



Curriculum Statement of Intent

We offer to provide a curriculum to pupils, which inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. It offers pupils the opportunity to compete in sport and other activities which build character and help to embed values such as fairness and respect.

We aim to ensure all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Curriculum Statement of Implementation

How we look to provide opportunities for pupils to achieve these credentials by teaching pupils to:

- 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]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- 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
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

Term	Topics Covered (Date completed by and number of lessons)	Skills/AOs/interleaved content	Assessment (date and nature of assessment)
Yr 7 Autumn 1	Rugby Athletics Badminton (TG)	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
Yr 7 Autumn 2	Table Tennis Gymnastics Handball (TG)	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p>
Yr 7 Spring 1	Table Tennis Gymnastics Football (TG)	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
Yr 7 Spring 2	Netball Rugby Basketball (TG)	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge</p>

		Use a range of tactics to overcome an opponent in direct competition through team and individual games	
Yr 7 Summer 1	Athletics	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
Yr 7 Summer 2	Cricket/rounders	<p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p>
Yr 8 Autumn 1	Rugby Netball Rugby (TG)	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
Yr 8 Autumn 2	Table Tennis Gymnastics Handball (TG)	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p>

<p>Yr 8 Spring 1</p>	<p>Table Tennis Gymnastics Football (TG)</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p> <p>Accurate replication: This includes activities in which success is judged on the ability to repeat actions, phrases and sequences of movement as perfectly as possible</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
<p>Yr 8 Spring 2</p>	<p>Netball Rugby Basketball (TG)</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge</p>
<p>Yr 8 Summer 1</p>	<p>Athletics</p>	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils’ retention and knowledge.</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
<p>Yr 9 Autumn 1</p>	<p>Rugby Netball</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a ‘assessment lesson’ happening near the end of the topic. Throughout</p>

		<p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
<p>Yr 9 Autumn 2</p>	<p>Gaelic football Badminton</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p>
<p>Yr 9 Spring 1</p>	<p>Badminton Football</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
<p>Yr 9 Spring 2</p>	<p>Football Trampolining</p>	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other's performance.</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge</p>

		<p>Exploring and communicating ideas, concepts and emotions: This includes activities in which success is considered in relation to how well a performer or choreographer expresses ideas, feeling, concepts or emotions to communicate artistic or choreographic intentions to an audience.</p> <p>Accurate replication: This includes activities in which success is judged on the ability to repeat actions, phrases and sequences of movement as perfectly as possible.</p>	
<p>Yr 9 Summer 1</p>	<p>Athletics</p>	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others' scores or times.</p> <p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p> <p>To meet the Ofsted requirement of the inclusion of cardiovascular fitness being included in every PE lesson we will include a section for this on the Department lesson planning template. Students will take a multistage fitness test at the beginning of every term to monitor cardiovascular fitness.</p> <p>Individual targets will be set, based upon the previous level achieved. And results will be recorded and kept by the PE dept. Every student will know their MSF score.</p>
<p>Yr 9 Summer 2</p>	<p>Cricket/rounders</p>	<p>Develop their technique and improve their performance in other competitive sports</p> <p>Use a range of tactics to overcome an opponent in direct competition through team and individual games</p>	<p>Practical Assessment completed with students on a lesson-by-lesson basis with a 'assessment lesson' happening near the end of the topic. Throughout the topic, teachers will use Q&A to assess pupils' retention and knowledge.</p>