

Head of Department: Mr S. Henderson

Year 7

Core PE is exclusively practical. Throughout key stage 3 all students take part in one double lesson of physical education per week. This adheres to the national requirement of all 11-14 year olds accessing a minimum of two hours of physical education per week. There are also extensive opportunities for students to participate in extra-curricular sport before school, at lunchtime and after school.

We deliver a winter programme that is traditionally games based that helps develop skills such as outwitting opponents, defining roles within team games and moreover a duty of care within a team setting where cohesion and communication are paramount to success. In the winter term there are also opportunities to develop physical attributes such as cardiovascular fitness, muscular endurance, strength and speed along with other important components of fitness.

In the summer term pupils are taught a wide range of athletics disciplines with an equal opportunity to develop in both track and field events. Striking and fielding also plays an integral part in the summer term and allows both team and individual skills to be developed accordingly.

Pupils will not gain a qualification during key stage three. However the skills and knowledge they acquire act as a pathway to success if they decide to access a qualification in PE at key stage 4 or 5.

| | Autumn 1 | Autumn 2 |
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| Focus/Content for Learning | <p>Basketball: The fundamental skills of passing and dribbling form the main focus in year 7. Shooting in both passive and pressured situations are built into lessons to form the basis of a full game. All the basic laws of the game are taught.</p> | <p>Rugby: Students are taught the fundamental skills within the game such as running with the ball, evading opponents, passing, tackling and rucking. The length of the unit allows boys to make rapid progress regardless of previous experience in the sport.</p> |
| | Spring 1 | Spring 2 |
| Focus/Content for Learning | <p>Health Related Fitness: Students are able to improve components of fitness within this unit. Emphasis is on extended periods of activity whilst informing pupils of the benefits of leading a healthy lifestyle.</p> | <p>Handball: This unit focuses on individual skills such as shooting, dribbling, passing and spatial awareness. Students are taught to develop these skills under ever increasing demands and get the opportunity to play in small sided games.</p> |
| | Summer 1 | Summer 2 |
| Focus/Content for Learning | <p>Tennis: Students are taught the basic fundamental elements of tennis. While developing their skills, they will also have the chance to officiate games.</p> <p>Athletics: Each discipline is taught as an introductory lesson with pupils spending two lessons on each event. The fundamental skills and tactics involved will be taught along with the knowledge of how to measure and record.</p> | <p>Softball: This unit allows students to experience striking and fielding in an alternative sport. Introduction to core skills along with strategy and rules forms the basis of this unit.</p> <p>Cricket: An opportunity to develop batting, bowling and fielding feature in year 7. Time is spent on core skills that help individuals develop as an individual and as a team player. In year 7 we introduce the core skills such as throwing, catching, batting and fielding. They gain an understanding of basic rules of the game.</p> |

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Year 8

Physical education is compulsory for all Year 8 students. Emphasis is placed on recreational and sporting activities for personal enjoyment and fitness as well as promoting and developing high levels of skill in particular sports. Students have the opportunity to participate in Badminton, Athletics, Cricket, Tennis, Handball, Basketball, Football, Rugby, and Health Related Fitness.

The core Physical Education programme aims to build upon many of the activities covered in Key Stage 3, in order to develop the depth of understanding which would allow the student to continue to enjoy that activity once they leave school.

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| Focus/ Context for Learning | <p>Autumn 1</p> <p>Basketball/ Handball: Developing skills under pressure forms the basis of this unit. Pupils are also afforded more time in areas such as shooting and gameplay. Rules are now imbedded within the game which allows for competitive matches in lessons.</p> | <p>Autumn 2</p> <p>Badminton: Students will continue to develop key elements of badminton. They will have an opportunity to develop the selection of diverse shots in badminton. Students will also become more independent when officiating badminton.</p> |
| | Focus/ Context for Learning | <p>Spring 1</p> <p>Health Related Fitness: Students learn about training methods and how they improve certain components of fitness. The unit allows for individual, paired and group challenges.</p> |
| Focus/ Context for Learning | | <p>Summer 1</p> <p>Athletics: Pupils revisit the events learned the previous year and develop more advanced skills within each event. More emphasis is placed upon peer assessment in field events and strategy within track events.</p> <p>Tennis: Students are taught the basic fundamental elements of tennis. While developing their skills, they will also have the chance to officiate games.</p> |



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Year 9

In year 9 all students will participate in one double lesson per week. They will undertake the following activities at Key Stage 3 where the primary focus will be developing knowledge and skills and cardiovascular fitness across a range of activities. The national curriculum forms the foundation of the schemes of work and all some of the boys are put into ability groups.

