

**Intent Statement:** “Our vision for **Physical Education** at Tottington High School is to develop students’ love of sport and their understanding of a healthier lifestyle; leading to a positive impact on their emotional health and physical well-being. Sport allows students to learn through discovery, creativity and collaboration with others, allowing them to experience success and failure, developing their resilience and determination. Our Physical Education curriculum is designed to inspire and encourage students to participate both in and beyond school, providing them with life changing memories and the building blocks to help them achieve success in sporting qualifications. At Key Stage 4, we have developed a curriculum that gives students the opportunity to study sport, health and leisure in greater depth, giving them the opportunities to move onto post 16 courses or enter sporting industries.

	Term 1		Term 2		Term 3	
<b>Year 7</b>	<p><b>Baseline Assessment</b> 1: Fitness</p> <p><b>Team Activities (Football, Basketball, Hockey)</b> Team Games which focusses on the skill of dribbling.</p>	<p><b>Dance/Fitness (cross country)</b> Learning about individual and group dance focussing on timing.</p> <p>Cross Country Course focussing on long distance running and cardiovascular fitness</p>	<p><b>Baseline Assessment</b> 2: Fitness</p> <p><b>Sports Science</b> Learning knowledge (AO1) about the Skeletal System and its function in sport</p> <p><b>Racket Sports (Table Tennis, Badminton)</b> Racket sports which focus on the serve and backhand shots</p>	<p><b>Gymnastics</b> Learning about the different movements of travel and planning sequences.</p> <p><b>Netball</b> Learning about footwork and ball skills</p> <p><b>Dodgeball</b> Focussing on the throwing and passing techniques</p>	<p><b>Baseline Assessment</b> 3: Fitness</p> <p><b>Athletics</b> Focusing on the technique involved in Sprinting, Paced running and throwing events.</p>	<p><b>Cricket and Rounders</b> Learning about batting technique.</p> <p><b>Free play</b> Choice of activity for students to organise and lead</p>
<b>Year 8</b>	<p><b>Baseline Assessment</b> 1: Fitness</p> <p><b>Team Activities (Football, Basketball, Hockey)</b> Team Games which focus on the skill of passing.</p>	<p><b>Dance/Fitness (cross country)</b> Learning about individual and group dance focussing on direction and choreography.</p> <p>Silver/Gold Cross Country Course focussing on long distance running and cardiovascular fitness</p>	<p><b>Baseline Assessment</b> 2: Fitness</p> <p><b>Sports Science</b> Learning and applying (AO2) knowledge about the Muscular System and its function in sport</p> <p><b>Racket Sports (Table Tennis, Badminton)</b> Racket sports which focus on the overhead clear and forehand shots.</p>	<p><b>Gymnastics</b> Learning about the different balances and body parts involved and planning individual and group sequences.</p> <p><b>Netball</b> Learning about passing and receiving, and ball skills</p> <p><b>Dodgeball</b> Focussing on the dodging and defending techniques</p>	<p><b>Baseline Assessment</b> 3: Fitness</p> <p><b>Athletics</b> Focusing on the technique and skills involved in Sprinting, Paced running and throwing events.</p>	<p><b>Cricket and Rounders</b> Learning about bowling technique.</p> <p><b>Free play</b> Choice of activity for students to organise and lead</p>



<p><b>Year 9</b></p>	<p><b>Baseline Assessment</b> 1: Fitness</p> <p><b>(Football, Basketball, Hockey)</b> Team Games which focus on the skill of defending.</p>	<p><b>Dance/Fitness (cross country)</b> Learning about group dance focussing on formation and choreography.</p> <p>Gold/Platinum Cross Country Course focussing on long distance running and cardiovascular fitness</p>	<p><b>Baseline Assessment</b> 2: Fitness</p> <p><b>Sports Science</b> Learning knowledge, applying and explaining why (AO3) focussing on the Cardiorespiratory System and its function in sport</p> <p><b>Racket Sports (Table Tennis, Badminton)</b> Racket sports which focus on the drop shot and attacking shots (smash/forehand drive)</p>	<p><b>Gymnastics</b> Learning about the different movements of flight, including vaulting and trampolining.</p> <p><b>Netball</b> Learning about defending and positions</p> <p><b>Dodgeball</b> Focussing on the attacking techniques and tactics.</p>	<p><b>Baseline Assessment</b> 3: Fitness</p> <p><b>Athletics</b> Focusing on the technique, tactics and skills involved in Sprinting, Paced running and throwing events.</p>	<p><b>Cricket and Rounders</b> Learning about advanced skills and tactics and fielding techniques.</p> <p><b>Free play</b> Choice of activity for students to organise and lead</p>
<p><b>Year 10</b> AO1 – Knowledge AO2 – Application AO3 – Explain Why</p>	<p>Physical, Social &amp; Emotional health Skeletal system Muscular system</p>	<p>Cardiovascular system Respiratory system Cardiorespiratory system</p>	<p>Planes &amp; Axes SMART targets Classification of Skill</p>	<p>Components of Fitness</p>	<p>Principles of Training</p>	<p>The PEP</p>
<p><b>Practical Activities</b> - 10</p>	<p><b>Football/Basketball</b> Techniques and skills are built on from Years7-9 which were dribbling (7), passing (8) and defending (9).</p>		<p><b>Table tennis/Badminton</b> Techniques and skills are built on from Years7-9 which were dribbling (7), passing (8) and defending (9).</p>		<p><b>Athletics/Cricket</b> Techniques and skills are built on from Years7-9 which were dribbling (7), passing (8) and defending (9).</p>	
<p><b>Year 11</b> AO1 – Knowledge AO2 – Application AO3 – Explain Why</p>	<p>Identification &amp; Prevention of Injury PED's</p>	<p>Commercialisation &amp; the Media Guidance &amp; Feedback</p>	<p>Close the GAP – recap of topics after mock analysis</p>	<p>Revision a. Knowledge/Apply/Say Why b. Answering the question that is being asked.</p>	<p>Revision Focus on 3 main areas Knowledge Application Explanations</p>	
<p><b>Practical Activities</b> - 11</p>	<p><b>Table tennis/Badminton</b> Techniques and skills are built on from Years7-9 which were dribbling (7), passing (8) and defending (9).</p>		<p><b>Selection of 3 sporting options and then lessons will focus on these areas</b> Techniques and skills are built on from Years7-9 which were dribbling (7), passing (8) and defending (9).</p>			

