

# Physical Education at Soar Valley College

## **Aims of the Physical Education National Curriculum:**

The National Curriculum for Physical Education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

## **Our Vision:**

To develop confident, competent and motivated learners who have the knowledge and understanding to value physical activity for life.

## **Our Curriculum Intent:**

Our Physical Education curriculum is designed to develop a lifelong love of physical activity and sport. We will achieve this through:

- Teaching a broad and balanced Physical Education curriculum
- Teaching fun and engaging lessons that allow all students to achieve success and remain physically active for sustained periods of time.
- Providing extra-curricular opportunities to enhance sporting experiences and create life long memories.

## **Physical Education Curriculum - Key Stage 3:**

At Key Stage 3 we aim to build upon the key concepts that students have learnt throughout KS2 and KS2 PE. We do this by teaching a wide range of sports/activities to that are deep and knowledge and provide a broad and balanced curriculum. Due to the facilities available at any one time, it is not possible for all students to follow an identical curriculum, however all students will be taught activities from the list below. Students are given a taste of inclusive and emerging sports to broaden their horizons. Inclusive activities are also used to demonstrate that the sports they see at the Paralympics are not exclusive to disability athletes, whilst at the same time providing them with an appreciation of the challenges that disability athletes face.

Sports to include:

- Autumn and Spring Term - Badminton, Basketball, Football, Gymnastics, Health Related Fitness, Netball, Rugby, Tennis, OAA, Inclusive Sports, Short Tennis
- Summer Term - Athletics (run, throw, jump) Rounders, Cricket, Softball

Activities will be typically taught during 'traditional' terms, the rationale for this is:

- To minimise lesson disruption due to the weather.
- To teach activities during the appropriate sporting season.
- For health and safety reasons e.g soft ground for rugby, dry ground for javelin.

Activities will be taught in typically 5 week blocks, this timeframe allows students the opportunity to progress by developing their skill competence, tactics and understanding of the particular sport. Students will receive 4 x 60 minute lessons per fortnight.

#### **Physical Education Curriculum - Key Stage 4**

At Key Stage 4 we recognise that student engagement is a key priority. Therefore, in year 10 we follow a more games based approach building on advanced skill development and refinement of tactics and strategies from Key Stage 3. In Year 10 students build upon the knowledge of OAA and team building with the introduction of Orienteering.

In year 11, students study 4 themes throughout the year that are delivered through agreed activities. Our themes aim to develop the student's knowledge of fitness and training, leadership and teamwork and tactics and strategies in activities that are motivating and provide a mental distraction from their academic studies.

At Key Stage 4 Students will receive 1 x 60 minute Physical Education lesson per week. Where possible, these lessons will focus on students learning through either games or competition.

The curriculum table below demonstrates the progression through Key Stage 3 to Key Stage 4.

<b>Year 11</b>	Theme and activity based learning focussing on fitness and training, tactics and strategies, leadership and teamwork
<b>Year 10</b>	Game based learning and technique refinement with a focus on more advanced tactics and strategies <b>appropriate to the progress made at KS3</b>
<b>Year 9</b>	Development of core and advanced practical knowledge with a greater focus on tactics and strategies to ensure effective performance
<b>Year 8</b>	Refine motor knowledge to increase consistency, control and accuracy. Begin to develop a deeper knowledge of tactics strategies and composition.
<b>Year 7</b>	Development of fundamental motor knowledge core, introduction to games and their rules, tactics, strategies and composition

### **Curriculum Map Key Stage 3**

#### **Assessment:**

End of unit assessment (Gold, Silver and Bronze), this is based on formative teacher assessment over the course of the unit of work. Peer and self-assessment will also be used during the unit of work. Students are assessed on sporting competence, knowledge and application of rules, tactics and strategies, knowledge of health and fitness and effort levels.

Students will be assessed through:

- Performing skills in isolation.
- Performing skills in conditioned/small sided games/routines
- Understanding and applying the rules of the game/activity
- Demonstrating personal/group warm up's and cool down's.
- Demonstrating an understanding of topics covered through verbal/written responses to questioning.

#### **Cross Curricular PE:**

- Spatial awareness transferred from other invasion based games.
- Evasion of opponents transferred from other invasion based games.
- Team work transferred from other team based sports.
- Fundamental movement skills transferred from other cross-curricular activities.
- Communication transferred from all sports/activities to be successful against an opponent/situation.

