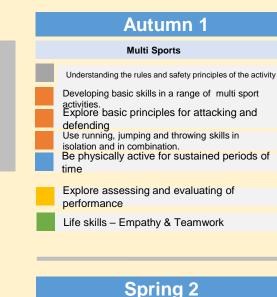
The PE Curriculum

					K	nowled	ge						
Types of knowledge	1.	1. Physical competence			2. Rules, strategies and tactics					3. Healthy participation			
Declarative knowledge (Know what)	moven	Know what safe and successful movement looks like in specific activities/sport.				Know what the rules, strategies and tactics are for participation in specific activities/sport.				Know what health and fitness mean in context, including what to do to improve and factors affecting performance.			
Procedural knowledge (know how)	e effective movements			Know I	Know how to perform the rules, strategies and tactics in an activity/sport.					Know how to participate in activity/sport.			
					C	Concep [•]	ts						
Skills (Practice)			Rules, tacti	ics and safety	nd safety		Evaluating performance			Fitness			
1	>< >	\prec $>$	\	· ×		1	><		3	1		><	3
including running, jum to demonstrate these these skills toget Demonstrate ability needed for the activ	fundamental movement iping, throwing and cate e skills in <u>isolation</u> and ther as part of a <u>perfo</u> to perform and link be ty showing the correct competently.	ching. Able able to link rmance. asic skills t technique Un	and safety prinivity areas in or perform derstand how to what the rules are for partici	fy and understand ciples across a rar rder to keep safe of effectively. To warm up effectively, strategies and to pation in specific ies/sport.	ge of and	weaknesses in set targets well/fo	ate the ability to ident personal performance for improvement and und difficult and give derstand the factors	. Show the discuss who reasoning w	ability to at went hy.	and be phy Develop understand	sically act ling of the	tive for sustained per	ts of fitness required
					RESPE	CT Life Skills fr	amework						
Resilie	nce	Empathy		Self awareness		Positivity		Excellence		Communication	Teamwork		
						Contex	: †						
Multi Skills	Invasion Games	Net/Wall	Gymnastics	Trampolin	ng	Health Related Exercise	Paralympic activities	Bad	lminton	Problem solving		Cycling	Athletics



HRF/Fundamental movements Understanding rules and safety principles of Explore fundamental movements and engage in fitness based activities. Develop understanding of effective technique. Be physically active for sustained periods of Develop strength, flexibility and balance. Explore assessing and evaluating of performance Life Skills - Resilience

Summer 1

Life skills - Communication

time

performance.

Problem Solving

Autumn 2

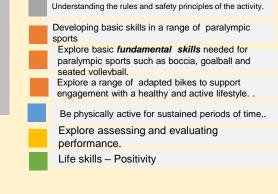
Wellbeing & movement Understanding rules and safety principles of the activity. Explore fundamental movement sequences. Explore basic compositional aspects for gymnastics - Travel, balance, rolling Explore areas of dance and expression Be physically active for sustained periods of Develop strength, flexibility, technique, control and balance. Explore assessing and evaluating performance. Life Skills - Excellence

Spring 1

Concept Skills Rules and safety Evaluating performance **Fitness** RESPECT (Life Skills)

