

## Physical Education Curriculum Sequence

Big idea / subject / theme.	KS2	Year 7			Year 8			Year 9			Year 10			Year 11			Year 12			Year 13		
		Term 1	Term 2	Term 3	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3
PE - Covid safe curriculum.		<ul style="list-style-type: none"> <li>Outdoor Adversous Activities</li> <li>Health + Fitness</li> <li>Hockey</li> <li>Football</li> </ul>	<ul style="list-style-type: none"> <li>Netball/Basketball</li> <li>Dance</li> <li>Health &amp; Fitness/OAA</li> <li>Football</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li>Tennis</li> <li>Rounders</li> <li>Cricket</li> </ul>	<ul style="list-style-type: none"> <li>Cricket</li> <li>Rounders</li> <li>Hockey</li> <li>Badminton</li> </ul>	<ul style="list-style-type: none"> <li>Rugby</li> <li>Football (B)</li> <li>Fitness Testing</li> <li>Volleyball</li> <li>Impact development</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li>Track</li> <li>Triple jump</li> <li>Discus</li> <li>Javelin</li> <li>Elite World records video</li> <li>T20</li> <li>Tennis</li> <li>Cricket</li> </ul>	<ul style="list-style-type: none"> <li>Football</li> <li>Volleyball</li> <li>Media</li> </ul>	<ul style="list-style-type: none"> <li>Badminton</li> <li>Media</li> </ul>	<ul style="list-style-type: none"> <li>Officiating</li> <li>Media</li> </ul>	<ul style="list-style-type: none"> <li>Issues in Sport Externally assessed (1st entry Jan) (2nd entry May)</li> </ul>	<ul style="list-style-type: none"> <li>Sport leadership Internally assessed (May)</li> </ul>	<ul style="list-style-type: none"> <li>Sport leadership Internally assessed (May)</li> </ul>	<ul style="list-style-type: none"> <li>Option for an activity of Per term</li> <li>Football</li> <li>Badminton</li> <li>Fitness Suite</li> </ul>	<ul style="list-style-type: none"> <li>Option for an activity of Per term</li> <li>Football</li> <li>Table Tennis</li> <li>Volleyball</li> <li>Fitness Suite</li> </ul>	<ul style="list-style-type: none"> <li>Option for an activity of Per term</li> <li>Football</li> <li>Rounder x 2</li> <li>Fitness Suite</li> </ul>	<ul style="list-style-type: none"> <li>Unit 1 - Body Systems and the effect of physical activity</li> <li>Unit 2 - Sports Coaching and Activity leadership</li> <li>Unit 18 Practical Skills in sport and physical activity</li> </ul>	<ul style="list-style-type: none"> <li>Unit 18 LO1 Apply skills, techniques and tactics in an individual sport</li> <li>Volleyball</li> <li>Badminton</li> <li>Football</li> </ul>	<ul style="list-style-type: none"> <li>Unit 18 LO2 - Apply skill techniques &amp; tactics in a team sport</li> <li>Volleyball</li> <li>Basketball</li> <li>Football</li> </ul>	<ul style="list-style-type: none"> <li>Unit 18 LO3 Be able to apply skill &amp; knowledge in outdoor and adventurous activities</li> <li>Kayaking</li> <li>Range of skills reviewed</li> </ul>	<ul style="list-style-type: none"> <li>Unit 3 Sports Organisation and Development</li> <li>Unit 18 Practical Skills &amp; Physical activity</li> <li>Unit 17 Sports injuries and rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>LO4 Officiating</li> <li>- maintain good positioning</li> <li>- Ensure view is not obstructed</li> <li>- Keeps up with play.</li> </ul>
Positioning	Basic marking / chasing /movement into space.	Sports specific (attackers / defenders)	Ready positions	Backing up	Changing to meet demand	RE, GK, CB, CM, C, GS, GA, WA	Fielding positions	Movement in/out of possession	Relationship to Opposition /Space	As an official to gain the best 'View'				Technical work re-cap skills learnt in Y7-Y10 eg Position of a Full-back	Technical work re-cap skills learnt in Y7-Y10 eg Position of a Full-back		Unit 18/ LO1	Unit 18 LO2 - Apply skill techniques & tactics in a team sport	Unit 18 LO3 Be able to apply skill & knowledge in outdoor and adventurous activities	Unit 18 LO3 Be able to apply skill & knowledge in outdoor and adventurous activities	LO4 Officiating	LO4 Officiating