#### **Cross Curricular Schemas:**

##### **Year 7**

- Simple understanding of the human body's response to exercise e.g increased heart/breathing rate (Science).
- Use of distance, time and scoring/counting and (Mathematics)
- Know the components of fitness required to perform effectively (Sports Science)
- Taking part in activity to support a healthy active lifestyle (Science/Food Technology/Sports Science)
- Know why we warm up and cool down and how to carry out a simple version of each (Sports Science)

**Year 8**

- Knowledge of the muscular/skeletal (Science)
- Use of biomechanics within sport (angles and shapes) (Mathematics)
- Describe how the components of fitness are used (Sports Science)
- Be able to carry out a 5 part warm up and 2 part cool down (Sports Science)
- Taking part in activity to support a healthy active lifestyle (Science/Food Technology/Aspire/Sports Science)

**Year 9**

- Know how a sports performer can adapt their diet to improve their performance (Food technology/Sports Science)
- Know training methods that could be used to improve a sports performance (Sports Science)
- Understand the energy pathways that are used when taking part in sport/activities (Science/Sports Science)
- Responding to an injury in sport (Sports Science)
- Taking part in activity to support a healthy active lifestyle (Science/Food Technology/Sports Science)

**Cultural Capital (skills, knowledge, experiences):**

- Team work (working with a group of students to achieve a goal)
- Developing independence through individual liberty and key decision making
- Communication (communicating with other team mates, listening to other people's opinions)
- Organisation (self-organisation to bring correct equipment/kit to the lesson. Organising others to work effectively within a team)
- Resilience (responding to set backs such as team losing, playing against a stronger team, not being teamed up with friends)
- Competition (experiencing working as a team or as an individual to try and win)
- Problem Solving (Using tactics/team strategies to stop an opponent or reduce the threat of the opposition)
- Creativity (Being creative to find ways to outwit an opponent)
- Respecting the rules of the sport and respecting officials and other participants (rule of law/mutual respect/tolerance)

- Taking part in activity to support a healthy active lifestyle (Science/Food Technology/Sports Science)

**Career Links:**

Students will learn key topics and skills that will provide a foundation of knowledge and experience for future employment in occupations such as personal training/fitness instructing, coaching/teaching, physiotherapy and sports science.

**Extra-Curricular Opportunities:**

- Extra curricular activities are open to everyone, of all abilities. Our sessions are about providing opportunities for students to extend their curriculum, develop cultural capital through school representation, increase activity levels and to enjoy competitive, and social, sport in a fun environment with a vision for them to remain active once they leave us.
- Extra curricular activities provide staff with further opportunities to encourage and signpost students with a passion for sports to join a local community club. Staff also have additional opportunities to identify the more able players to represent the school teams in East Leicester and in regional competitions.

## **Sequencing**

Students will start every unit of work with a variation in skill level, playing experience and knowledge. Students will typically follow the sequencing below, however certain groups of students may be accelerated through the scheme of works/tasks to stretch and challenge. Whereas other groups may revisit knowledge to consolidate learning and application.

The sports below make up our spiral curriculum. Additional sports include OAA, dance and inclusive activities.

<b>Sequencing: Football</b>
<p><b>Year 7</b> Students will begin with core skills such as side foot passing, ball control, tackling, heading, dribbling and turning. These will be taught as isolated practices to begin with, this will be followed by conditioned drills to practice the skills under various amounts of pressure. This is to practise the application of the skills and to teach and assess decision making. Students will be given the opportunity at various points to play small sided games only (SSG). The rationale for this is to maximise the number of touches of the football for each individual, SSG where possible will have conditions in place to practise the skill taught in the lesson. Students will have the opportunity to demonstrate the advanced skills in game play. The core rules of football will be taught so that games can be played safely, fairly but without impacting on progress.</p>
<p><b>Year 8</b> Students will continue to develop their core skills in order to improve consistency and accuracy. However more focus will be given to conditioned drills and small sided games in order to enhance decision making and application of the skills. Students will be given the opportunity in lessons to demonstrate advanced skills. Further footballing rules will be drip fed into the lessons to increase footballing knowledge.</p>
<p><b>Year 9</b> Students will continue to develop core and advanced skills through conditioned drills and SSG to consolidate learning. More emphasis will be placed on tactics and strategies in game play. Students will be introduced to the concept of improving performance through Sports Science. Laws/Rules of the game will continue to be introduced/re-enforced, with students expected to play and officiate applying the rules correctly.</p>
<p><b>Year 10</b> Students will continue to refine and develop the knowledge that has been acquired throughout KS3. Where appropriate, they will be introduced to more complex tactics, strategies and composition. Lessons will focus on the application of knowledge in competitive scenarios.</p>

**Sequencing: Gymnastics****Year 7**

Students will begin with fundamental core floor skills (forward and backward rolls, headstand, cartwheel, handstand, balances, travel and routines) so that they can perform skills correctly and safely. This will be taught as isolated practices to begin with, this will then be slowly moved into combining skills together to create a routine which will be judged or assessed.

