PE	Autumn Term		Spring term		Summer term		
Year 7	1	2	3	4	5	6	
Topic Summary	Football, badminton, rugby, netball Preparation	Rugby, netball, football, gymnastics, Effects of exercise on how you feel	Netball, gymnastics, badminton, rugby Muscles of the body	Badminton, Rugby, Gymnastics, Football Immediate effects of exercise	Gymnastics, football, netball, badminton Sportsmanship	Athletics Coaching and feedback	
Thinking Hard	Sports: Acquiring knowledge of the basic skills and rules of new sports Theme: Learn how to prepare for a range of aspects in PE and life overall (warm up, revision for exams, being organised for different events in life)	Sports: Mastery of learning- performing advanced skills within the sport they are studying. Theme: Acquiring knowledge of the mental and psychological benefits of regularly participating in physical activity	Sports: Acquiring knowledge of the basic skills and rules of new sports Theme: Identify the main muscles within the body. Know the difference between a cardiac, skeletal and smooth muscle. Be able to perform stretches which focus on different muscles.	Sports: Acquiring knowledge of the basic skills and rules of new sports Theme: Identify and discuss how the body begins to change as students exercise of perform a warm up.	Sports: Acquiring knowledge of the basic skills and rules of new sports Theme: Define sportsmanship and apply it effectively to the sport they are studying within a range of sporting situations.	Sports: Acquiring knowledge of the basic techniques and rules of at least one throwing event, one jumping event and a short and long distance running event. Theme: Students will be able to give effective feedback to improve their peers performance in athletic events using clear and concise teaching points. (SMSC)	
Developing Character	Sports: Demonstrating optimism when learning and applying new skills within a sport Theme: Developing grit when performing an extensive warm up to ensure the body is prepared for the activity	School values Sports: Developing gnt when faced with attempting complex skills Theme: Being mindful about your feelings and how they change during and after exercise (SMSC)	Sports: Showing curiosity when attempting a sport students may have not previously participated in Theme: Development of self assurance when asked to identify and name the main muscles of the body during whole class discussions	Sports: Developing kindness when working with different groups and individuals in sport and physical activity Theme: Showing curiosity when exploring how our body adapts during exercise	Sports: Developing self control when applying rules to competitive games Theme: Developing mindfulness when being aware of how good and bad sportsmanship can affect peers and team mates	Sports: Developing optimism when attempting a variety of athletic events and giving 100% effort. Thems: Showing kindness and gratitude to peers when delivering, receiving and acting upon peer coaching and feedback.	
Understanding Diversity	Sports: Understanding mental and physical diversity- meeting and exceeding students own expectations of their physical ability in sport. Theme: No limits to your destination- to develop understanding and ability to be prepared for different life experiences, how can preparation benefit them in this situation?	Sports: Awareness of where you live - Opportunities in the local area and how taking part in different activities that are available can support you to improve your mood. Theme: Understanding physical and mental diversity - How do different people react to exercise, how do the different types of activity have an effect on someones feelins/mood. (SMISC)	Sports: Being a world citizen - Behaviour of sporting performers when taking part in physical activity and making sure that the rules are applied fairly (SMSC) Theme: Physical and mental diversity - Diversity of muscle makeup in different penole	Sports: Respecting human rights - Awareness of where you live, people are able to take part in different sporting activities using the opportunities for sport in the local area. (SMSC) Thems: (Understanding physical and mental diversity) - Different people will react in different ways to exercise. Body and mind will react in different ways depending on the activity you are doing.	Sports: Understanding physical and mental diversity - How can good and bad sportsmanship affect physical and mental health? Theme: Being a world citizen: Understanding how good sportsmanship can positively impact peers and those around us (SMSC)	Sports: No limits to your destination - In athletic events you are able to achieve anything that put your mind to. Different events for different individuals. Theme: Being a world citizen. Being able to give feedback that supports sometime to improve their performance. How to give instructions but maintain a supportive manner. (SMSC)	
