

## Core PE Curriculum Plan

Core PE National Curriculum KS3					
1-use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	2- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]	3- perform dances using advanced dance techniques within a range of dance styles and forms	4- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	5-analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	6- take part in competitive sports and activities outside school through community links or sports clubs.
Core PE National Curriculum KS4					
A - use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	B - develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]	C - take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group	D - evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best	E - continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.	

Year Group	NC	Half Term 1	NC	Half Term 2	NC	Half Term 3	NC	Half Term 4	NC	Half Term 5	NC	Half Term 6
7	1, 4, 5, 6	<p><b>Rotation; netball, fitness and outdoor adventurous activities.</b></p> <p><b>Netball Implementation::</b></p> <ul style="list-style-type: none"> <li>● Passing</li> <li>● Footwork</li> <li>● Ball handling</li> <li>● Driving forward to receive the ball</li> <li>● Small sided/modified games</li> </ul> <p><b>Fitness implementation:</b></p> <ul style="list-style-type: none"> <li>● Importance of safety</li> <li>● Components of fitness (<i>Agility, Balance, Co-Ordination, Power, Reaction Time, Speed</i>)</li> <li>● To be able to plan a session which includes the components.</li> </ul> <p><b>OAA Implementation:</b></p> <ul style="list-style-type: none"> <li>● Team building</li> <li>● Problem solving</li> <li>● Creativity</li> </ul>	1, 5, 2, 6	<p><b>Rotation; netball, fitness and gymnastics..</b></p> <p><b>Netball Implementation::</b></p> <ul style="list-style-type: none"> <li>● Full game play</li> <li>● Tactics</li> <li>● Rules and laws</li> <li>● Officiating</li> <li>● Full game play</li> </ul> <p><b>Fitness implementation:</b></p> <ul style="list-style-type: none"> <li>● Importance of safety</li> <li>● Components of fitness (<i>Agility, Balance, Co-Ordination, Power, Reaction Time, Speed</i>)</li> <li>● To be able to plan a session which includes the components.</li> </ul> <p><b>Gymnastics implementation:</b></p> <ul style="list-style-type: none"> <li>● Flight</li> <li>● Through and straddle vault</li> <li>● Side vault</li> </ul>	1,2,6	<p><b>Rotation; team games, badminton, basketball and gymnastics or trampolining.</b></p> <p><b>Team Games implementation:</b></p> <ul style="list-style-type: none"> <li>● Rugby skills and game play</li> <li>● Volleyball skills and game play</li> <li>● Football skills and gameplay</li> </ul> <p><b>Badminton implementation:</b></p> <ul style="list-style-type: none"> <li>● Service</li> <li>● Footwork</li> <li>● Rules and laws</li> <li>● Stroke Play</li> <li>● Game Situation</li> </ul> <p><b>Basketball implementation:</b></p> <ul style="list-style-type: none"> <li>● Retaining possession</li> <li>● Give and Go</li> <li>● Effective dribbling</li> <li>● Shooting</li> <li>● Game play</li> </ul>	1, 2, 6	<p><b>Rotation; team games, badminton, basketball and gymnastics or trampolining.</b></p> <p><b>Team Games implementation:</b></p> <ul style="list-style-type: none"> <li>● Rugby skills and game play</li> <li>● Volleyball skills and game play</li> <li>● Football skills and gameplay</li> </ul> <p><b>Badminton implementation:</b></p> <ul style="list-style-type: none"> <li>● Service</li> <li>● Footwork</li> <li>● Rules and laws</li> <li>● Stroke Play</li> <li>● Game Situation</li> </ul> <p><b>Basketball implementation:</b></p> <ul style="list-style-type: none"> <li>● Retaining possession</li> <li>● Give and Go</li> <li>● Effective dribbling</li> <li>● Shooting</li> <li>● Game play</li> </ul>	1, 2, 6	<p><b>Rotation; rounders and athletics.