



St. Joseph's Catholic High School

Curriculum plan for Physical Education

September 2021

Introduction

The aim of the PE department is to ensure that all students are provided with a wide range of opportunities to engage in enjoyable, enriching, high quality sport and physical activity in order to instil all students with a lifelong love of sport. We understand the pivotal role which sport can have in students' lives in relation to enhancing wellbeing and developing the soft-skills needed for students' futures. We strive to embed the St. Joseph's mission statement throughout our planning and delivery of all lessons and extra-curricular activities.

In order to achieve these aims we aspire to:

- Ensure all practical PE lessons provide an appropriate level of challenge for all students; taking into account students' current physical ability or limitations.
- Ensure all students make outstanding progress, regardless of their starting points
- Embed the development of physical literacy and fundamental motor skills throughout all key stages
- Plan lessons with a focus on engagement, differentiation for all and celebrating achievement
- Allow students to reflect on their practical performances and discuss ways to improve their own performance and that of their peers
- Make all students feel safe and valued in all of their PE lessons so that they feel willing to contribute and safe of negative judgement from their peers
- Prepare students for examinable Physical Education study through the careful incorporation of relevant tier 3 vocabulary through KS3 lessons
- Enable all students to develop soft skills such as communication and teamwork; essential skills needed in their futures
- Allow all students to take part in competitive sport and apply their learning at a level which stretches and challenges all
- Provide all BTEC Sport students with the knowledge, skills, feedback and guidance needed for success in their assessed units of work
- Develop all students' oracy skills and ability to communicate confidently with others
- Provide a wide range of extra-curricular sporting opportunities to extend the learning of all students and allow for experience of inter-school competition
- Provide students with the knowledge needed to carry with them and maintain a healthy and active lifestyle for the rest of their lives

Topics covered in each year group

KS3

Students at KS3 have 2 lessons of core PE per week and follow a broad, balanced curriculum with a range of sports and physical activities in line with the national curriculum.

KS4:

At KS4 students have 1 lesson of core PE per week during which the focus is to engage and enthuse students to the merits of sport and physical activity.

Year 7

In year 7 students will study a range of sports and physical activities; some of which may be a first introduction to that activity. The year 7 curriculum aims to build upon the KS2 curriculum and to further develop fundamental motor skills and patterns in a range of sporting settings. Each unit of work incorporates the tier 3 vocabulary needed for success in KS4 examinable Physical Education. Students are taught to use a range of tactics to outwit opponents in team and individual sports. Students are also able to develop their technique in a range of sports and analyse their own performance and seek to independently evaluate what they can do to improve.

NB: Due to COVID-19; autumn term 1 has been designed to allow students the opportunity to visit summer sports of striking and fielding, athletics and some OAA.

<u>Autumn 1</u>	
Boys and Girls	
<ul style="list-style-type: none"> ▪ Multi-Sport (recovery curriculum) ▪ Health & Fitness 	
<u>Autumn 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Athletics ▪ Dance 	<ul style="list-style-type: none"> ▪ Athletics ▪ Volleyball
<u>Spring 1</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Football ▪ Badminton 	<ul style="list-style-type: none"> ▪ Netball ▪ Badminton
<u>Spring 2</u>	
Boys and Girls	
<ul style="list-style-type: none"> ▪ Outdoor Adventurous Activities (OAA) ▪ Gymnastics 	
<u>Summer 1</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Rugby ▪ Basketball 	<ul style="list-style-type: none"> ▪ Football ▪ Dance
<u>Summer 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Tennis ▪ Cricket 	<ul style="list-style-type: none"> ▪ Tennis ▪ Rounders

Year 8

In year 8 students follow the same set of sports and activities and look to build their efficacy and physical competency in each. Students will be further encouraged to evaluate their own and others' performances and look to suggest ways to improve. Students are also given the opportunity to apply their skill base in a range of conditioned competitive situations.

<u>Autumn 1</u>	
Boys and Girls	
<ul style="list-style-type: none"> ▪ Multi-Sport (recovery curriculum) ▪ Health & Fitness 	
<u>Autumn 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Athletics ▪ Dance 	<ul style="list-style-type: none"> ▪ Athletics ▪ Volleyball
<u>Spring 1</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Football ▪ Badminton 	<ul style="list-style-type: none"> ▪ Netball ▪ Badminton
<u>Spring 2</u>	
Boys and Girls	
<ul style="list-style-type: none"> ▪ Outdoor Adventurous Activities (OAA) ▪ Gymnastics 	
<u>Summer 1</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Rugby ▪ Basketball 	<ul style="list-style-type: none"> ▪ Football ▪ Dance
<u>Summer 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Tennis ▪ Cricket 	<ul style="list-style-type: none"> ▪ Tennis ▪ Rounders

Year 9

In year 9, students will again be following the same pathway of sports. During the year they will be advancing in the way that they are able to refine skills and techniques, apply strategies to outwit opponents in a variety of competitive settings and refine their ability to apply insightful evaluation to improve their own performance and that of their peers. They will also spend more time acquiring the knowledge of tier 3 vocabulary needed to be successful in BTEC Sport at KS4.

