



## Physical Education Curriculum

	Autumn Term	Spring Term	Summer Term
<b>Year 5</b> (3 hours a week)	<b>Indoor Athletics baseline</b> Children will be introduced to indoor athletics. All aspects will be covered as they become familiar with the main components of an indoor athletics competition. Children will learn the appropriate techniques and as well as working on their personal bests, they will also be competing against each other. Formal testing to obtain a baseline.	<b>Gymnastics</b> Children will be introduced to all safety aspects associated with gymnastic performances, and the use of gym specific equipment. Children will learn gymnastics through floor mats and vaulting apparatus. Children will learn about body extension / tension and how vital both are for aesthetic performances. Control, balance, flight and travel will all be explored, within small groups and individually.	<b>Athletics</b> Children will be introduced to the events covered in outdoor athletics. Focus will be on the students preparing for the events covered in sports day and town sports. Pupils will understand the different type of fitness. Pupils will learn to perform as an individual working on their personal bests, and as a team in competitive situations.
	<b>Football</b> Children will be introduced to the fundamental basics of football. Small sided competitive drills will help students to work on control, accuracy, disguise of pass and how the foot can be used in number of ways to pass a ball. Children will look to pass over differing lengths and work on dribbling.	<b>OAA/Problem Solving</b> Children will discover and learn what makes a successful team through problem solving. The different roles associated within a team within team building sessions (leader etc). Trust exercises, basic map skills, as a team and individual in a competitive situation.	<b>Fitness</b> Children will be introduced to health related fitness through a variety of games and activities that encourage them to learn more about how their bodies change and adapt as a result of exercise. They will begin to assess their own fitness levels and set personal targets that they will work to achieve.
	<b>Netball</b> Children will learn the basics of netball focusing around the rules of 'High 5'. An introduction to the specific rules of the game, the need to play as part of a team and the sport specific warm ups associated with the game.	<b>Dance</b> Based on the theme of 'Rock and Roll' children will learn about the origins of 1950's dance and its influence on modern day dance. Children will learn how to follow and pick up a motif, as well as be able to show their own creativity by appropriately choreographing sections of their dance. An ability to peer assess and provide sensitive feedback will be included within the sessions.	<b>Rounders/Cricket</b> Children will be introduced to the basics of batting, fielding, bowling, sending receiving, anticipation and scoring. Basic throwing and catching will be implemented into the different aims of the game. Playing within a team, and recognising the importance of outwitting an opponent, students will be thinking of tactics to employ.
<b>Yoga / Mindfulness</b> Children will start to learn the art of being able to relax and the importance of allowing themselves to free their minds of any stresses or worries. They will learn different breathing techniques and the basic yogas positions that they can begin to use to build their own sequence of movements.	<b>TAG Rugby</b> Children will learn the basics of TAG rugby in a non threatening environment. (Full contact removed). Pupils will look at ways of using space to outwit an opponent. Rules of the game will be covered and adhered to when put into practice. Pupils will be able to consider their own and others performance and respectfully suggest ways of improving.	<b>Tennis</b> Children will look at the various ways of striking a tennis ball using a variety of rackets. A variety of simple strokes will be taught enabling students to work on both the backhand and forehand in both a defensive and attacking manner. Volleying and serving will be taught, enabling the opportunity for rallies to be played within a competitive match situation.	