Literacy, Reading, Oracy	Sports: Oracy- using correct terminology of sporting skills and rules Theme: Oracy- being able to verbally explain the benefits of preparation and explain different preparation strategies in a range of examples	Reading/ oracy. Sports: Oracy- verballising different experiences of how exercise makes different individuals feet individuals feet individuals feet and physical activity can support mental health	Sports: Oracy- using correct terminology of sporting skills and rules Theme: Oracy- describing the different between skeletal, cardiac and smooth muscles and identifying examples in the body.	Sports: Oracy- using correct terminology of sporting skills and rules Theme: Oracy- verbally describe how the body changes as we exercise and explain why this happens	Sports: Oracy- using correct terminology of sporting skills and rules Theme: Oracy- applying the health related components of fitness to sporting examples/ skills within the sport they are studying. Students can identify and justify the most and least important components of fitness for their sport	Sports: Oracy- using correct terminology of sporting skills and rules Theme: Reading: Sir Alex Ferguson- what makes an effective coach/ useful feedback	
Gatsby, Careers	Sports coaching, Strength and conditioning coach, Teaching, Personal trainer,	Sports psychologist, motivational speaker, coach, teacher	Sports therapist, Sports scientist, Sports analyst, Personal trainer or coach	Sports coach, fitness instructor, personal trainer, sports scientist	Sports coach, sports analyst, strength and conditioning coach, fitness instructor	Sports coach or manager, management or team leader within any career or business, life coach	
	Developing the knowledge and understanding of how to perform an effective warm up to prepare the body for exercise and to reduce the risk of injury To develop understanding of the benefits on mental health of being prepared and organised for life experiences	Developing knowledge of the benefits of exercise on our mental health	Understanding the importance of different muscles within our body	Understanding of why we experience immediate effects of exercise as our body reacts to physical activity	Developing an understanding of the effects of sportsmanship on physical and mental health and wellbeing in sporting situations	Developing mental strength to receive and correctly act upon criticism	
	English- developing oracy when giving practical examples of an effective warm up, revision techniques and organisation techniques for different lifestyle activities Science- Understanding the benefits on the body of the pulse raiser and dynamic stretches		Science- understanding the role of cardiac, skeletal and smooth muscles within different body systems Food tech- understanding the role of smooth muscles in the process of digestion	Science- how the body adapts to exercise almost immediately Psychology- how does the mind react to exercise? What chemicals are released and what effect does this have on us?	All subjects- when working collaboratively with others, understanding how sportsmanship can have negative and positive effects		
	Refining skills learnt in lessons in sports clubs and applying them to competitive situations (SMSC). Students can lead an effective warm up for their peers prior to training or competitive matches, students can verbally describe a range of strategies to ensure they are prepared for future life events within and outside of school (jobs/ exams/ interviews)	and applying them to competitive situations To increase the likelihood of experiencing positive effects of exercise on thoughts,	Refining skills learnt in lessons in sports clubs and applying them to competitive situations Students can identify the main muscles of the body and perform a number of stretches to ensure they are prepared prior to exercise and supported in the cool down phase after training or competition	Refining skills learnt in lessons in sports clubs and applying them to competitive situations Students can recognise changes the body experiences as we warm up and prepare our body for exercise, this can then be linked back to the knowledge and importance of performing an effective warm up	and applying them to competitive situations A developed understanding of the importance	Refining skills learnt in lessons in sports clubs and applying them to competitive situations To apply coaching and feebback skills to after school clubs to develop their own and others understanding of the athletic event and officiating protocol	
Precise Learning	1. Demonstrate the basic skills of the sport 2. Gymnastics: develop a floor routine 3. Develop the main components of fitness for each sport, for example reaction time and power in badminton 4. Identify the key components of an effective warm up and give practical examples, suggest a range of revision techniques to ensure they are prepared for exams, describe a range of practical examples to ensure preparation for future interviews	each sport, for example, strength,	Demonstrate the basic skills of the sport Gymnastics: develop a floor routine Develop the main components of fitness for each sport, for example coordination and agility in tag rugby I. Identify the main muscles in the body. Describe the difference between cardiac, smooth and skeletal muscles.	Demonstrate the basic skills of the sport Gymnastics: develop a floor routine Develop the main components of fitness for each sport, for example speed and coordination in football Explain a range of immediate effects of exercise on the body	Gymnastics: develop a floor routine Develop the main components of fitness for each sport, for example flexibility and agility in netball Define, promote and show excellent	Demonstrate the basic skills of the athletic activity Develop and apply knowledge of how to successfully officiate each event Develop all components of fitness for a throwing, running and jumping event. Develop the confidence to give, receive and act upon peer feedback with regards to developing technique	
