

YEAR 7

WINTER SPORTS			SUMMER SPORTS		
Autumn 1 Sept- Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 March-April	Summer 1 April- May	Summer 2 June- July
PE Values					
FRIENDSHIP	RESILIENCE	DETERMINATION	COURAGE	INSPIRATION	EXCELLENCE
Key curriculum skills					
<p>Our phase one curriculum focusses on the following three areas of pupil development and are based on our Me in Pe model. These are the 'Thinking' ME which refers to improving the cognitive skills of pupils such as problem solving, creativity, decision making, tactical awareness and the knowledge to evaluate their own and others performance. Pupils will also learn to regulate their own emotions and show kindness and thoughtfulness to others. The curriculum will also enable the development of the 'Performance' ME this is where pupils will develop the key physical skills required to take part in a variety of activities. These fundamental movement skills such as catching, throwing, moving, dodging, jumping, running, climbing, striking, changing direction and speed. Pupils will also understand the importance of movement for health, fitness and enjoyment. Finally, we aim to develop the 'Social' ME this refers to helping pupils learn the importance of cooperation, collaboration, teamwork, communication, leadership and learn to work effectively as an individual and as part of a group. These skills will be developed through a range of activities with the emphasis being on fun and having an inclusive approach to physical education where all pupils are supported equally to allow them to flourish and develop a love of movement, sport and exercise.</p>					
Key Knowledge (Cultural Capital and Content)					
Team building activities such as train game, capture the flag; OAA, Netball; Football; Rugby; Basketball; Badminton; Table Tennis; Fitness; Benchball; Handball; Gymnastics				Cricket; Rounders; Tennis/ Short Tennis; Athletics	
Assessment					
<p>Each unit of work will be assessed using the Me in PE assessment model (physical, thinking and social ME). Students will be assessed in at least two of the three domains, one of which will always be the physical/performance me, this will be completed via peer and self-assessment. Students will be assessed by the end of each half term by their PE Teacher against the Me in PE success criteria.</p>					
Literacy & Oracy					

Core/substantive knowledge (tiered vocabulary) will be identified and embedded in year 7. Big picture questions to be used to direct schemes of learning. For example what skills, physical movements are needed to develop a gymnastic routine that shows creativity, fluency and aesthetic beauty. Therefore developing the notion of transferring skills across the areas/activities taught.

Home Learning

Pupils will be encouraged to attend winter sports clubs after school.

Pupils will be encouraged to attend summer sports clubs after school.

YEAR 8 -

WINTER SPORTS			SUMMER SPORTS		
Autumn 1 Sept- Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 March-April	Summer 1 April- May	Summer 2 June- July
PE Values					
FRIENDSHIP	RESILIENCE	DETERMINATION	COURAGE	INSPIRATION	EXCELLENCE
Key curriculum skills					
<p>Our phase one curriculum focusses on the following three areas of pupil development and are based on our Me in Pe model. These are the 'Thinking' ME which refers to improving the cognitive skills of pupils such as problem solving, creativity, decision making, tactical awareness and the knowledge to evaluate their own and others performance. Pupils will also learn to regulate their own emotions and show kindness and thoughtfulness to others. The curriculum will also enable the development of the 'Performance' ME this is where pupils will develop the key physical skills required to take part in a variety of activities. These fundamental movement skills such as catching, throwing, dodging, jumping, running, climbing, striking, changing direction, balance and coordination. Pupils will also understand the importance of movement for health, fitness and enjoyment. Finally, we aim to develop the 'Social' ME this refers to helping pupils learn the importance of cooperation, collaboration, teamwork, communication, leadership and learn to work effectively as an individual and as part of a group. These skills will be developed through a range of activities with the emphasis being on fun and having an inclusive approach to physical education where all pupils are supported equally to allow them to flourish and develop a love of movement, sport and exercise.</p>					
Key Knowledge (Cultural Capital and Content)					
Team building activities such as train game, capture the flag; OAA, Netball; Football; Rugby; Basketball; Badminton; Table Tennis; Fitness; Benchball; Handball; Gymnastics			Cricket; Rounders; Tennis/ Short Tennis; Athletics		

Assessment	
Each unit of work will be assessed using the Me in PE assessment model (physical, thinking and social ME). Students will be assessed in at least two of the three domains, one of which will always be the physical/performance me , this will be completed via peer and self-assessment. Students will be assessed by the end of each half term by their PE Teacher against the Me in PE success criteria.	
Literacy & Oracy	
Core/substantive knowledge (tiered vocabulary) will be identified and embedded in year 8. Big picture questions to be used to direct schemes of learning. For example what skills, physical movements are needed to develop a gymnastic routine that shows creativity, fluency and aesthetic beauty. Therefore developing the notion of transferring skills across the areas/activities taught.	
Home Learning	
Pupils will be encouraged to attend winter sports clubs after school.	Pupils will be encouraged to attend summer sports clubs after school.