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<b>Year 6</b> (3 lessons a week)	<b>Indoor Athletics</b> Children will be competing and preparing themselves for the indoor athletics championships. Consolidating and improving upon their previous PB's, students will be clear on how events are officiated and how the competition will be run. Children will be aware of what is required to improve their performance and others.	<b>Dance</b> Based on the theme of 'Secret agents and spies', students will look at replicating a motif, as well as choreographing their own topic based dance. Freeze frames, individual, partner and group motifs will be put together within the theme. Exploring different heights, action / reaction, cannoning and unison as well as peer assessment will be included within the sessions.	<b>Athletics</b> Children will be continuing to accurately replicate and develop the events covered in outdoor athletics. Focus will be on preparing for the events covered in sports day and town sports. Pupils will learn to perform as an individual working on their personal best, and as a team in a competition.
	<b>Netball</b> Children will focus on improving and applying the basic skills in high 5 netball. A greater emphasis will be on applying tactics and strategies into gameplay situations as well as learning the basic principles of invasion, making informed decisions to have a positive influence on a game.	<b>OAA</b> Children will discover and learn what makes a successful team through problem solving. Map reading skills will move from school maps to OS maps. Healthy living, the human heart and HRE activities will be inter spliced into problem solving activities, both in and outside. Traversing and indoor caving will help pupils to appreciate how the physical environment can be used to assist fitness.	<b>Cricket/Rounders</b> Children will develop the range and consistency of their sending, receiving, batting and bowling skills, applying these to a game situation. Combining skills such as running and throwing accurately as well as appreciating fielding positions from an attacking and defensive point, will also be covered.
	<b>Football</b> Children will be looking to improve and apply basic skills for football. Tactics and strategies of play will be incorporated to closed and open environments. Developing the skills necessary to outwit opponents, ability to combine skills, (dribbling and passing etc.) and a development of anticipation will also be expected.	<b>Gymnastics</b> Children will demonstrate and consolidate basic actions of travelling, jumping and landing, transferring of weight, balancing, rolling and turning both on the floor and when using apparatus. Through floor mats and vaulting apparatus, children will learn how to choreograph and produce sequences, linking actions.	<b>Tennis</b> Pupils will look at the various ways of striking a tennis ball. Simple strokes will be consolidated and students will be able to work on both the backhand and forehand in both a defensive and attacking manner. An emphasis on consistency and accuracy will cover all shots played. Volleying and serving will be taught, enabling the opportunity for rallies to be played.
	<b>Yoga / Mindfulness</b> Children will develop their ability to focus on calm and restfulness through more advanced breathing methods. They will learn the 'sun salutation' sequence and begin to recognise that different yoga positions require different fitness elements in order to be able to perform them well.	<b>(TAG) Rugby</b> Children will focus on improving and applying the basic skills of TAG rugby.. Pupils will look at strategies and tactics, as well as using space to outwit an opponent. Informed decision making will be applied to ensure they can have a positive impact on the small sided game.	<b>Fitness/HRE</b> Children will continue to develop their knowledge and understanding of how the body works during exercise, focusing on the cardiovascular system. Children will also look at the eat-well plate and begin to understand nutrition.



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<p><b>Year 7</b> (3 lessons a week)</p>	<p><b>Outwitting Opponents Football</b></p> <p>Pupils will be looking at developing attacking and defending strategies and techniques. Selecting and applying tactics to enable the outwitting of their opponents. Continued development, adaptation and refinement of skills will enable a greater number of options to outwit an opponent in different sports. Working in a team they will respond quickly to new challenges, devising and developing practices to improve their own and others performance.</p>	<p><b>Outwitting Opponents Netball</b></p> <p>Pupils will be looking at developing attacking and defending strategies and techniques. Selecting and applying tactics to enable the outwitting of their opponents. Continued development, adaptation and refinement of skills will enable a greater number of options to outwit an opponent in different sports. Working in a team they will respond quickly to new challenges, devising and developing practices to improve their own and others performance.</p>	<p><b>Gymnastics / Trampolining</b></p> <p>Children will demonstrate skills and abilities individually and in combination. Fluent routines showing good tension, control, along with appropriate aesthetics will be shown on both the floor and trampoline. Aerial shapes / turns will be combined to produce sequences. These will be followed and self choreographed. Swivel hips, front and back landings will be developed, moving towards the more complex front and back somersaults.</p>	<p><b>Dance</b></p> <p>Based on the theme of 'Indian Dance', students will learn the basics of Bollywood and Bhangra, recognising the differences between the two. Through a hook day, Children will learn a basic motif, but will be expected to choreograph a group dance which will be performed to parents and other guests. An understanding of how Indian dance has affected a number of cultures all around the world. Peer assessment will be included within the sessions.</p>	<p><b>Athletics</b></p> <p>Children will be continuing to accurately replicate and develop the events covered in outdoor athletics. Introduction to the main throwing events Javelin, Discus and Shot. Focus will be on the students covered in sports day and town sports, as well as setting them up for competition.</p>	<p><b>Striking and Fielding</b></p> <p>Children will replicate and improve technique in batting, bowling and fielding using hardball cricket and rounders balls. Students will focus on the intention of outwitting opponents with the bat. Whilst bowling, pupils will be thinking about batsman strengths and weaknesses to outwit the batsman. Combining skills such as running and throwing accurately as well as appreciating fielding positions from an attacking and defensive point.</p>
	<p><b>Interval Training</b></p> <p>Children will be challenged to push themselves through a range of interval type tasks and challenges including: pyramid training, walk jog run, HIIT. Encouraging children to show resilience and understand that in order to improve fitness, the body needs to be pushed beyond its comfortable state.</p>	<p><b>Box Fit</b></p> <p>An introduction to the activity of Box Fit. Children will learn the different techniques associated with the sport of boxing including a range of puch and kick techniques before becoming familiar with the use of gloves and pads before starting to link movements together.</p>	<p><b>Indoor Rowing</b></p> <p>An introduction to the activity of Indoor Rowing. Children will learn the different techniques associated with the sport of indoor rowing and become familiar with the use of the machines and their numerous settings. All pupils will partake in the '2 minute challenge' in order to make selections for school teams</p>	<p><b>Circuit Training</b></p> <p>An introduction to the activity of circuit training. Allowing children to experience a range of different circuits that focus on a range of fitness elements. Allowing opportunities for children to set their own personal targets in relation to their abilities. Encouraging the use of peer coaching to highlight correct techniques.</p>	<p><b>Orienteering</b></p> <p>Children will be introduced to formal OAA maps and understand the many features that make up a map. They will experience a range of practice and competitive situations which enhance their map reading skills. Problem solving challenges that link to cross-curricular areas such as maths, geography and English will also be introduced.</p>	<p><b>Fitness Testing</b></p> <p>Children will be challenged to make predictions about their fitness levels. They will embark on tests that measure a range of different types of fitness such as balance, agility, speed, power, stamina, reaction time.</p>



