

PE Long Term Curriculum Overview: 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<i>Football</i>	<i>Table Tennis</i>	<i>Fitness</i>	<i>Handball</i>	<i>Athletics</i>	<i>Cricket</i>
KS3 (Years 7, 8 and 9)	<ol style="list-style-type: none"> 1. Passing and receiving 2. Dribbling 3. Shooting 4. Heading and Volley 5. Attacking principle 6. Defending principle 	<ol style="list-style-type: none"> 1. Introduction to grip and backhand push 2. Forehand and backhand push 3. Serve 4. Forehand drive and topspin 5. Backhand drive and topspin 6. Forehand and backhand backspin 7. Combination of attacking and defensive shots 	<ol style="list-style-type: none"> 1. Resting Heart Rate 2. Initial Fitness Tests 3. Maximum Heart rate 4. Recovery heart rate 5. Target training zone 6. Components of fitness 7. Types of Training 	<ol style="list-style-type: none"> 1. Ball familiarisation and passing 2. Advanced passing and attacking principle 3. Dribbling 4. Shooting 5. Tackling and defending principle 6. Game play and team development 	<ol style="list-style-type: none"> 1. Sprint Start 2. 100m/200m tactics and execution 3. Middle distance running 400m and 800m 4. Relays 100m and 400m 5. Long jump 6. Shot put 7. Discus 	<ol style="list-style-type: none"> 1. Ball familiarisation 2. Fielding 3. Bowling 4. Batting 5. Wicket keeping 6. Match tactics

KS4 (Years 10 and 11)	<p>ASDAN Core Modules Section A: Complete FOUR challenges over 10 hours (1 credit) Section B: Complete ONE challenge over 10 hours (1 credit) or TWO challenges over 20 hours (2 credits).</p> <p>Module 1 Section A: Sports Participation – in this module, pupils will learn all aspects of participating in sports, from identifying what sports clubs they would like to join to researching the equipment they would need. Some examples of the tasks are:</p> <ul style="list-style-type: none"> • Task 4 (research task focusing on sourcing equipment needed to take part in a sport of your choice). • Task 5 (searching for sporting clubs and activities available for young people in your areas). • Task 8 (A research project about a sportsperson of your choice). <p>Module 2 Section A: Health, Fitness and Nutrition – in this module, pupils will learn about how to lead healthy active lifestyles through diet and physical exercises. Some examples of the tasks are:</p> <ul style="list-style-type: none"> • Task 2 (devising two warm up or cool down exercises that can be used in your PE sessions). • Task 6 (write a report about 2 common sports injuries). • Task 8 (Create a healthy eating poster based on a sportsperson of your choice). <p>Module 2 Section B: Health, Fitness and Nutrition - in this module, pupils will learn about how to lead healthy active lifestyles through diet and physical exercises. Some examples of the tasks are:</p> <ul style="list-style-type: none"> • Task 3 (Create and cook a balanced meal suitable for a sports person of your choice). <p>Module 4 Section A: Sport in the Community – this module focuses on the role of sports in the wider community, such as raising sporting awareness and engaging different audiences. Some examples of the tasks are:</p> <ul style="list-style-type: none"> • Task 2 (consider how social media has changed communication between sportspeople and fans) • Task 6 (research three occasions where sport has been used to bring different sections of a community together) <p>Module 5 Section A: Coaching and Officiating – this module focuses on enhancing the knowledge of pupils on a number of sports in preparation for them to coach or officiate others. Some examples of the tasks are:</p> <ul style="list-style-type: none"> • Task 1 (Create a poster about the rules of a sport of your choice. These rules must be suitable for 11-14-year olds). • Task 4 (Create a 10 question quiz based on the rules of a sport of your choice. Try to vary the style of questions used). 	<p>ASDAN Supplementary Modules: Section A: Complete FOUR challenges over 10 hours (1 credit) Section B: Complete ONE challenge over 10 hours (1 credit) or TWO challenges over 20 hours (2 credits).</p> <p>Module 1 Section B: Sports Participation - In this module, pupils are encouraged to engage in active sport, from developing a skill in a sport of your choice to joining sports club. Some examples of the tasks are:</p> <ul style="list-style-type: none"> • Task 1 (attend coaching sessions on a regular basis) • Task 2 (devise a programme to help improve a chosen skill in a sport) <p>Module 3 Section A: Researching Sport – in this module, pupils will be given the opportunity to research many aspects of sports, from the costs associated with attending sporting events to investigating major sporting competitions. Some examples of the tasks are:</p> <ul style="list-style-type: none"> • Task 1 (identify a sports related issue that has been prominent in the media) • Task 5 (find out how a high profile sportsperson has used their status to support and raise awareness) <p>Module 6 Section A: The Environment – in this module, pupils will learn about the implications of sporting events on the environment. Some examples of the tasks are:</p> <ul style="list-style-type: none"> • Task 1 (investigate how food and packaging waste produced by the spectators attending a sporting event are recycled) • Task 4 (look at the range of transport choices available to enable spectators to travel to sporting events and compare the costs and environmental factors) <p>Module 7 Section A: Working in Sport – in this module, pupils will research the different roles within sports and identify the skills and qualities required to fulfil these jobs. Some examples of the tasks are:</p> <ul style="list-style-type: none"> • Task 3 (investigate a range of occupations available within the sports industry) • Task 5 (Create a mind map that shows employment opportunities associated with sports. Consider a wide range of jobs including those that don't require knowledge of sports)
Qualification at end of Year 11	ASDAN Short Course: Sport and Fitness (up to 60 hours accredited)	