Forces	different types of ball - running jumping & moving	Take off / Landing Distance cushioning	Power Control / fine control soft touch	Measurement maximum	Shooting/ power Spin	Power Speed	Measuring	Control Accuracy Setting	Technique over power				LO3 - Safe practice Sports Activity delivery. LO4 - Sports Activity evaluation	Adapting to Control - Counter shots			Unit 18					
Anatomy & Physiology	Body parts Blood / Circulation	Muscles locations	Contraction		Joint angles	Muscle fibres	fast twitch	Biomechanics of movement	angles of attack / racket				LO2 - Sports Activity Session	Muscle Identification / Location	Specific Stretches	Lead warm up drills	Unit 18	3. Understand the cardiovascular system in selection to exercise & physical activity.	5. Understand the different energy systems in selection to exercise & physical activity.	Unit 17 LO1 - Know common injuries & their effects	LO3 - respond to acute sports injuries	LO3 - respond to acute sports injuries
Nutrition	5 a day Eat Well	Energy for exercise	Balance RDA's		Carbs	Protein	Hydration	Meal plans to support team players	Meal plans for individual athletes(need of perf)					Q & A / Discussion with each activity on the most suited nutritional requirements						Unit 18 LO 3		
Flight/Trajectory	Throwing aiming / target rolling	Control accuracy	Service depth Shuttle Placement	Tech. Bowling Serves - N3 Toss	Type of pass + angle of release	Serve	Ball toss serve/Angle of release	Crossing Spinning	Smash overhead clear drop shot different flight				LO2 - Role of Sport in promoting values.	Cur Spin			Unit 18 / LO1	LO2 - Appropriate selection of skills & techniques		Unit 18	LO4 Officiating	
Technology	Equipment names	VAR Stick / Ball boots / VAR	Shuttle Testing equipment		Scoring boards Analysis	VAR		Impact of new balls / boots / VAR	Where could it be used to support	Analysing impact of tech on officiating				Discussion Developments in technology in sport they all participating in.			Unit 18, LO1	LO2 - Volleyball equipment	Unit 18 LO3	LO4		
Leadership / Communication	Hand signals	Warm ups stretches officiating	Judges Scoring		Drills / Captains	Euros		Direction and information formation	Doubles play and communication	Decision making confidence and delivery			Understand the issues which affect participation in sport.	Leadership / Communication	Lead warm ups in groups to class		Unit 2 LO1	LO3 - Be able to use methods to improve skills, techniques & tactics in sport.	LO6 - Be able to deliver sports and activity sessions.	Unit 3	LO4 Understand Sport Development in practice	
Media	TV	Watching / Spectating	Blog / Sports Writing / Commentating		Ashes	Lions Tour	Euros						Solutions Provision Promotion Access	Media Discussion of Sports current affairs eg - controversial sports incidents								
Sports History		Origins / Countries	Equipment development	Athletes world records				Watching older commentary/sports and Journalism					LO1 - Issues affecting participation	LO2 - Sports Activity Session			Unit 18 History of Badminton	History of team sport	Unit 2 LO1			
Tactics / Strategies	Attack Defence	Attack / defence Narrow / width channeling	Outwitting opponent	Fielding shape? Bowling technique	Exploitation	Exposing weaknesses		Based on opposition/ strengths / weaknesses	Exploiting opposition space / weaker shot selection	movement and explanation of decisions			LO1 - Understand issues which affect participation in sport	LO2 - Sport Activity Session	LO3 Sport activity delivery	Use of specific formations within gameplay	Unit 18	LO2 - Use of tactics & Strategies	LO7 - Be able to review sports and activity sessions.	Unit 18 LO3	LO4	