**Curriculum Overview**

**Year 7-10 Physical Education**

**Intent**

The overall purpose is to use the medium of PE to develop a student's cooperation, independence, teamwork, confidence and self-awareness. This SOW will also develop their skills and knowledge around the subject in preparation for the potential option of GCSE PE and consequently set the expectations for the demands of the GCSE course, should they wish to continue in Year 11.

**Implementation**

The course will be delivered through practical lessons of approximately 2hours a week. Their practical lessons will tackle complex and demanding physical activities that develops personal fitness and promotes an active, healthy lifestyle.

There will be a range of sports and activities covered which will rotate throughout the year and pathways. This means that pathways may cover different activities to each other but all covering the minimum requirements of the national curriculum.

**Impact**

This SOW is a skills-based approach aiming to narrow gaps and support learners when reengaging with learning following a PEX, whilst providing opportunities to succeed, build on their self-belief, enjoy learning and develop good coping skills in the subject.

This will enable them to accept help and support when they need it and to understand the relevance of skills needed for adulthood/ further education and career pathway.

**Themes**

The students will cover the following main topics through years 7-10:

* Components of Fitness.
* Function of the Skeletal & Muscular System.
* Effects of Exercise on the Skeletal & Muscular System.
* Analysing and Evaluating Performance.
* Health, Fitness and Wellbeing

These will be covered through various sporting tasks. The units covered throughout the academic year are:

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| **Unit** | **Objectives (inc literacy, SEMH etc(** |
| **Team Sports**(Football, Futsal, Basketball, Handball, Rugby L&U, Netball) | PassingRunning with the ballTackling/InterceptingTurning with the ballStriking the ball1v12v13v2/2v3Shot stopping (Football, Futsal, Basketball)PositioningTactical awarenessFormations |
| **Racket sports**(Tennis, Badminton, Squash, Table tennis) | Grips and their implementationMovement around the courtDifferent types of shotsServesReturn of serveTactical application |
| **Athletics**(Long/Tripple Jump, Shot Putt, Discus, 100m, 200m, 300m(G), 400m(B) | **Jump*** Run up
* Take off
* Flight
* Landing

**Throw*** Initial Stance
* Grip
* Preparation
* Movement
* Release
* Recovery

**Track*** Start
* Posture
* Pace
* Leg and arm action
* Coordination of legs and arms
* Stride pattern
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| **Cross-Country** | StartPosturePaceLeg and arm actionCoordination of legs and armsStride patternClimbing and descending hillsRunning on different terrainsNegotiating tight turns |
| **Orienteering** | StartPosturePaceLeg and arm actionCoordination of legs and armsStride patternClimbing and descending hillsRunning on different terrainsNegotiating tight turnsMap readingCompass skills |
| **Boxing** | Stance and GuardFootworkStraight punches, either hand, to target areaStraight punches to the bodyDefend against punchesSport specific fitnessRules and etiquette  |
| **Golf** | GripStancePostureSwingUse of putterShort game (Sand-7)Long game (6-Driver)Appropriate choice of club and shotManagement of courseEnvironmental considerationsGolf etiquette |