Components

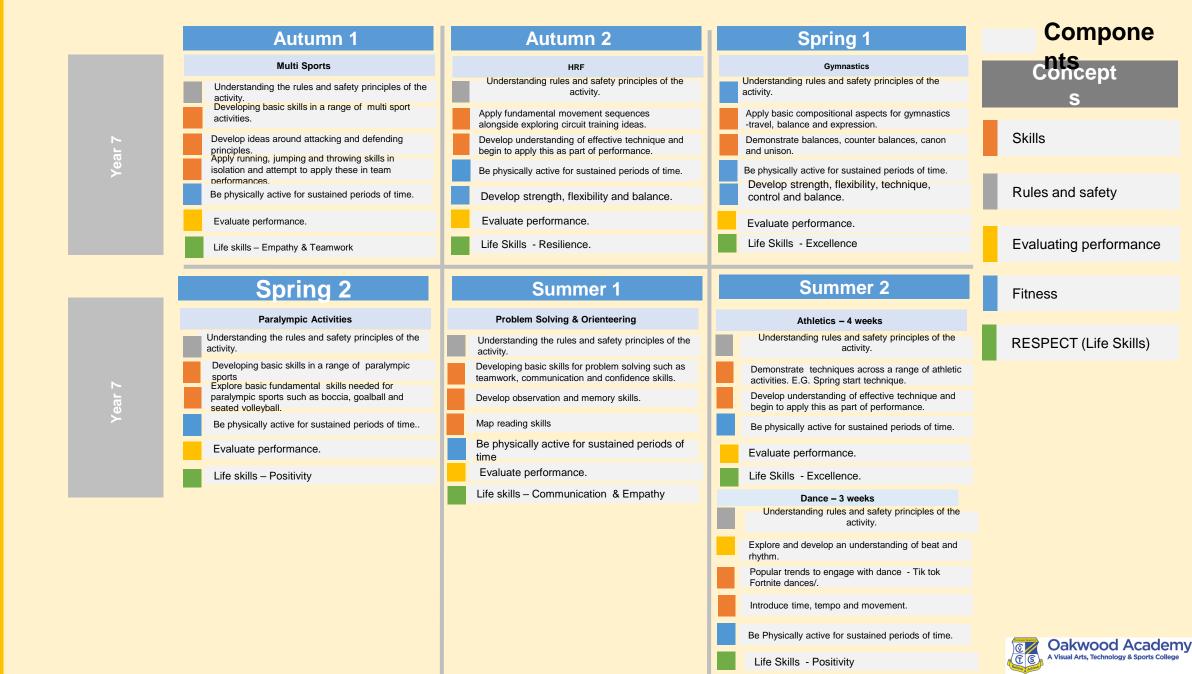




Paralympic activities/Cycling







Autumn 1 Autumn 2 Spring 1 Invasion Games - Football, basketball, handball. HRF Trampolining Sport Education model Understanding rules and safety principles for the Understanding rules and safety principles for the Understanding rules and safety principles for the activity. activity. activity. Evaluate performance Evaluate performance. Evaluate performance Developing basic skills in a range of invasion Identify a range of circuit training exercises and apply Develop basic shapes in isolation training techniques to improve performance. Understand the impact HRF has on your body. Explore concepts of tension, extension, control Understanding the attacking and defending principles of invasion E.G. increased heart rate. and fluency. Identify the components of fitness needed for the Develop ability to be physically active for longer periods of time. Link basic shapes as part of a performance. activity Develop required fitness for the activity – Life Skills - Empathy & Teamwork Life skills -Resilience balance, core strength, Life Skills - Self Awareness Life skills - Excellence **Summer 1** Summer 2 Spring 2 **Net/Wall games** Commando Joe Athletics - 4 Weeks Understanding rules and safety principles for Understanding rules and safety principles Understanding rules and safety principles for the activity. the activity for the activity. Evaluate performance Evaluate performance. Evaluate performance Developing basic skills in a range of Develop technique in athletics in preparation for Hand eye coordination skills invasion games. completion (Sports Day) Understanding the attacking and defending principles of Introduction to correct grip, stance and footwork. Be physically active for sustained periods of invasion games. Explore a range of activities using a variety of equipment. Develop ability to be physically active for longer periods Identify the components of fitness needed E.g. balloons, low net, wide head racquet. Be physically active for sustained periods of for the activity Life Skills - Empathy Life skills -Self Awareness Life Skills Positivity Life Skills - Communication Dance – 3 weeks Understanding rules and safety principles for the activity. Recap beat and rhythm and apply to specifics of dance. Dance through the ages Explore and use canon, unison, motif, levels and Be Physically active for sustained periods of time. Life skills - Positivity

S Concept S

Component

Skills

Rules and safety

Evaluating performance

Fitness

RESPECT (Life Skills)



Autumn 2 Spring 1 **Autumn 1 Invasion Games** HRF Trampolining Understand rules and safety principles for Understanding rules and safety principles for the Understanding rules and safety principles for the activity. activity. Develop skills in invasion games and apply Evaluate performance Evaluate performance these as part of a team based environment. Explore a range of training styles. Continuous, Explore concepts of tension, extension control and Evaluate performance circuit and interval training. fluency and link as part of a performance. Identify and develop the components of fitness To demonstrate competent technique when Develop basic shapes applying key principles to needed for the activity. training. refine and progress. Show the required fitness for the activity - balance, Work collaboratively as part of a team to develop leadership, Identify the components of fitness needed for the participation and team work skills through the sport education model. activity and the impact they have on performance. core strength. Life skills - Excellence Life Skills - Empathy & Teamwork Life Skills - Resilience Spring 2 **Summer 1** Summer 2 Net/Wall games Cycling Athletics - 4 weeks Understand rules and safety principles for Understand rules and safety principles for Understanding rules and safety principles for the the activity. the activity. Develop skills in invasion games and apply these as Evaluate performance part of a sport education model. Evaluate performance Explore a range of training styles. Continuous, Evaluate performance circuit and interval training. Attacking and defensive shots Identify and develop the components of fitness To demonstrate competent technique when needed for the activity. Work collaboratively as part of a team to develop leadership, Identify the components of fitness needed for the Overhead clear, drop shot - badminton participation and team work skills through the sport education model. activity and the impact they have on performance. Forehand serve and backhand serve -Life Skills - Self awareness Life Skills - Self Awareness badminton Explore appropriate fitness needed for the activity e.g. agility Dance - 3 weeks Life Skills - Positivity Understanding rules and safety principles for the activity. Recap and develop beat, rhythm and use to apply to areas of dance. . Street Dance - workshops Use canon, unison, motif, levels and dynamics and include as part of a performance. Be Physically active for sustained periods of time. Life Skills - Positivity



Components

Concepts

Skills

Fitness

Rules and safety

Evaluating performance

RESPECT (Life Skills)