**Year 8**

Students will be introduced to a different section of gymnastics (flight). Students will be taught how to successfully prepare for a vault including the run up, pre-jump, take off, pre-flight, thrusting from the hands, post-flight and landing. Students will be taught the main core vaults (squat through, straddle, and gate) and for those that are ready, students will be given the opportunity to demonstrate advanced skills of handstand flat back and handsprings off of a box top.

Gymnastics vaulting rules will be drip fed into the lessons to increase gymnastics knowledge.

**Year 9**

Students will continue to develop their core vaults and will begin to practice more advanced vaults (Squat through long ways, straddle through long ways, handsprings, half on half off & half on full off vault). More emphasis will be placed on the execution and difficulty in competitions. Students will be introduced to the concept of biomechanics in gymnastics. Students will be expected to know how to judge a vault correctly.

**Year 10**

Students will continue to refine and develop the knowledge that has been acquired throughout KS3. Where appropriate, they will be introduced to more complex tactics, strategies and composition. Lessons will focus on the application of knowledge in competitive scenarios.

**Sequencing: Badminton****Year 7**

Students will begin with learning the core skills such as serving, rallying and clearing. These skills will be taught in isolated or conditioned drills before advancing to playing against an opponent. Students will also be taught how to play a half court singles games with a focus on the core rules, simple strategy and basic umpiring.

**Year 8**

Students will continue to develop the core skills learned in Year 7 with an emphasis on using shots to your advantage in a game and increasing accuracy and consistency.

Students will begin to link shots through deliberate sequences. Students will continue to develop their understanding of the rules and strategy through half court games, as well as being introduced to doubles badminton.

**Year 9**

Year 9 lessons will place greater emphasis on game play and strategy. Students will also learn about running their own tournaments for both singles and doubles.

Where appropriate students will continue to increase their range of shots by adding the drive shot and the smash shots to their bank of shots. Students will be expected to be able to umpire correctly demonstrating their understanding of the rules of the sport.

**Year 10**

Students will continue to refine and develop the knowledge that has been acquired throughout KS3. Where appropriate, they will be introduced to more complex tactics, strategies and composition. Lessons will focus on the application of knowledge in competitive scenarios.

**Sequencing: Basketball****Year 7**

Students will begin with core skills such as dribbling, ball control, footwork, passing and shooting. These will be taught as isolated practices to begin with, this will be followed by conditioned drills to practice the skills under various amounts of pressure. This is to practice the application of the skills and to teach and assess decision making.

Students will be given the opportunity at various points to play games. Games, where possible will have conditions in place to practise the skill taught in the lesson. Students will have the opportunity to demonstrate the advanced skills in game play. The core rules of basketball will be taught so that games can be played safely, fairly but without impacting on progress.

**Year 8**

Students will continue to develop their core skills in order to improve consistency and accuracy. However more focus will be given to conditioned drills and small sided games in order to enhance decision making and application of the skills. Students will be given the opportunity in lessons to demonstrate advanced skills. Further basketball rules will be drip fed into the lessons to increase knowledge of the sport

**Year 9**

Students will continue to develop core and advanced skills through conditioned drills and gameplay to consolidate learning. More emphasis will be placed on tactics and strategies in game situations such as zonal marking, fast breaks and player positions. Students will be introduced to the concept of improving performance through Sports Science. Rules of the game will continue to be introduced/re-enforced, with students expected to play and officiate applying the rules correctly.

**Year 10**

Students will continue to refine and develop the knowledge that has been acquired throughout KS3. Where appropriate, they will be introduced to more complex tactics, strategies and composition. Lessons will focus on the application of knowledge in competitive scenarios.