</b></p> <p><b>Rounders implementation:</b></p> <ul style="list-style-type: none"> <li>● Throwing and Catching</li> <li>● Fielding- long and short barrier</li> <li>● Battling- contact</li> <li>● Small sided adapted games focusing on key technique</li> </ul> <p><b>Athletics implementation:</b></p> <ul style="list-style-type: none"> <li>● Shot putt- basic technique</li> <li>● Javelin- basic technique</li> <li>● Long jump- how to measure 3-5 step approach. Technique of jumping phase.</li> <li>● High jump- basic scissor kick technique.</li> </ul>	1, 2, 3, 6	<p><b>Rotation; rounder' and athletics. (Dance P-Arts)</b></p> <p><b>Rounders implementation:</b></p> <ul style="list-style-type: none"> <li>● Throwing and Catching</li> <li>● Fielding- long and short barrier</li> <li>● Battling- contact</li> <li>● Small sided adapted games focusing on key technique</li> </ul> <p><b>Athletics implementation:</b></p> <ul style="list-style-type: none"> <li>● Shot putt- basic technique</li> <li>● Javelin- basic technique</li> <li>● Long jump- how to measure 3-5 step approach. Technique of jumping phase.</li> <li>● High jump- basic scissor kick technique.</li> <li>● Sprinting- how do we go faster- body technique. 3 phase technique- start, acceleration, maintain.</li> </ul>

					<b>Gymnastics implementation:</b> <ul style="list-style-type: none"> <li>● Flight</li> <li>● Through and straddle vault</li> <li>● Side vault</li> </ul>		<b>Gymnastics implementation:</b> <ul style="list-style-type: none"> <li>● Flight</li> <li>● Through and straddle vault</li> <li>● Side vault</li> </ul>		<ul style="list-style-type: none"> <li>● Sprinting- how do we go faster- body technique. 3 phase technique- start, acceleration, maintain.</li> <li>● Long distance- pacing</li> </ul>		<b>Dance (P Arts) implementation:</b> <ul style="list-style-type: none"> <li>● Introduction to Safe Dance Practice. SDP</li> <li>● Counts and Rhythms</li> <li>● Basic skills and techniques</li> <li>● Perform set choreography</li> <li>● Bollywood</li> <li>● Group work</li> </ul>	
8	1,5,4,6	<b>Rotation; netball, fitness and outdoor adventurous activities.</b> <p><b>Netball Implementation:</b></p> <ul style="list-style-type: none"> <li>● Attack- holding space</li> <li>● Dodging</li> <li>● 2 &amp; 3 stage defence- player, ball, space</li> <li>● Full court games</li> </ul> <p><b>Fitness Implementation:</b></p> <ul style="list-style-type: none"> <li>● Importance of safety</li> <li>● Methods of training (<i>Continuous, fartlek, weight &amp; circuit</i>)</li> <li>● To be able to plan a session which includes these methods.</li> </ul> <p><b>OAA Implementation:</b></p> <ul style="list-style-type: none"> <li>● Team building</li> <li>● Problem solving with tactics</li> <li>● Creativity and leadership</li> </ul>	1, 5, 2, 6	<b>Rotation; netball, fitness and outdoor adventurous activities.</b> <p><b>Netball Implementation:</b></p> <ul style="list-style-type: none"> <li>● Half court games- positioning of attack</li> <li>● Half court games- positioning of defence</li> <li>● Full Court games- boundaries/rules.</li> </ul> <p><b>Fitness Implementation:</b></p> <ul style="list-style-type: none"> <li>● Importance of safety</li> <li>● Methods of training (<i>Continuous, fartlek, weight &amp; circuit</i>)</li> <li>● To be able to plan a session which includes these methods.</li> </ul> <p><b>OAA Implementation:</b></p> <ul style="list-style-type: none"> <li>● Team building</li> <li>● Problem solving with tactics</li> <li>● Creativity and leadership</li> </ul>	1, 2, 6	<b>Rotation; team games, badminton, basketball and trampolining.