PE	Autumn Term		Spring term		Summer term		
Year 8	1	2	3	4	5	6	
Topic Summary	Football, netball, gymnastics, rugby What is mental health?	Football, badminton, rugby, netball Health related components of fitness	Netball, gymnastics, badminton, rugby Skill related components of fitness	Badminton, rugby, gymnastics, football Problem solving	Gymnastics, football, netball, badminton Teamwork	Athletics Leadership	
Thinking Hard	Sports: Acquiring knowledge of the basic skills and rules of new sports (SMSC) Theme: Mastery of learning the key terms mental health and anxiety (SMSC)	Sports: Mastery of learning- performing advanced skills within the sport they are studying. Theme: Identify and define the health related components of fitness and apply them to skills within the sport they are studying.	Sports: Mastery of learning- performing advanced skills within the sport they are studying. Them: Not fearing failure- Applying the knowledge of the skill related components of fitness to various skills within the sport	Sports: Mastery of learning- performing advanced skills within the sport they are studying. Theme: Acquiring knowledge- Developing an understanding of how to tackle a problem and the steps and techniques used in order to come to a solution.	Sports: Mastery of learning- performing advanced skills within the sport they are studying. Theme: Changing the world- developing teamwork skills to allow students to work well with a range of individuals in the near and distant future. (SMSC)	Sports: Mastery of learning-performing advanced skills within the sport they are studying. Theme: Creating independence- Developing leadership qualities to create a more independent individual who can uptake a range of roles within sport and everyday life (SMSC)	

Developing Character	Sports: Demonstrating self assurance of one's ability when learning new skills and rules Theme:Demonstrating mindfulness when discussing mental health and anxiety topics	School values Sports: Developing self control when applying rules to competitive games or when developing gymnastic routines (SMSC) Thems: Developing self assurance when applying the knowledge of different components of fitness to a range of skills in their sport	School values Sports: Developing kindness when working with different groups and individuals in sport and physical activity (SMSC) Theme: Developing self assurance when applying the knowledge of different components of fitness to a range of skills in their sport	School values Sports: Showing curiosity when introduced to more complex skills within a sport they have previously studied Theme: Developing grit and resilience to continue to tackle the problem if it isn't solved first time.	School values Sports: Demonstrating optimism when learning and applying more complex skills within a sport and in competitive situations Theme: Developing kindness when exploring how to work effectively with different individuals (SMSC)	School values Sports: Demonstrating self assurance of one's ability when performing a range of athletic events which require a varied amount of components of fitness to be successful Theme: Developing self control and applying leadership qualities to sporting situations (SMSC)	
Understanding Diversity	Sports: No limits to your destination- to perform to the best of your ability Theme: Understanding mental and physical diversity- understanding the different experiences with regards to mental health and anote.	Sports: Acquiring cultural capital - Different sports have different sportsmanship traditions, taking part in the sport and understanding how different sports include these. Theme: Acquiring cultural capital - Different cultures and their strengths in different components of filmess and sports. (SMSC)	Sports: No limits to your destination - Developing health and fitness components can allow you to achieve highly is a sport of your choice if you work hard. Theme: Understanding physical and mental diversity - Different components of skill related fitness can benefit different sports and different positions in that sport. Give examples of how each can help a performance.	Sports: Understanding physical and mental diversity - How do different sports teams and individuals problem solve depending on the sport they are taking part in. Theme: Understanding environmental diversity - How does the sporting environment you are in help you to solve a problem?	Sports: Understanding physical and mental diversity - In sport different people have different strengths and weaknesses, using these in sport is vital to being a successful team. Theme: Being a world citizen - Working with other people in a polite and respectful manner to achieve a goal, different people have different strengths. How do we use these effectively in a team. (SMSC)	Sports: Acquiring cultural capital - Different sports may require different types of leadership depending on the demands of the sport you are playing. Theme: Respecting human rights - As a leader you must ensure that people in your team are treated fairly, how do you do this in practice to ensure the team is working to its best potential?	