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| Focus/Context for Learning | <h3>Autumn 1</h3> | <h3>Autumn 2</h3> |
| | <p>Basketball/Handball: More time is devoted to pupils developing skills under the tutelage of their peers. Pupils are taught how to design skill based warm ups and how to officiate.</p> | <p>Badminton: Pupils should be at a stage to independently use a range of badminton shots to outwit an opponent. Taking part in whole class tournaments and competition. Games should be pupil led throughout the activity.</p> <p>Table Tennis: More time is allocated to allow pupils to take part in tournaments and matches organised in lessons. The pupils will also have the opportunity to officiate for a large portions of the unit.</p> |
| Focus/Context for Learning | <h3>Spring 1</h3> | <h3>Spring 2</h3> |
| | <p>Health Related Fitness: Students have time to design and execute their own fitness activities based on the components and methods learned in previous years. Sport specific fitness lessons are a feature in this unit. Recording and measuring data in lessons to monitor performance is also a feature.</p> | <p>Rugby: The full sided game of 15 a side rugby forms a large part of this unit. 8 player scrums are taught complemented by a full back line. Position specific duties are taught in greater depth.</p> |
| Focus/Context for Learning | <h3>Summer 1</h3> | <h3>Summer 2</h3> |
| | <p>Athletics: Pupils will have a thorough knowledge of the rules which apply to each jump, run and throw. They will be able to measure and officiate within lessons in paired and group activities.</p> | <p>Cricket: Pupils are allowed to play the game in the traditional form with overs etc. where time allows. They are able to learn how to umpire at the bowlers end and behind the stumps. More groups will have access to the hard ball game.</p> |



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Year 10

Physical education is compulsory for all Year 10 students. Emphasis is placed on recreational and sporting activities for personal enjoyment and fitness as well as promoting and developing high levels of skill in particular sports. Students have the opportunity to participate in Badminton, Athletics, Cricket, Tennis, Handball, Basketball, Football, Rugby, and Health Related Fitness.

The core Physical Education programme aims to build upon many of the activities covered in Key Stage 3, in order to develop the depth of understanding which would allow the student to continue to enjoy that activity once they leave school.

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| Focus/Context for Learning | <p style="text-align: center;">Autumn 1</p> <p>Basketball/Handball: More time is devoted to pupils developing skills under the tutelage of their peers. Pupils are taught how to design skill based warm ups and how to officiate.</p> | <p style="text-align: center;">Autumn 2</p> <p>Badminton: Pupils should be at a stage to independently use a range of badminton shots to outwit an opponent. Taking part in whole class tournaments and competition. Games should be pupil led throughout the activity.</p> <p>Table Tennis: More time is allocated to allow pupils to take part in tournaments and matches organised in lessons. The pupils will also have the opportunity to officiate for a large portions of the unit.</p> |
| | Focus/Context for Learning | <p style="text-align: center;">Spring 1</p> <p>Health Related Fitness: Students have time to design and execute their own fitness activities based on the components and methods learned in previous years. Sport specific fitness lessons are a feature in this unit. Recording and measuring data in lessons to monitor performance is also a feature.</p> |
| Focus/Context for Learning | <p style="text-align: center;">Summer 1</p> <p>Athletics: Pupils will have a thorough knowledge of the rules which apply to each jump, run and throw. They will be able to measure and officiate within lessons in paired and group activities.</p> | <p style="text-align: center;">Summer 2</p> <p>Cricket: Pupils are allowed to play the game in the traditional form with overs etc. where time allows. They are able to learn how to umpire at the bowlers end and behind the stumps. More groups will have access to the hard ball game.</p> |



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Year 11

Physical education is compulsory for all Year 11 students. Emphasis is placed on recreational and sporting activities for personal enjoyment and fitness as well as promoting and developing high levels of skill in particular sports. Students have the opportunity to participate in Badminton, Athletics, Tennis, Handball, Basketball, Football, Rugby, and Health Related Fitness.

The core Physical Education programme aims to build upon many of the activities covered in Key Stage 3, in order to develop the depth of understanding which would allow the student to continue to enjoy that activity once they leave school.

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| Focus/Context for Learning | Autumn 1 Basketball/Handball: More time is devoted to pupils developing skills under the tutelage of their peers. Pupils are taught how to design skill based warm ups and how to officiate. Tennis: Students are expected to be able to run and officiate their own games using the skills developed over the last 5 years. | Autumn 2 Badminton: Pupils should be at a stage to independently use a range of badminton shots to outwit an opponent. Taking part in whole class tournaments and competition. Games should be pupil led throughout the activity. Table Tennis: More time is allocated to allow pupils to take part in tournaments and matches organised in lessons. The pupils will also have the opportunity to officiate for a large portions of the unit. |
| | Spring 1 Health Related Fitness: Students have time to design and execute their own fitness activities based on the components and methods learned in previous years. Sport specific fitness lessons are a feature in this unit. Recording and measuring data in lessons to monitor performance is also a feature. | Spring 2 Rugby: The full sided game of 15 a side rugby forms a large part of this unit. 8 player scrums are taught complemented by a full back line. Position specific duties are taught in greater depth. |
| Focus/Context for Learning | Summer 1 Athletics: Pupils will have a thorough knowledge of the rules which apply to each jump, run and throw. They will be able to measure and officiate within lessons in paired and group activities. | Summer 2 Cricket: Pupils are allowed to play the game in the traditional form with overs etc. where time allows. They are able to learn how to umpire at the bowlers end and behind the stumps. More groups will have access to the hard ball game. |