

Physical Education aims to help you become physically confident in order to lead active, healthy lifestyles. We provide opportunities to compete in sport and other activities to build character and help to embed values such as fairness, equality and respect. Challenge is entrenched into every unit of work. Skills such as teamwork, resilience and perseverance will need to be demonstrated in order to succeed.

We will achieve our vision by providing you with:

- Opportunities to develop knowledge of rules and regulations
- Opportunities to apply strategies and tactics
- Repetition of physical skills in a range of sporting contexts
- Opportunities to work as part of a team (including leadership)
- Opportunities for physical and mental challenges

		Term 1		Term 2		Term 3
	No. of Weeks	15		12		12
	Topic Title and NC link	Invasion sports		Body awareness		Striking and fielding
Year 7	<i>Pupils should know... (Core knowledge and concepts to be learned)</i>	<ul style="list-style-type: none"> • Football • Basketball • Netball <p>Students will take part in one of the above sports for the duration of the half term with a focus on team work and effective communication. Specific lesson objectives and skills have been identified as appropriate for the particular year group and these will be covered each lesson.</p> <ul style="list-style-type: none"> • Methods of communication • The importance of good team work and communication • Key skills and techniques in relation to the chosen sport <i>E.g. passing, dribbling, shooting, footwork etc.</i> 		<ul style="list-style-type: none"> • HRF • Boxing • Trampolining • Gymnastics <p>Students will take part in one of the above sports for the duration of the half term with a focus on health and well-being is and why it is important. Specific lesson objectives and skills have been identified as appropriate for the particular year group and these will be covered each lesson.</p> <ul style="list-style-type: none"> • The importance of physical activity and exercise • The short- and long-term benefits of exercise • How to measure your resting heart beat • The importance of technique 		<ul style="list-style-type: none"> • Cricket • Athletics • Rounders • Leadership <p>Students will take part in one of the above sports for the duration of the half term with a focus on rules and regulations. Specific lesson objectives and skills have been identified as appropriate for the particular year group and these will be covered each lesson.</p> <ul style="list-style-type: none"> • Basic laws of athletics (shot putt, discus, relay, sprint, long distance etc). • Basic laws of striking and fielding events (cricket and rounders) • Age specific normative data results • Key skills and techniques in relation to the chosen sport <i>E.g. throwing, catching, passing, biomechanics batting etc</i>
	<i>Pupils should be able to do... (Skills being developed)</i>	Students will know how to be effective team players and communicators. The end goal is to equip you with the skills and knowledge needed to effectively and confidently take part in a variety of invasion sports. For example, Football, Basketball and Netball.		Students will understand the importance of fitness and build upon the skills and techniques needed to be effective in individual sport.		Students will apply their knowledge to to summer sports with the aim of helping them progress within athletics and striking and fielding sports.
	<i>Why are we doing this now? How does it build on prior learning and prepare for knowledge and learning still to come?</i>	Football, basketball and Netball are popular within Manchester due to the access to facilities and elite local teams such as Manchester City, Manchester Magic and Manchester Thunder.	We change the sport during HT2 in order to give all students the opportunity to explore as many sports as possible. The variety offered gives students the chance to find their preferred path and create a love for a new discipline.	The knowledge acquired will assist the students in better understanding their own bodies in terms of performance and allow them to begin to identify different areas of strengths and weaknesses.	The knowledge acquired will assist the students in better understanding their own bodies in terms of performance and allow them to begin to identify different areas of strengths and weaknesses.	We complete these sports in half term three as they are some of the least participated in sports across Manchester. Matching our curriculum with major events such as the cricket world cup, Wimbledon and the Olympics/world championships boosts engagement within these sports. During major sporting events, opportunities for participation outside of school rise so it is important we embed a love and desire to participate in these sports at the same time that the opportunities are arising.

