**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) | Passing  Running with the ball  Tackling/Intercepting  Turning with the ball  Striking the ball  1v1  2v1  3v2/2v3  Shot stopping (Football, Futsal, Basketball)  Positioning  Tactical awareness  Formations |
| **Racket sports**  (Tennis, Badminton, Squash, Table tennis) | Grips and their implementation  Movement around the court  Different types of shots  Serves  Return of serve  Tactical 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 |
| **Cross-Country** | Start  Posture  Pace  Leg and arm action  Coordination of legs and arms  Stride pattern  Climbing and descending hills  Running on different terrains  Negotiating tight turns |
| **Orienteering** | Start  Posture  Pace  Leg and arm action  Coordination of legs and arms  Stride pattern  Climbing and descending hills  Running on different terrains  Negotiating tight turns  Map reading  Compass skills |
| **Boxing** | Stance and Guard  Footwork  Straight punches, either hand, to target area  Straight punches to the body  Defend against punches  Sport specific fitness  Rules and etiquette |
| **Golf** | Grip  Stance  Posture  Swing  Use of putter  Short game (Sand-7)  Long game (6-Driver)  Appropriate choice of club and shot  Management of course  Environmental considerations  Golf etiquette |