</b> <p><b>Team Games implementation:</b></p> <ul style="list-style-type: none"> <li>● Handball skills and game play</li> <li>● Tckouchball skills and game play</li> <li>● Ultimate Frisbee skills and gameplay</li> </ul> <p><b>Badminton Implementation:</b></p> <ul style="list-style-type: none"> <li>● Recapping serving and rules</li> <li>● Drop shot and accuracy</li> <li>● Building rallies/moving opponent</li> </ul> <p><b>Basketball Implementation:</b></p> <ul style="list-style-type: none"> <li>● Speed play</li> <li>● Long passes</li> <li>● The fast break</li> <li>● Man to man defence</li> <li>● Game play</li> <li>●</li> </ul> <p><b>Trampolining Implementation:</b></p> <ul style="list-style-type: none"> <li>● Safety</li> <li>● Shapes</li> <li>● Landings</li> <li>● Rotational movements</li> <li>● Routines</li> </ul>	1, 2, 6	<b>Rotation; team games, badminton, basketball and trampolining.</b> <p><b>Team Games implementation:</b></p> <ul style="list-style-type: none"> <li>● Handball skills and game play</li> <li>● Tckouchball skills and game play</li> <li>● Ultimate Frisbee skills and gameplay</li> </ul> <p><b>Badminton Implementation:</b></p> <ul style="list-style-type: none"> <li>● Recapping serving and rules</li> <li>● Drop shot and accuracy</li> <li>● Building rallies/moving opponent</li> </ul> <p><b>Basketball Implementation:</b></p> <ul style="list-style-type: none"> <li>● Speed play</li> <li>● Long passes</li> <li>● The fast break</li> <li>● Man to man defence</li> <li>● Game play</li> <li>●</li> </ul> <p><b>Trampolining Implementation:</b></p> <ul style="list-style-type: none"> <li>● Safety</li> <li>● Shapes</li> <li>● Landings</li> <li>● Rotational movements</li> <li>● Routines</li> </ul>	1, 2, 6	<b>Rotation; rounders and athletics.</b> <p><b>Rounders Implementation:</b></p> <ul style="list-style-type: none"> <li>● Small sided decision making games</li> <li>● Batting- Placement</li> <li>● Fielding- Chase and Receive</li> <li>● Full sided adapted games focusing on key techniques</li> <li>● Full games</li> </ul> <p><b>Athletics Implementation:</b></p> <ul style="list-style-type: none"> <li>● Shot putt- stepped approach technique</li> <li>● Javelin- stepped approach technique</li> <li>● Long jump- how to measure 9 step approach. Technique of run up and approach and effective jump.</li> <li>● High jump- scissor kick and fosbury flop technique. Working on approach and speed</li> <li>● Sprinting- starting technique to support acceleration, maintenance.</li> <li>● Long distance- effective pacing- start and finish.</li> </ul>	1, 2, 3, 6	<b>Rotation; rounders and athletics. (Dance – P-Arts)</b> <p><b>Rounders Implementation:</b></p> <ul style="list-style-type: none"> <li>● Small sided decision making games</li> <li>● Batting- Placement</li> <li>● Fielding- Chase and Receive</li> <li>● Full sided adapted games focusing on key techniques</li> <li>● Full games</li> </ul> <p><b>Athletics Implementation:</b></p> <ul style="list-style-type: none"> <li>● Shot putt- stepped approach technique</li> <li>● Javelin- stepped approach technique</li> <li>● Long jump- how to measure 9 step approach. Technique of run up and approach and effective jump.</li> <li>● High jump- scissor kick and fosbury flop technique. Working on approach and speed</li> <li>● Sprinting- starting technique to support acceleration, maintenance.</li> <li>● Long distance- effective pacing- start and finish.</li> </ul> <p><b>Dance implementation:</b></p> <ul style="list-style-type: none"> <li>● Revisit SDP</li> <li>● Introduction to Contemporary Dance</li> <li>● Perform set choreography</li> <li>● Group work</li> <li>● Motif</li> </ul>