**Sequencing: Rugby****Year 7**

Students will begin with core skills such as ball familiarisation, passing and supporting, and simple evasion techniques. These will be taught through a combination of isolated practices and conditioned drills to practice the skills under various amounts of pressure. Games will begin as touch rugby to develop game understanding without the added confusion/fear of contact Rugby. As the group improves, contact skills such as tackling and rucking will be taught and introduced. However, this is very much dependent on the skill level, confidence and behaviour of the class. The core rules of Rugby will be taught so that games can be played safely, fairly but without impacting on progress.

**Year 8**

In year eight the core skills will continue to be developed, however more emphasis will be placed on practising these skills in conditioned games rather than in isolation so that decision making can be practised. Where appropriate contact rugby will continue to be introduced with new rules explained and tactics such as attacking/defensive lines put into practice through gameplay. In contact situations, groups will be split by size and physical maturity for safety reasons and to maintain students confidence and keep engagement levels high.

**Year 9**

In year 9 students will move quickly into games, however for safety reasons contact skills such as tackling and rucking will be re-taught. Many lessons will use the teaching games for understanding (TGfU) approach to keep students active and engaged as much as possible. More complex rules



will be introduced, such as rules at the breakdown. Students will also be encouraged to lead their teams and help organise defensive and attacking lines. Students will be encouraged to problem solve and develop tactics and strategies to help outwit their opponents.

**Year 10**

Students will continue to refine and develop the knowledge that has been acquired throughout KS3. Where appropriate, they will be introduced to more complex tactics, strategies and composition. Lessons will focus on the application of knowledge in competitive scenarios.

**Sequencing: Netball**

**Year 7**

Students will be introduced to the key skills of netball including passing and catching, footwork, getting free, defending, shooting, positions and centre passes. This will be taught using a range of isolated practices leading into small sided and conditioned games, with the aim of students to apply all of these fundamental skills into full game play using key rules.

**Year 8**

Students will be developing key skills they learnt in year 7 to increase their skill level and tactical understanding. More emphasis will be given to more difficult skills such as developing passing and possession on the move, getting free using the hold and lunge and the roll, defending with emphasis on interceptions, creating space, developing shooting technique, set plays and tactics. More key netball rules will be introduced at intervals throughout the unit. Students will also be learning how you can apply different components of fitness into Netball.

**Year 9**

Students will be developing key skills they learnt in year 7 to increase their skill level and tactical understanding. More emphasis will be given to more difficult skills such as developing passing and possession on the move, getting free using the hold and lunge and the roll, defending with emphasis on interceptions, creating space, developing shooting technique, set plays and tactics. More key netball rules will be introduced at intervals throughout the unit. Students will also be learning how you can apply different full rules. Emphasis will be placed on tactics and strategy to outwit opponents at this stage, not just execution of the skills themselves.

**Year 10**

Students will continue to refine and develop the knowledge that has been acquired throughout KS3. Where appropriate, they will be introduced to more complex tactics, strategies and composition. Lessons will focus on the application of knowledge in competitive scenarios.

**Sequencing: Athletics**

**Year 7**

Students are introduced to a range of athletic events covering running (100m, 200m, 300m, 800m, 1500m, relay) throwing (shot put, discus and javelin) and jumping (long jump). Techniques are taught to the students to allow them to achieve their personal best for each event. Students are taught the main rules of the different events and how in competition the winner is decided.

**Year 8**

Students continue to develop their understanding and ability to perform the skills needed to achieve their personal best across the range of athletic events. Students are encouraged to aim to beat their own performances from year seven, as well as being given aspirational targets. Due to physiological changes students are now allowed to learn the triple jump in addition to the long jump. Students are encouraged to develop the skills of resilience and determination when performing.

**Year 9**

Once again, students are encouraged to try and beat their personal best from year seven and eight across the range of athletic events. More emphasis is placed on skill development in year 9, with students considering how performances can be improved through changes to technique and tactics, such as angle of release or pacing strategies. Students are continued to be taught the rules of each event, plus how events are carried out in competition.

**Sequencing: Rounders****Year 7**

Students will be taught the core skills of batting, bowling and fielding through isolated practices and will be introduced to the basic rules of rounders, however this will be teacher led. Simple tactics are introduced to allow students to begin thinking of how to outwit their opponents. Students will have lots of opportunities to play and enjoy the game.

**Year 8**

The core skills of batting, bowling and fielding will continue to be developed to improve accuracy and consistency. However more advanced skills such as one handed catching, backstop to first post drills will be introduced. Students will continue to learn through playing games, with different scenarios explained to the group, to develop their knowledge and understanding of tactics.