<u>Autumn 1</u>	
Boys and Girls	
<ul style="list-style-type: none"> ▪ Multi-Sport (recovery curriculum) ▪ Health & Fitness 	
<u>Autumn 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Athletics ▪ Dance 	<ul style="list-style-type: none"> ▪ Athletics ▪ Volleyball
<u>Spring 1</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Football ▪ Badminton 	<ul style="list-style-type: none"> ▪ Netball ▪ Badminton
<u>Spring 2</u>	
Boys and Girls	
<ul style="list-style-type: none"> ▪ Outdoor Adventurous Activities (OAA) ▪ Gymnastics 	
<u>Summer 1</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Rugby ▪ Basketball 	<ul style="list-style-type: none"> ▪ Football ▪ Dance
<u>Summer 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Tennis ▪ Cricket 	<ul style="list-style-type: none"> ▪ Tennis ▪ Rounders

Year 10

CORE PE:

In core PE students are given the opportunity to apply the skills, techniques and tactics honed throughout KS3 in a setting which promotes active participation with engagement as a key driver to lesson planning and delivery. Students are able to use PE as a tool to refine their communication, team work, leadership and problem-solving skills through the planning of more student led elements to each activity.

<u>Autumn 1</u>	
Boys and Girls	
<ul style="list-style-type: none"> ▪ Badminton ▪ Health & Fitness 	
<u>Autumn 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Athletics ▪ Rounders 	<ul style="list-style-type: none"> ▪ Athletics ▪ Cricket
<u>Spring 1</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Football ▪ Table tennis 	<ul style="list-style-type: none"> ▪ Netball ▪ Table tennis
<u>Spring 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Badminton ▪ Rugby 	<ul style="list-style-type: none"> ▪ Badminton ▪ Hockey
<u>Summer 1</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Football ▪ Basketball 	<ul style="list-style-type: none"> ▪ Football ▪ Dodgeball
<u>Summer 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Tennis ▪ Cricket 	<ul style="list-style-type: none"> ▪ Tennis ▪ Rounders

BTEC SPORT:

In year 10 students will be synthesising the knowledge and skills developed throughout KS3 in completion of a range of practical and theoretical assignments. They will use skills such as their research skills in completion of internally assessed, independent work. They will also be applying their practical skills and competencies in completing Unit 2 – Practical Sports Performance.

Units covered in year 10:

UNIT 2 = Practical Sports Performance

UNIT 1 = Fitness for sport and exercise (EXAM)

Year 11

CORE PE:

In year 11 students are given further opportunities to engage in a range of recreational and competitive sports as a means of relieving the stresses and tensions which are ever more prevalent in young people in modern society but also to develop key soft skills needed for further study and employment.

<u>Autumn 1</u>	
Boys and Girls	
<ul style="list-style-type: none"> ▪ Badminton ▪ Health & Fitness 	
<u>Autumn 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Athletics ▪ Softball 	<ul style="list-style-type: none"> ▪ Athletics ▪ Volleyball
<u>Spring 1</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Football ▪ Badminton 	<ul style="list-style-type: none"> ▪ Netball ▪ Badminton
<u>Spring 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Table tennis ▪ Rugby 	<ul style="list-style-type: none"> ▪ Table tennis ▪ Hockey
<u>Summer 1</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Football ▪ Basketball 	<ul style="list-style-type: none"> ▪ Football ▪ Dodgeball
<u>Summer 2</u>	
Boys	Girls
<ul style="list-style-type: none"> ▪ Tennis ▪ Cricket 	<ul style="list-style-type: none"> ▪ Tennis ▪ Rounders

BTEC SPORT:

Due to extraordinary circumstances; students in year 11 this year have several further units to complete than would ordinarily be the case. The programme of students allows for students to develop their knowledge and apply it in a range of settings in the completion of internally and externally assessed units. Unit 1 allows for students to apply knowledge of components of fitness in an externally assessed exam. Unit 2 allows for students to apply their practical skills and competencies in 2 competitive sports, while Unit 4 develops student's ability to make links between concepts and apply those to an independent research task. Unit 3 allows for students to synoptically tie in all of the skills and knowledge gained across the BTEC course in planning, delivering and evaluating a personal training programme.

Units covered in year 11:

UNIT 1 = Fitness for sport and exercise (EXAM)

UNIT 2 = Practical Sports Performance

UNIT 4 = The mind and sports performance

UNIT 3 = Applying the principles of personal training

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