Rationale

High quality physical education fosters the physical, moral, social, emotional, cultural and intellectual development of pupils. It improves psychological health and supports cognitive and academic performances. The main focus in our curriculum is to develop skills, nurturing the fundamental and advanced skills to competently perform in a broad spectrum of sporting activities.

In KS3, all pupils undertake our Physical Education Core Curriculum which offers the following 6 different sports across the academic year:

- Football
- Table Tennis
- Fitness
- Handball
- Athletics
- Cricket

Each activity area has been carefully selected to explore a multitude of holistic learning opportunities and ensure that we immerse students into a comprehensive diet of physical activities and sport, in the hope that we engage, excite and excel our students within the subject and for them to develop a lifelong commitment to participating in sport and exercise.

The scheme of work for each activity area has been carefully arranged in a sequential sequence to scaffold learning and build on prior knowledge. All pupils are initially assessed to ascertain their current level before in class activities are differentiated to ensure all pupils are stretched and challenged.

The order in which the sports are taught has been carefully and strategically planned to ensure the team and individualistic sports and equally spaced out across the academic to provide sustained opportunities for pupils to develop the necessary skills to flourish in both departments. Each term pupils will engage in one team sport and one individual sport. It also gives me the opportunity to review the progress they make across the year. For example, if a pupils team work ability and communication skills is poor in autumn for football, they will get another chance to improve it Spring with Handball etc.

Also, the weather dictates the sports we deliver. During the winter periods, we engage with indoor sports such as table tennis and fitness whereas the summer months we cover Athletics and Cricket.

In KS4, the pupils are enrolled onto the ASDAN Sports and Fitness short course designed to enrich and deepen their overall sporting knowledge and broaden their exposure to sporting opportunities. The course consists of 9 modules ranging from Health, Fitness and Nutrition, Coaching and Officiating, Sport Participation and Working in Sports. It is 100% coursework based with a range of tasks to choose from which ensures it is differentiated and inclusive of all pupils. Some of the modules on offer are:

- Sports Participation
- Health, Fitness and Nutrition
- Coaching and Officiating
- Working in Sport

Pupils need to complete 4 tasks from a module to gain 1 credit, which approximately takes 10 hours. It is 100% coursework based with a range of tasks to choose from which ensures it is differentiated and inclusive of all pupils. Pupils always have the final say in which order they select the tasks however I have also identified the tasks which are related to each other for better continuation of learning and therefore give them my suggestion.