**Year 9**

In year 9, the focus will be on gameplay, tactics and officiating. Students will learn a greater number of the rules and will be given the opportunity to officiate games to demonstrate and apply their understanding. The teaching of tactics will also be key with students encouraged to consider how they can outwit their opponent as both an individual and as part of a team. Finally, students will still be given opportunity to further develop core and advanced skills through drills and gameplay.

**Year 10**

Students will continue to refine and develop the knowledge that has been acquired throughout KS3. Where appropriate, they will be introduced to more complex tactics, strategies and composition. Lessons will focus on the application of knowledge in competitive scenarios.

**Sequencing: Cricket****Year 7**

Students will learn the core skills of grip, batting stance, simple shot selection, bowling and basic fielding techniques. Rules of the game will be introduced slowly, this will enable the students to play simpler versions of Cricket. Students will be given the chance to practise skills in isolated practices, conditioned practices and small games.

**Year 8**

Students will continue to develop the accuracy and consistency of their core skills, in addition to learning more advanced skills such as a wider range of batting shots, running between the wickets, bowling styles and more advanced fielding techniques such as backing and one handed pick up's. Rules of the game will continue to be drip fed into gameplay situations. Students will be encouraged to start to think about how they can outwit their opponents as individuals and as part of a team.

**Year 9**

Students will play various versions of the game (circular cricket/pairs cricket/nonstop cricket) to continue to develop their skills and understanding of the sport. Rules and tactics will continue to be explained to the students, with them given the opportunity to practise these in game situations. Core/advanced skills will continue to be developed through practice situations to allow for greater consistency, accuracy and control when performing.

**Year 10**

Students will continue to refine and develop the knowledge that has been acquired throughout KS3. Where appropriate, they will be introduced to more complex tactics, strategies and composition. Lessons will focus on the application of knowledge in competitive scenarios.

**Sequencing: Short Tennis****Year 7**

Students will begin with learning the core skills such as serving, forehand strokes, footwork and rallying. These skills will be taught in isolated or conditioned drills before advancing to playing against an opponent. Students will also be taught how to play a half court singles games with a focus on the core rules, simple strategy and basic umpiring.

**Year 8**

Students will continue to develop the core skills learned in Year 7 with an emphasis on using shots to your advantage in a game and increasing accuracy and consistency.

Students will begin to link backhand shots through deliberate sequences. Students will continue to develop their understanding of the rules and strategy though half court games, as well as being introduced to doubles tennis.

**Year 9**

Year 9 lessons will place greater emphasis on game play and strategy. Students will also learn about running their own tournaments for both singles and doubles.

Where appropriate students will continue to increase their range of shots by adding the volley and the smash shots to their bank of shots. Students will be expected to be able to umpire correctly demonstrating their understanding of the rules of the sport.

**Year 10**

Students will continue to refine and develop the knowledge that has been acquired throughout KS3. Where appropriate, they will be introduced to more complex tactics, strategies and composition. Lessons will focus on the application of knowledge in competitive scenarios.

**Sequencing: Health and Fitness****Year 7**

Students will begin with learning safe practice in the fitness suite. Once secure, they will move onto the components of a balanced diet, calories and the muscular, cardiovascular and skeletal systems.

This knowledge will be taught though fitness games and challenges, both on and off the cardiovascular fitness equipment.

**Year 8**

In year 8 students will be taught about the heart rate and recovery rate, and how to plot this on a graph. They will be taught what aerobic and anaerobic respiration is and role of dietary components in sport. They will be introduced to a variety of different training methods, and how they benefit the body.

This knowledge will be taught though training methods and challenges, both on and off the cardiovascular fitness equipment.

**Year 9**

Year 9 lessons will focus on learning the principles of training through training methods, which include Interval, Continuous, Circuits and Weight training. Students will also learn the importance of rest and recovery, mindfulness, injury prevention and recovery.

**Year 10**

Students will continue to refine and develop the knowledge that has been acquired throughout KS3. They will learn to prepare and carry out their own Personal Exercise Program by applying the knowledge that they have gained.

**Year 11 Themes**

Fitness and Training	Tactics and Strategies	Leadership / Teamwork
Aerobic training	Attacking principles	Communication
Anaerobic training	Defensive principles	Evaluation / reflection
Circuits - bodyweight	Formations	Officiating
Circuits - equipment	Position specific drills	Role of the captain
Fitness Testing	Set Plays	
Muscle / exercise identification		
Use of a gym buddy		
Weight training - endurance		
Weight training - strength		
Application in Tournaments		