<b>Sports Studies</b>						
	<b>Term 1</b>		<b>Term 2</b>		<b>Term 3</b>	
<b>Year 10</b>	<p><b>RO53: Leadership.</b> LO1 – Know the qualities, styles, roles and responsibilities of effective sports leadership.</p> <p>LO2 – Plan a sports activity session with key requirements and safety considerations</p> <p><b>RO52: Developing sports skills.</b> LO2: Focus on the skills, tactics and techniques of team sports (football and basketball).</p>	<p><b>RO53 Leadership.</b> LO3 – Deliver a sports activity session. Practical delivery of individual student’s sessions to the group.</p> <p>LO4 – Evaluate your own performance in delivering a sports activity session.</p>	<p><b>RO56 Outdoor Activities</b> LO1 – Know about different types of Outdoor Activities and their provision.</p> <p><b>RO52: Developing sports skills.</b> LO1: Focus on the skills, tactics and techniques of individual sports (badminton and table tennis)</p>	<p><b>RO56 Outdoor Activities</b> LO2 – Understand the values of participating in Outdoor Activities</p> <p><b>RO52: Developing sports skills.</b> Focus on the skills, tactics and techniques of individual sports (badminton and table tennis)</p>	<p><b>RO56 Outdoor Activities</b> LO3 – Be able to plan an outdoor activity which includes recognising key considerations and understanding safety considerations</p> <p><b>RO52: Developing sports skills.</b> Focus on the skills, tactics and techniques of individual sports (Athletics track and field events)</p>	<p><b>RO56 Outdoor Activities</b> LO4 – Demonstrate knowledge and skills during outdoor activities, including practical assessment of rock climbing and hill walking.</p> <p><b>RO52: Developing sports skills.</b> Focus on the skills, tactics and techniques of individual sports (Athletics track and field events)</p>
<b>Year 11</b>	<p><b>RO51: Contemporary Issues in Sport</b> LO1: Understand the issues which affect participation in sport (including different user groups, barrier and solutions)</p> <p><b>RO52: Developing sports skills.</b> LO3: Be able to officiate in a sporting activity. (Team activities)</p>	<p><b>RO51: Contemporary Issues in Sport</b> LO2: Know about the role of sport in promoting values (including the Olympic and Paralympic movement, sporting initiatives and the use of performance enhancing drugs in sport)</p> <p><b>RO52: Developing sports skills.</b> LO3: Be able to officiate in a sporting activity. (individual activities)</p>	<p><b>RO51: Contemporary Issues in Sport</b> LO3: Understand the importance of hosting major sporting events (including examples of major sporting events and potential benefits and drawbacks of host cities/countries)</p> <p><b>RO52: Developing sports skills.</b> LO4: Be able to apply practice methods to support improvements in a sporting activity, including how to identify strengths and weaknesses, types of skills and types of practice.</p>	<p><b>RO51: Contemporary Issues in Sport</b> LO4: Know about the role of National Governing Bodies in sport and how they support individual activities.</p> <p><b>RO52: Developing sports skills.</b> LO4: Be able to apply practice methods to support improvements in a sporting activity, including different methods to improve own performance and how to measure improvements.</p>	<p><b>RO51: Contemporary Issues in Sport.</b> Recall, knowledge checkers and revision of LO1-LO4</p> <p><b>RO52: Developing sports skills.</b> LO1 &amp; LO2: Recall and develop skills, tactics and techniques of team and individual activities</p>	<p><b>RO51: Contemporary Issues in Sport Exam</b></p> <p><b>Coursework submission:</b> RO53 - Leadership RO56 - Outdoor Activities RO52 – Developing Sports Skills</p>