Literacy Reading, Oracy	Sports: Oracy- using correct terminology of sporting skills and rules Theme: Reading- Lewis Hamilton and mental health in sport	Sports: Oracy- understanding and giving verbal responses of what students think are examples and expectations of sportsmanship within their PE lessons Theme: Oracy- applying the health related	Sports: Oracy- using correct terminology of sporting skills and rules Theme: Oracy - How are different components of fitness used across different sports and different situations in sport?	Sports: Oracy- using correct terminology of sporting skills and rules Theme: Oracy - Link to communication (Speaking and listening) and how to use this to help solve a problem.	Sports: Oracy- using correct terminology of sporting skills and rules Theme: Oracy - How to work together as a team using good commmunication skills and listening to each other.	Sports: Oracy- using correct terminology of sporting skills and rules Theme: Oracy - How to lead a group in order to comlete an activity by allowing the people in the group to express their ideas.	
Gatsby, Careers	Sports psychology, sports coaching, sports officiating, sports analyst	Referee, coach, manager, sporting official	Sports coach, sports analyst, strength and conditioning coach, fitness instructor	Fitness instructor, project manager, Sports coach/manager, Sport and Leisure management.	Coach, manager, motivational speaker, athlete	Manager, sports official, coach, teacher	
Mental and Physical Well-being	Understanding the different experiences with regards to mental health and anxiety	Developing an understanding of the varied components of fitness needed to be successful in a range of sports	Developing an understanding of the varied components of fitness needed to be successful in a range of sports	Understanding that problem solving skills will help to maintain and develop mental well being.	Developing mental strength and resilience when working in a team with different individuals	Developing mental toughness when taking on a leadership role within the lesson	
Cross-Curricular Links	Psychology- developed understanding of what is mental health and how the mind reacts when faced with challenges English- developing reading through Lewis Hamilton article	Dance- making links with the different physical demands of the sport	Dance- making links with the different physical demands of the sport	All subjects - All subjects will have problems that need to be solved in order to develop knowledge of that topic.	together to develop a sketch Engineering/ food tech- working as a team to meet a common goal (development of engineering piece or meal)	Science- taking the lead and showing leadership qualities when safely completing practical experiments Maths- being a peer teacher and using their leadership skills and knowledge to support peers understanding of challenging concepts RSHE - How is our mental health affected by leadership.	
	Benefits of mental health when participating in after school sports clubs Refining skills learnt in lessons in sports clubs and applying them to competitive situations RSHE and mental health	and applying them to competitive situations A developed understanding of the health related	Refining skills learnt in lessons in sports clubs and applying them to competitive situations. A developed understanding of the skill related components needed to excel in sport can develop their ability to be successful outside of school	Refining skills learnt in lessons in sports clubs and applying them to competitive situations To develop problems solving skills in order to gain an advantage over the opponents you are playing against.	Refining skills learnt in lessons in sports clubs and applying them to competitive situations To apply effective teamwork to allow them to be successful in competitive games within the Havant district	and applying them to competitive situations To use after school clubs to improve and	
Precise Learning Endpoints Students will be able to/ will learn to:	Demonstrate the more advanced skills Gymnastics: Develop flight technique Develop the main components of fitness for each sport, for example, strength, coordination and balance in gymnastics. Define mental health and anxiety.	each sport, for example reaction time and	Demonstrate more advanced skills Gymnastics: develop flight technique Develop the main components of fitness for each sport, for example coordination and agility in tag rugby Identify, define and apply the health related components of fitness to varied skills within the sport they are studying	Demonstrate more advanced skills Gymnastics: develop flight technique Develop the main components of fitness for each sport, for example speed and coordination in football To understand the steps to solve a problem.	Demonstrate more advanced skills Gymnastics: develop flight technique Develop the main components of fitness for each sport, for example flexibility and agility in netball Honderstand and apply the key qualities for effective teamwork	Demonstrate more advanced skills of athletic activities Develop and apply knowledge of how to successfully officiate each event. Develop all components of fitness for a throwing, running and jumping event. To develop and apply leadership qualities.	