		Term 1	Term 2	Term 3
	No. of Weeks	15	12	12
Year 8	Topic Title and NC link	<i>Invasion sports</i>	<i>Body awareness</i>	<i>Striking and fielding</i>
	<i>Pupils should know... (Core knowledge and concepts to be learned)</i>	<ul style="list-style-type: none"> • Rugby • Tag Rugby • Football • Netball <p>Students will take part in one of the above sports for the duration of the half term. With a specific focus on tactics and strategies in both attack and defence. Specific lesson objectives and skills have been identified as appropriate for the particular year group and these will be covered each lesson.</p> <ul style="list-style-type: none"> • The definition of a tactic • The definition of a strategy • How specific tactics match specific strategies • Various tactics and strategies in both attack and defense • Key skills and techniques in relation to the chosen sport 	<ul style="list-style-type: none"> • HRF • Boxing • Trampolining • Leadership <p>Students will take part in one of the above sports which they have not already covered this year for the duration of the half term. With a specific focus on individual performance. Specific lesson objectives and skills have been identified as appropriate for the particular year group and these will be covered each lesson.</p> <ul style="list-style-type: none"> • The importance of good technique • How you assess effective skill and technique • The step by step process of specific skills and techniques in relation to the chosen sport 	<ul style="list-style-type: none"> • Cricket • Athletics • Rounders • Leadership <p>Students will take part in one of the above sports for the duration of the half term with a focus on leadership and tactics and strategies. Specific lesson objectives and skills have been identified as appropriate for the particular year group and these will be covered each lesson.</p> <ul style="list-style-type: none"> • Different types of leadership • Qualities of a leader • The benefits of effective leadership • Various tactics and strategies in relation to the chosen sport • Key skills and techniques in relation to the chosen sport
	<i>Pupils should be able to do... (Skills being developed)</i>	Students will know how to effectively attack and defend in a variety of situations. The end goal is to equip students with the ability to complete the majority of the skills highlighted within progression ladders during specific moments of a game. They will apply this thinking to their decision making in order to influence a game situation.	Students will understand the importance of fitness and build upon the skills, techniques and attributes needed to be effective in individual sport.	Students will revisit previous teaching points with the aim of further developing their technique to become more effective. Students should be able to demonstrate an intermediate skill level during a throwing, catching and running action.
<i>Why are we doing this now? How does it build on prior learning and prepare for knowledge and learning still to come?</i>	We cover these key concepts during this time so students can develop their knowledge in terms of attacking and defending within team sports. This leads on from year 7 where students developed their communication skills and can allow them to revisit these key skills with an additional strategic goal in mind that all will need to agree upon.	We will equip our students with the performance capabilities to allow them to effectively influence game situations. The knowledge acquired will assist the students in better understanding their own bodies in terms of performance and allow them to begin to identify different areas of strengths and weaknesses.	We cover these key concepts during this time to extend on the work covered in the previous two terms. Students will need to apply the knowledge and skill acquired in term one along with new leadership skills in order to be effective. This term will demand more from the students in terms of a physical stand point and the knowledge from term two in terms of technique and assessment will also need to be applied.	

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	No. of Weeks	15	12	12
	Topic Title and NC link	<i>Invasion sports</i>	<i>Body awareness</i>	<i>Striking and fielding</i>
Year 9	<i>Pupils should know... (Core knowledge and concepts to be learned)</i>	<ul style="list-style-type: none"> Football Basketball Rugby Netball <p>Students will take part in one of the above sports for the duration of the half term with a focus on critical thinking and self/peer analysis. Specific lesson objectives and skills have been identified as appropriate for the particular year group and these will be covered each lesson.</p> <ul style="list-style-type: none"> What self and peer analysis are What the benefits of analysis are What critical thinking is What a SWOT analysis is Key skills and techniques in relation to the chosen sport 	<ul style="list-style-type: none"> HRF Table Tennis Boxing Trampolining <p>Students will take part in one of the above sports for the duration of the half term with a focus on fitness for sport and how this relates to your health and well-being. Specific lesson objectives and skills have been identified as appropriate for the particular year group and these will be covered each lesson.</p> <ul style="list-style-type: none"> The correlation between fitness and sporting performance The meaning of health and well-being What normative data is How to use normative data to set personal goals Key skills and techniques in relation to the chosen sport 	<ul style="list-style-type: none"> Badminton Athletics Rounders Cricket <p>Students will take part in one of the above sports for the duration of the half term with a focus target setting and resilience. Specific lesson objectives and skills have been identified as appropriate for the particular year group and these will be covered each lesson.</p> <ul style="list-style-type: none"> Differences between short- and long-term goal setting. The process of setting a goal The meaning of resilience Key skills and techniques in relation to the chosen sport
	<i>Pupils should be able to do... (Skills being developed)</i>	Students will know how to be effective critical thinkers and the skills needed to self-analyse. The end goal is to allow students to become a more proactive performer who is able to review their performance and progress based on evidence.	Students will become more aware of how to improve their fitness for sport and the effect this has on their overall health and well-being. The end goal is to develop clear understanding of how lifestyle effects performance and so students can make informed life choices.	Students will become more resilient and understand the importance of setting individual goals. The end goal is to be able to set an achievable target in relation to personal performance in an event and overcome multiple barriers to achieve this target.
	<i>Why are we doing this now? How does it build on prior learning and prepare for knowledge and learning still to come?</i>	We cover these concepts during this time so students start to develop an understanding of analysis and its benefits. This skill will then contribute to effective goal setting in the final term.	We will we equip our students with the performance capabilities to allow them to effectively influence game situations. The knowledge acquired will assist the students in better understanding their own bodies in terms of performance and allow them to confidently identify their areas of strength and weakness.	We cover these concepts during this time to provide an opportunity for students to set goals and achieve targets. As students will soon begin their GCSE journey this focus is vital to ensure all students begin with the mindset and skills needed to succeed. It will help motivate, encourage and build an understanding that results will appear with determination and hard work.