YEAR 9

WINTER SPORTS			SUMMER SPORTS		
Autumn 1 Sept- Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 March-April	Summer 1 April- May	Summer 2 June- July
PE Values					
FRIENDSHIP	RESILIENCE	DETERMINATION	COURAGE	INSPIRATION	EXCELLENCE
Key curriculum skills					
The curriculum will further develop and master pupils' fundamental skills from phase 1 into phase 2 in various sporting contexts and opportunities. The year 9 curriculum will promote physical literacy, developing pupil motivation, confidence, physical competence, knowledge and understanding, which will provide every learner with the core foundations for lifelong participation in physical activity. Pupils will also develop their social skills. Promoting an autonomous learner that can communicate effectively, collaborate with their peers, and demonstrate differing responsibilities within a team. Pupils will be given various leadership opportunities through Sport Education. The curriculum fosters creativity and innovation through cognitive development, by means of problem-solving opportunities, involving outwitting opponents, strategising and critical thinking.					
Key Knowledge (Cultural Capital and Content)					

Basketball; Benchball; Dodgeball; Table Tennis; Netball; Badminton; Fitness/S6; Football; Trampolining; Rugby; Handball. HBPE: Nutrition, diet, identifying bones; muscles, health and well-being.	Rounders; Tennis/ Short Tennis; Ultimate Frisbee; Athletics/ Indoor Athletics; Softball; Cricket. First Aid for PE: Roles of a First Aider, DR ABC; Recovery position; Head injuries; CPR; Asthma.
Assessment	
Each unit of work will be assessed using the Me in PE (physical, thinking and social ME) assessment model. Students will be assessed in at least two of the three domains, one of which will always be the physical/performance me , this will be completed via peer and self-assessment. Students will be assessed by the end of each half term by their PE Teacher against the Me in PE success criteria.	
Literacy and Oracy	
Core/substantive knowledge (tiered vocabulary) will be identified and embedded in year 9. In addition, vocabulary from GCSE will also be promoted and linked into taught lesson content. For example, extension and flexion. Big picture questions to be used to direct schemes of learning. Therefore developing the notion of transferring skills across the areas/activities taught.	
Home Learning	
Pupils will be encouraged to attend winter sports clubs after school.	Pupils will be encouraged to attend summer sports clubs after school.

YEAR 10

WINTER SPORTS			SUMMER SPORTS		
Autumn 1 Sept- Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 March-April	Summer 1 April- May	Summer 2 June- July
PE Values					
FRIENDSHIP	RESILIENCE	DETERMINATION	COURAGE	INSPIRATION	EXCELLENCE
Key curriculum skills					
<p>The year 10 curriculum will further develop and master physical fundamental skills in various sporting contexts and competitive situations. The curriculum will continue to promote physical literacy, pupil motivation, confidence, knowledge and understanding. Maintaining positive experiences in sport and encouraging lifelong participation in physical activity. Pupils will continue to develop their social skills. Promoting learner autonomy, allowing pupils to choose (when viable) their activity, building new relationships through interactions between PE groups, further facilitating peer collaboration, differing responsibilities within a team/activity/ and developing leadership skills through working with younger pupils (sport ambassador and Coundon leader), developing effective communication skills. The curriculum fosters creativity and innovation through cognitive development, by means of problem-solving opportunities, involving outwitting opponents, strategising and critical thinking.</p>					
Key Knowledge (Cultural Capital and Content)					
Fitness/S6 (S&C, Boxfit, Pilates); Football; Rugby; Netball; Basketball; Benchball; Dodgeball; Table Tennis; Badminton				Rounders; Tennis/ Short Tennis; Ultimate Frisbee; Athletics/ Indoor Athletics; Softball; Cricket; Footgolf; Heathy walking.	
Assessment					
Students will be assessed by their Attitude to Learning, focusing on the engagement, effort and contribution in the lesson. Students will be assessed by the end of each half term by their PE Teacher.					
Literacy and Oracy					
Core/substantive knowledge (tiered vocabulary) will continue to be embedded in year 10. Big picture questions to be used to direct schemes of learning. Therefore developing the notion of transferring skills across the areas/activities taught.					

Home Learning	
Pupils will be encouraged to attend winter sports clubs after school.	Pupils will be encouraged to attend summer sports clubs after school.

YEAR 11

WINTER SPORTS			SUMMER SPORTS		
Autumn 1 Sept- Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 March-April	Summer 1 April- May	Summer 2 June- July
FRIENDSHIP	RESILIENCE	DETERMINATION	COURAGE	INSPIRATION	EXCELLENCE
Key curriculum skills					
The year 11 curriculum will further develop and master physical fundamental skills in various sporting contexts and competitive situations. The curriculum will continue to promote physical literacy, pupil motivation, confidence, knowledge and understanding. Maintaining positive experiences in sport and encouraging lifelong participation in physical activity. Pupils will continue to develop their social skills. Promoting learner autonomy, allowing pupils to choose (when viable) their activity, building new relationships through interactions between PE groups, further facilitating peer collaboration, differing responsibilities within a team/activity/ and developing leadership and effective communication skills. The curriculum fosters creativity and innovation through cognitive development, by means of problem-solving opportunities, involving outwitting opponents, strategising and critical thinking.					
Key Knowledge (Cultural Capital and Content)					
Fitness/S6 (S&C, BoxFit, Pilates); Football; Rugby; Netball; Basketball; Benchball; Dodgeball; Table Tennis; Badminton (Pupils will be given a choice of activity where possible)			Rounders; Tennis/ Short Tennis; Ultimate Frisbee; Athletics/ Indoor Athletics; Softball; Cricket; Footgolf; Heathy walking.		
Assessment					
Students will be assessed by their Attitude to Learning, focusing on the engagement, effort and contribution in the lesson. Students will be assessed by the end of each half term by their PE Teacher.					
Literacy and Oracy					

Core/substantive knowledge (tiered vocabulary) will continue to be embedded in year 11. Big picture questions to be used to direct schemes of learning. Therefore developing the notion of transferring skills across the areas/activities taught.

Home Learning

Pupils will be encouraged to attend winter sports clubs after school.

Pupils will be encouraged to attend summer sports clubs after school.