PE	Autumn Torm		Spring torm		Summer term		
Year 9	Autumn Term	2	Spring term	4	Summer term	6	
	Football, Netball, Basketball, HRF	Handball, Badminton, Tag Rugby, Gymnastics, Handball, Benchball	Badminton, Handball, Benchball, Tag rugby, Gymnastics.	Rugby, Basketball, Dodgeball, Alternative Sports	Athletics, Tennis, Striking and Fielding	Striking and Fielding, Tennis	
Topic Summary Thinking Hard	Learning Skills Sports. (Mastery of learning) Learning and development of skills in more advanced tactical situations. Theme. (Acquiring knowledge) How do we learn new skills, improve and maintain the new skills, improve and maintain the new skills.	Tactics in sport/gamesmanship Sports: (Mastery of learning) Learning and development of skills in more advanced tactical situations. Development of flight in more advanced gymnastics movements. Theme: (Being creative) Developing tactics and how to use gamesmanship when playing sport to gain an advantage. (SMSC)	Dealing with change Sports: (Changing the world) Changing sporting situations/rules in games and how to deal with what the opponent is doing, GMSC). Theme: (Changing the world) - How to cope with things that are changing around us. Friends, school, expectations: (SMSC)	Healthy Lifestyle Sports: (Mastery of learning) Learning and development of skills in more advanced tactical situations. Theme: (Creating Independence and Acquiring knowledge) Different areas of a healthy lifestyle, diet, activity, socialising, health, hygiene.	Analysing performance Sports: (Acquiring knowledge) Learning how to perform runs, jumps and throwing techniques in athletics. Development of tennis and bating and fielding skills and tactics. Theme: (Creating independence) Learning how to pick out strengths and weaknesses of a performance and suggest improvements.	Communication Sports: (Being creative) Development of tennis and bating and fielding skills and tactics. Theme: (Development of Literacy) Learning how to communicate effectively through speaking and listening in different situations.	
Developing Character	Sports: Showing grit to keep practicing the skills in more advanced tactical situations. Theme: Self assurance of being confident to learn and new skill.	Sports: Developing curiosity to see how different tactics benefit performance. Theme: Showing mindfulness when using gamesmanship in competitive situations to think about the best time to use them. (SMSC)	Sports: (Self assurance) Learning and development of skills in more advanced tactical situations. Development of flight in more advanced symnastics movements. Theme: Self -assurance, optimism and grit to adapt to the new things that have changed and that things will be ok.	Sports: (Curiosity, optimism and self assurance) Learning and development of skills in more advanced tactical situations. Theme: (Gratitude) for the life that we have, (mindfulness) how could you maintain/improve your lifestyle to make it more healthy?	Sports: (Grit) Develop techniques in athletics from previous years in order to improve performance. (Curiosity) Developing more advanced skills in tennis and striking and fielding. Theme: (Salf assurance) Being confident to unpick a performance and offer feedback. (SMSC) (Gratitude) Support of another student to improve your own performance. (SMSC)	Sports: Curiosity) Developing more advanced skills in tennis and striking and fielding Theme: (Self assurance and Self control) Learning how to remain calm and listen to other people when communicating. Being confident to communicate to others.	
Understanding Diversity	Sports: (Understanding environmental diversity) Understand open/closed skills and how these are affected by the sporting environment you are in. Theme: (Understanding mental and physical diversity) Different people learn new skills at different speeds. (SMSC)	Sports: (Acquiring cultural capital) how do the cultures of different sports affect the way which we use skills, tactics and gamesmanship. (SMSC) Gamesmanship can help you to gain an advantage but how do you do this in the right way? (SMSC)	Sports: (Understanding democracy) All sports change over time, how does this affect skills and tactics that can be used? Theme: (Being a word citizen). Adapting to change. What could people do to support each other through new experiences? Changing world of sport, equal rights for sports performers, links to Tenis, Football, Rugby, Televison rights. Disabled sport and how this has been introduced in sport with the inclusion of the paralympics.	Sports: (Acquiring cultural capital) - experience of new sports that sudents may not have had experience of before. Theme: (Awarenses of where you live) local area and opportunities to develop and maintain a healthy iflestyle, links to gyms, sports clubs, leisure centers. (SMSC) (Respecting human rights) - choices that people make lowards their lifestyle. Why do people make lowards their lifestyle. Why do people choose to lead a healthy/unhealthy lifestyle? (SMSC)	Sports: (Understanding mental and physical diversity) Understanding your individual strengths and weaknesses across different events in athletics. Understand how to play in different positions in striking and fielding and tennis doubles. Theme: (No limits to your destination) Improving performance through analysis and being open to feedback will help you to improve your skills and tactics.	Sports: (No limits to your destination) Playing in different positions to see what is different about the skills and tactics you need to use. Theme: (Understanding mental and physical diversity) Learning that people have their own confidence levels when communicating with others. (Being a world citizen) Learning the different methods of communication that are used depending on the situation.	