Handball Understand rules and safety principles for the activity. Develop skills in handball e.g catching, passing, Dribbling, shooting Evaluate performance Identify and develop the components of fitness needed for the activity. Select and use appropriate skills i.e Run. pass, shoot, Life Skills - Empathy & Teamwork Awareness of riles, apply tactics, understanding roles. Spring 2 Badminton/Dance Understand rules and safety principles for the activity. Evaluate performance Attacking and defensive shots Overhead clear, drop shot - badminton Forehand serve and backhand serve badminton Explore appropriate fitness needed for the activity e.g. agility Life Skills - Positivity Applying tactics – attack and defence Understanding of roles and positions Dance Understand rules and safety principles for the activity. Posture, alignment, tension, space, levels and height Specialise in specific dance - Contemporary, Street Contemporary – Leaps, balances, turns and travelling, step patterns. Street Dance - Jumps, Holds/Grabs, Strep patterns, turns and travelling Be Physically active for sustained periods of time. Life Skills - Positivity

Autumn 1

Autumn 2 **Circuit Training/Weight Training** Understanding rules and safety principles for the activity. Evaluate performance Identify focus of training programme Design training programme Show a range of exercises and develop technique required Life Skills - Resilience

Summer 1

Use of skills e.g. adjusting riding posture

Boxing

Understand rules and safety principles for

Punching - jab, cross, hook, uppercut, simple 'one,

Selection and use of skills(e.g. which punch to

Be Physically active for sustained periods of time.

Life Skills - Self awareness

Stance, footwork, guard, balance

Applying tactics (attack and defense)

Life Skills - Self Awareness

the activity.

carriage, steering, balance.

Evaluate performance

needed for the activity.

the activity.

throw)

two' combinations.

Cycling

Spring 1 Understanding rules and safety principles for the activity. Evaluate performance Explore concepts of tension, extension control and fluency and link as part of a performance. Create and perform routines . Show the required fitness for the activity – balance, Understand rules and safety principles for Riding posture, Leg action, hand/arm position, head Identify and develop the components of fitness

		core strength.	· · · · · · · · · · · · · · · · · · ·					
		Life skills – Excellence		Rules ar				
		Select and use approprious compositional skills.	riate skills and apply					
					Evaluatir			
			mer 2		Fitness			
		Athletics						
	L	Understanding rules an activity.		RESPEC				
		Evaluate performance						
		Track, jumping, throwin						
Track			Throwing	Jur	Jumping			
			Skills					
		Starting Finishing Posture Leg action Arm action Head carriage	 Stance Grip Throwing action Release phase Recovery phase/follow through 	• T	ApproachTake offFlightLanding			
			Understanding					
		Time of kick for finish line When to dip Adjusting for	 Stationary or rotational technique Length of run up 	• A	ength of run up Adjustment of un up Awareness of			

Trampolining

Components

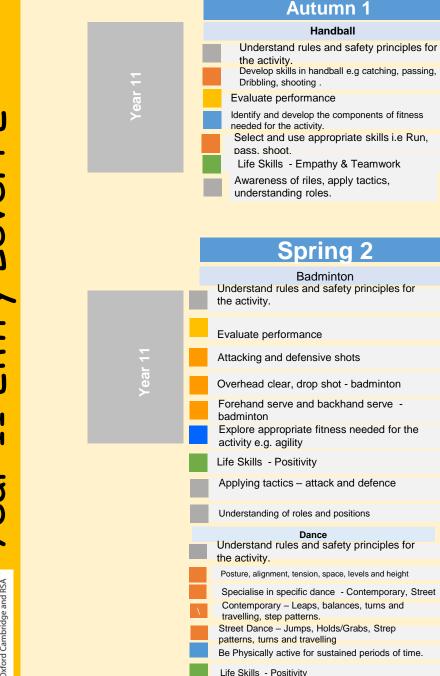
Concepts

Skills

ules and safety

valuating performance

ESPECT (Life Skills)



Autumn 2 **Circuit Training/Weight Training** Understanding rules and safety principles for the activity. Evaluate performance Identify focus of training programme Design training programme Show a range of exercises and develop technique required Life Skills - Resilience **Summer 1** Cycling Understand rules and safety principles for the activity. Riding posture, Leg action, hand/arm position, head carriage, steering, balance. Evaluate performance Identify and develop the components of fitness needed for the activity. Use of skills e.g. adjusting riding posture Life Skills - Self awareness Boxina Understand rules and safety principles for the activity. Stance, footwork, guard, balance Punching – jab, cross, hook, uppercut, simple 'one, two' combinations. Selection and use of skills(e.g. which punch to Applying tactics (attack and defense) Be Physically active for sustained periods of time. Life Skills - Self Awareness **ENTRY LEVEL**

MODERATION

Spring 1 **Entry Level coursework** What are the key skills of the activity? What is the performer doing well in their performance? What are their strengths? How could the performer do better in their performance? - What are their weaknesses? How could they improve their performance? Can you give an example of a practice or drill

Components

Concepts

Skills they could use to improve? Rules and safety Evaluating performance Summer 2 **Fitness** End of year activities RESPECT (Life Skills) Life Skills · Cycling · Walking