

Subject: Physical Education

Rationale: Our vision for Physical Education at Cardinal Wiseman Catholic School is that students achieve **lifelong participation** in sport and physical activity. The curriculum is designed to prepare our students for success at their assessment checkpoints and to develop their physical competence in a broad range of physical activities and underpinning **knowledge**. We want our students to develop the core values that embody physical education including **respect, fairness, teamwork, and courage** and foster **resilience** so that they achieve their **ambition** in their chosen field in life. Pupils follow a practical curriculum of **Invasion Games, Gymnastic activities, Swimming, Athletics, Striking and Fielding games, Net and Wall games, Outdoor adventurous Activities and Dance**. In key stage 3 students have a knowledge booklet to complement practical lessons. Building on the foundations of KS3 ensures that students are able to study, should they wish to, KS4 exam and vocational based courses.

	Autumn	Spring	Summer
Year 7 Practical Element	Invasion Games - simple tactics, passing, receiving and moving and tackling, Principles of attack and defence, Pressing formation, finding and using space, changing speed. Trampolining - core skills, 10 bounce routines, body control and management Swimming -Entry/exit from pool, swim aided/unaided for 25 metres. Introduction to personal lifesaving skills. Net/Wall games - Introduction to badminton, basic techniques including serving, forehand and backhand shots, footwork, stance and grip and understand basic rules. Striking and Fielding - Replication and improvement of skills in batting, bowling and fielding, basic rules. Athletics - Sprinting, pacing, throwing actions, take off flight and landing. Health Related Fitness -Induction to fitness suite, warm-ups and cool downs, heart rate and bodies response to exercise Outdoor Adventurous Activities - communication, problem solving and teamwork, trust and time management. Dance -Use of a range of dance styles and techniques including rhythm, timing, gestures and jumps.		
Year 7 Knowledge Booklet	Warm up and Cool downs Muscular system 1	Immediate effects of exercise Benefits of exercise	Diet and nutrition Skeletal system 1

Year 8 Practical Element	Invasion Games - more advanced tactics and techniques including passing, receiving and moving and tackling, principles of attack and defence, pressing formation, finding and using space, changing speed and marking. Trampolining -movement into more complex skills, leading to front/back drop, body control and management, Swimming -Swim unaided for 25 metres, swim using 2 recognised strokes, developing personal lifesaving skills. Net/Wall games -revisit footwork, stance and grip and application and rules more advanced techniques including , clear, drop shot and smash. Striking and Fielding - Replication and improvement of skills in batting, bowling and fielding, more advanced rules and tactics. Athletics - Sprinting, pacing and cardiovascular endurance, throwing actions, take off flight and landing and relay. Health Related Fitness -circuit training, tests for components of fitness, boxercise techniques, difference in running for speed/endurance Outdoor Adventurous Activities - Communication, problem solving and teamwork, trust, time management, organisation and planning. Dance -Use of a range of dance styles and techniques including rhythm, timing, gestures and jumps and develop a dance sequence.		
Year 8 Knowledge Booklet	Muscular system 2 Cardiovascular system	Respiratory System Principles of training	Long term effects of exercise Barriers to participation

Year 9 Practical Element	Invasion Games - Further advanced tactics and techniques including ball control, passing, receiving and moving and tackling, principles of attack and defence, pressing formation, finding and using space, changing speed, marking and tracking. Trampolining -movement into more complex skills, leading to front/back drop, front/back somersault, body control and management. Swimming -Swim unaided for 25 metres, swim using 3 recognised strokes, advanced personal lifesaving and personal survival skills. Net/Wall games -revisit footwork, stance and grip and application and rules, variety of service action, clear forehand/backhand, drop shot with deception, smash, flick shot Striking and Fielding - replication and improvement of skills in batting, bowling and fielding, more advanced rules and tactics. Athletics - Sprinting, speed/power, pacing and cardiovascular endurance, stride length,throwing actions, take off flight and landing and relay. Health Related Fitness -circuit training and movements, tests for components of fitness, interval training and fartlek training Outdoor Adventurous Activities - Communication, problem solving and teamwork, trust, time management, organisation and planning, review process. Dance -Use of a range of dance styles and techniques including rhythm, timing, gestures and jumps and lifts. Develop a dance sequence.		
Year 9 Knowledge Booklet	Skeletal system 2 Social reasons for participation	Fitness testing Sports and the media	Fitness and performance Training zones

Year 10
And 11
Practical PE

In Year 10 and 11 students study a range of activities that develops personal fitness and promotes a healthy active lifestyles. The pupils will tackle more complex and demanding physical activities. They will be given four options to choose from based on their preferences from previous key stage 3 study. The options are competitive, alternative, health related fitness and creative pathways. Students are encouraged to take part in sports and activities outside school through community links or sports clubs as part of our enrichment programme.

Competitive

Use a range of tactics to overcome opponents in direct competition through team and individual games.

Invasion Games - (football, basketball, cricket, netball, rugby) movement to receive a pass, different type of defensive plays, evaluation of performance and how to improve as a player

Net/Wall games- (Tennis/badminton) revisit footwork, stance and grip and application and rules, variety of service action, clear forehand/backhand, volley, drop shot with deception, smash, flick shot revisit footwork, stance and grip and application of advanced rules.

Striking and fielding - Replication and improvement of skills in batting, bowling and fielding, more advanced rules and tactics. throwing/catching correct techniques, NGB rules

Alternative

Developing skills to solve problems and take on intellectual and physical challenges and work as a team.

Activities include capture the flag, ultimate frisbee and outdoor adventurous activities.

Health related fitness

Health related fitness - Be able to develop a training programme to improve a specific component of fitness

Swimming - Coaching other pupils, collect an object from the bottom of the deep end. Recording of times and measuring of heart rate recovery

Creative

Evaluate performance based on previous ones and demonstrate improvement.

Trampolining - 10 bounce routine perfected, more technical performance and coaching of other students

Dance - develop and build upon range of dance styles and techniques and evaluate performance

Key Stage 4 GCSE and Vocational Courses

Year 10 OCR Sport	Reducing the risk of sports injuries	Applying principles of Training	Applying principles of training The body's response to exercise
Year 11 OCR Sport	The body's response to exercise	Sports Nutrition	Sports Nutrition
Year 10 GCSE PE	Applied Anatomy & Physiology	Movement Analysis Physical Training	Physical Training/PEP Health, fitness & well-being /PEP
Year 11 GCSE PE	Sports Psychology Health, fitness & well-being	Socio-cultural influences Exam Preparation Component 1	Exam Preparation Component 2/Individualised revision plans Exam preparation/ Individualised revision plans

Key Stage 5 Vocational Courses

Year 12 OCR Sport	Body systems and effects of Physical activity Sports Coaching and Leadership	Sports Coaching and Leadership Organisation of Sports Events	Organisation of Sports Events
Year 13 OCR Sport	Organisation of Sports Events Sports Organisation and Development	Sports Injuries and Rehabilitation	Complete coursework for all Units