Cadets, Fire Cadets, Park Ranger.		Sports medicine, physiotherapy, personal training,	Coaching, National/A-Level degree courses. Statistical analyst. Events Marketer, Umpire/referee. Teaching.	Teaching, apprenticeships, personal instructor, Umpire/ refereeing.	Event management Marketing lead Head of events

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<b>Year 10 curriculum overview</b>	Invasion Games (Core) <b>Cambridge National / Sports Studies Unit R185: Performance and Leadership.</b>		Fitness (Core) <b>Unit R185: Performance and Leadership.</b>	Net Games (Core) <b>Unit R186: Sport and the Media</b>	Striking & Fielding (Core) <b>Unit R186: Sport and the Media</b>	
<b>Skills</b>	<b>Understand/explain/identify key issues that hinder and/or affect sports and/or performance.</b>		Understand/explain/identify different methods of fitness testing (muscles/cardiovascular etc.)	Evaluate and analyse own and peers performance, using constructive and detailed feedback to help improve performance. Identify areas of weakness (practical/decision making).	Recall, select and apply knowledge and understanding of tactical awareness to help enhance performance. <b>Identify the different sources of media that cover sport and explain the positive and negative effects of these.</b>	
<b>Personal Development links</b>	Applying practice methods. Organising and planning. Leading and reviewing own performance.		Develop a basic PEP focusing on key areas of fitness to help improve individual performance.	Apply various methods to help improve performance across all net games.	Apply various methods to help improve performance across striking & fielding games.	
<b>Career links</b>	A Level / Apprenticeships / Cambridge Technicals <b>Coaching, Umpire, Physiotherapy, Performer, Teacher</b>		A Level, college, university, personal trainer, club links.	Coaching, umpire, teaching, apprenticeships. <b>Journalist, Broadcaster, Producer, TV/Radio</b>	Coaching, umpire, club links.	

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<b>Year 11 curriculum overview</b>	Invasion Games (Core) <b>Cambridge National / Sports Studies Unit R184: Contemporary Issues in Sport (Exam)</b>		Fitness (Core) <b>Unit R187: Increasing Awareness of OAA</b>	Net Games (Core) <b>Unit R187: Increasing Awareness of OAA</b>	Striking & Fielding (Core) <b>Unit R187: Increasing Awareness of OAA</b>	Striking & Fielding (Core) <b>Leadership/Coaching KS3</b>
<b>Skills</b>	Appreciation of Sport / Self Discipline <b>Revision, planning, exploring potential barriers in sports events, use of technology,</b>		Physical Skills (Strength and Endurance) <b>Application , process, planning, applying of an OAA</b>	Healthy living and lifestyle skills. <b>Application , process, planning, applying of an OAA</b>	Cognitive Skills (Attention/Visual Tracking) <b>Evaluate participation and leadership on an outdoor and adventurous activity</b>	Social / Cooperation <b>Recall, select and apply knowledge and understanding of tactical awareness to help enhance performance and leadership.</b>
<b>Personal Development links</b>	Independence/Confidence <b>Knowledge/Understanding - Governing Bodies Sport Values &amp; Ethical Issues</b>		Well-being / Mental Health	Excellence	Decision Making	Leadership/Coaching
<b>Career links</b>	A Level / Apprenticeships / Cambridge Technicals <b>Sports Marketing, Business Development, Facilities Manager, Director of Sport, Teacher</b>		A Level, college, university, personal trainer, club links.	Coaching, umpire, teaching, apprenticeships.	A Level / Apprenticeships / Cambridge Technicals <b>Event Coordinator, Environmental Leaders, Adventure Coordinator, Teacher</b>	

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