Literacy Reading, Oracy	Sports: Oracy, using the correct terminology to describe different skills. Theme: Reading, what is the best way to learn new skills and information. Sports Coach, Life coach, Sports	Sports: Oracy - How do participants communicate when gamesmanship has gone too far? Theme: Reading article of leeds Vs Aston Villa and playing on when a player is injured, this is within the rule however not the morally right thing to do. Sports Officials, Sports analyst, Sports	Sports: (Oracy) discussion of changes that happen in sort, introduce new rules into game situations for students to adapt to. Theme: Reading - Reading an article to the students about how a footballer is affected by transferring teams and how this can have a positive and negative effect on their physical and mental health. Link this to how the students were feeling after a term at the school and how they have coped over the last term. Sports Scientist, Sports psychologist,	Sports: (Oracy) - development correct key words for communicating tactics during game situations and learning new terminology for alternative sports. Theme: (Reading) - Article on what makes a healthy lifestyle and how to achieve a healthy lifestyle. Dietitian, GP, Psychologist, food tech teacher,	Sports: (Literacy) Use of technique instruction cards on improving performance Theme: (Oracy) Communicating and listening effectively to feedback regarding performance. Sports Analyst, Sports Coach, Sports	communication and type of language depending on the situation. Sports coach, Motivational speaker, Sports	
Gatsby, Careers	management, Sports analyst	governance, Journalist.	Therapist, chiropractor, Sports therapist.	Sports nutritionist.	Management.	Manager, Professional sports athlete.	
Mental and Physical Well-being	Making sure you are physically and mentally ready to learn new skills.	mental state during competition? Use of tactics requires good levels of fitness to complete them effectively.	How to cope with change, seeing change as a positive, link to anxiety and how to cope. Change of diet and exercise routines and how this can affect your physical health. Change of friendship groups when you get older and how this can effect you.	socialising, confidence, How does physical	How does working with other affect your mental health? What different parts of your fitness do you need in order to take part in different sporting events/positions?	Understanding how good communication can have a positive effect on a person's physical and mental well being. Using communication in a positive manner to improve a person's health and wellbeing.	
Cross-Curricular Links	Link to learning any new piece of information and why this is important in life.	Staying within the rules but challenging them to move understanding forward in a morally correct way.	EP equality and rights, personal development, food prep.	Food tech, Psychology, RSHE and health lifestyles, Science.	English, Maths.	Psychology, EP, History, RSHE and how to be positive when receiving feedback.	
Extra-Curricular Links	Trying a new sports club after school and learning new skills.	Use of gamesmanship in sports clubs to gain advantage over the opposition.	Changing of clubs each half term and taking part in new sports	Fitness club - working with the students to develop understanding of how fitness club can support a healthy lifestyle. Sports clubs -How can individual and team sports help with different aspects of a health lifestyle.	Taking on board feedback and taking part in summer competitions against other schools.	Promotion of using good communication and how this will help in fixtures and in after school clubs to improve performance.	
Precise Learning Endpoints Students will be able to/	Perform skills and tactics in increasingly difficult situations. Understand how to apply tactics in different situations Set up and run a fitness session independently. Perform a variety of different fitness skills and techniques. Understand how new skills are learnt and	Perform skills and tactics in increasingly difficult situations. Perform a variety of different vaults in gymnastics. Understand what gamesmanship is and how it can be implemented within sport.	Perform skills and tactics in increasingly difficult situations. Perform a variety of different vaults in gymnastics. Understand how sport and physical activity can help you to deal with things that change. Taking part in new and different physical activities over the year and how these changes can benefit different areas of health	Perform increasingly difficult skills and lactics across a range of situations. Perform different tactics depending on the situation. Understand how fitness can affect skill and tactical performance.	Perform skills and tactics across different events in athletics. Understand how different components of fitness will help across different sports and events. Understand how to offer and receive	Perform skills and tactics in increasingly difficult situations. Communicate effectively during competitions. J. Understand how fitness is diverse across different sports. L. Understand what communication is and	
will learn to	developed.	sporting situations.	and fitness.	Understand what makes a healthy lifestyle.		how to use it effectively.	