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<b>Year 8</b> (3 lessons a week)	<b>Outwitting Opponents Football</b> Consolidation of the skills needed to outwit opponents within games, applying fluency, greater accuracy and quality of technique. Refining skills to enable a greater number of options to outwit an opponent. An understanding of how to improve their performance will be required and pupils will be expected to lead coaching sessions and be confident in refereeing a game if needed.	<b>Outwitting Opponents Netball</b> Consolidation of the skills needed to outwit opponents within games, applying fluency, greater accuracy and quality of technique. Refining skills to enable a greater number of options to outwit an opponent. An understanding of how to improve their performance will be required and pupils will be expected to lead coaching sessions and be confident in refereeing a game if needed.	<b>Gymnastics / Trampolining</b> Children will demonstrate skills and abilities individually and combined. Fluent routines showing good tension, control, along with appropriate aesthetics will be demonstrated on both the floor and trampoline. Aerial shapes / turns will be combined to produce sequences. Children will learn how to do front and back somersaults and how to tarriff / judge a routine.	<b>Dance</b> Based on the theme of 'Ghostly Tales', students will learn a motif set to the Thriller song by Michael Jackson. In groups they will choreograph two further dance routines to famous horror film soundtracks. One based upon zombies, whilst the other, a more open ended task, is about suspense and fear. Peer assessment will be included within the sessions, and children will help devise and lead an appropriate warm up and cool down.	<b>Athletics</b> Students will begin to use their knowledge of athletic events, strategies and techniques to develop and enhance replication and performance. Understanding the relationship between fitness and performance students will continue to focus for the events covered in sports day and town sports, as well as setting them up for competition. Pupils will continue to focus for the events covered in sports day and town sports, as well as setting them up for competition. Pupils will continue to focus for the events covered in sports day and town sports, as well as setting them up for competition. Pupils will continue to focus for the events covered in sports day and town sports, as well as setting them up for competition. Pupils will continue to focus for the events covered in sports day and town sports, as well as setting them up for competition.	<b>Striking and Fielding</b> Pupils will replicate and, further refine individual techniques for batting, bowling and fielding using hardball cricket and rounders balls. More complex bowling actions will be explored in cricket looking at spin bowling. Combining skills such as running and throwing accurately as well as appreciating fielding positions from an attacking and defensive point. Students will learn the basics of umpiring and apply these within games.
	<b>Interval Training</b> Children will be challenged to push themselves through a range of interval type tasks and challenges including: pyramid training, walk jog run, HIIT. Encouraging children to show resilience and understand that in order to improve fitness, the body needs to be pushed beyond its comfortable state.	<b>Box Fit</b> A development of the activity of Box Fit. Children will recap the different techniques associated with the sport of boxing including a range of puch and kick techniques, using the gloves and pads before starting to link movements together. Knowledge and understanding of the short and long term effects of exercise on our bodies, extending up to GCSE level with high level activity appropriate use of vocabulary such as vasodilation, vasoconstriction, heart-rate training zones and radial and carotid pulse points.	<b>Indoor Rowing</b> Children will develop their use of indoor rowing machines by extending to participating in a variety of relay styles challenges. All pupils will partake in the '3 minute challenge' in order to make selections for school teams. An understanding of how beneficial this activity is for long term heart health.	<b>Circuit Training</b> A continuation of the activity of circuit training. Allowing children to experience setting their own activities and exercises. Becoming familiar with sets and reps and understanding how to adapt these in order to improve fitness. Children will know and understand the different between strength circuits and cardiovascular circuits and the reasons why people might do both.	<b>Orienteering</b> Children will learn more advanced map skills, focusing on looking at terrain and type of ground in order to locate a marker. An element of competition is introduced with an end lesson of experiencing on off-site orienteering course.	<b>Fitness Testing</b> Children will be challenged to make predictions about their fitness levels. They will embark on tests that measure a range of different types of fitness such as balance, agility, speed, power, stamina, reaction time.