PE	Autumn Term		Spring term		Summer term		
Year 10	1	2	3	4	5	6	
	Football, netball, badminton, basketball, HRF Positive habits	Badminton, HRF, basketball Long Term Effects of exercise	Badminton, benchball, HRF, Handball, Alternative sports Exam stress	Badminton, benchball, handball, Alternative sports, dodgeball. Diet	Athletics, Striking and fielding Resilience	Striking and fielding, tennis Responsibility	
Topic Summary							
Thinking Hard	Sports: (Being creative and mastery of learning) Refine skills and implement more adeanous textics in both attack and defence. Develop knowledge of fitness activities. Theme: (Mastery of learning) Developing positive habits can allow you to master learning of new knowledge quicker. (Creating independence) Positive habits allow people to be become more independent.	Sports: Sports: (Being creative and mastery of learning) Refine skills and implement more advanced tacks in both attack and defence. Develop knowledge of fitness activities. Theme: (Acquiring knowledge) Effects of exercise over a long period of time, physical, mental and social benefits, (SMSC)	Sports: (Being creative and mastery of learning) Refine skills and implement more advanced tacks in both attack and defence. Theme: (Not fearing failure/creating ambition) - Exam stress and anxiety - How to cope with exam stress and how exercise	Sports: (Being creative and mastery of learning) Refine skills and implement more advanced tactics in both attack and defence. Theme: (Creating independence, Acquiring knowledge) Different components of diet and how it can improve and maintain our health.	Sports: (Being creative and mastery of learning) Refine skills and implement more advanced tactics in both attack and defence. (Creating ambition) Working to develop technique to achieve the highest possible scores on athletic events. Theme: (Not fearing failure) Learning how to embrace failure as a learning opportunity to then try the activity/task again. (Being creative) Using resilience to try different solutions to complete an activity or task.	Sports: (Being creative and mastery of learning) Refine skills and implement more advanced tactics in both attack and defence. Them: (Creating independence) Being responsible supports you to become more independent by allowing you to manage events in your life.	
Developing Character	Sports: (Self assurance) using the correct skills to implement more advanced tactics in game situations. (Grit and resilience) working to improve to master the skills and working to improve to master the skills and not letting distractions get in the way. (Mindfulness) How development of the positive habit can have a positive effect on a person. (SMSC)	Sports: (Self assurance) using the correct skills to implement more advanced tactics in game situations. (Grit and resilience) working to improve to master the skills and working to improve to master the skills and carrying on in order to achieve the long term benefits.	Sports: (Self assurance) using the correct skills to implement more advanced tactics in game situations. (Grit and resilience) working to improve to master the skills and cacitics. Theme: (Resilience and Grit) - assessments, hard work, revision. Self assurance that you can complete the exams.	Sports: (Seff assurance) using the correct skills to implement more advanced tactics in game situations. (Grit and resilience) working to improve to master the skills and tactics. Theme:(Gratitude) for the food we have access to (Mindfulness) Different foods that are available and how we can use them in our diet to maintain and improve health and fitness.	Sports: (Self assurance) using the correct skills to implement more advanced tactics in game situations. (Grit and resilience) working to improve to master the skills and tactics. Theme: (Optimism) Being positive that a solution will be found to the task/activity that you are competing. (Mindfulness) Being	Sports: (Self assurance) using the correct skills to implement more advanced tactics in game situations. Theme: (Self assurance) to be independant to complete tasks and accept responsibility. (Mindfulness) Being mindful of the life events that occur how to be independent to complete them. (SMSC)	
Understanding Diversity	Sports: (Understanding mental and physical diversity) Playing in different positions in order to implement skills and positions in order to displement skills and Theme: (no limits to your destination) Positive habits can allow you to work at a higher level to progress to where you want to get to. (Awareness or where you lively being able to use the local area for lesiure activities to keep fit and healthy by developing positive habits towards physical activity.	Sports: (Understanding mental and physical diversity) Playing in different positions in order to implement skills and tactics. Theme: (Understanding mental and physical diversity) depending on the exercise/activity you are doing and how this can have different feedles on different people.	Sports: (Acquiring cultural capital) Taking parl in alternative sports that haven been experienced before. (Understanding mental and physical diversity) Playing in different positions in order to implement skills and tactics. Theme: (Acquiring cultural capital) - How can different sports develop ways to cope with stress and anxiety. Intrinsic and extrinsic people, do they prefer to be alone or do they prefer to be with people? Sport for enjoyment or competition. (SMISC)	Sports: (Acquiring cultural capital) Taking part in alternative sports that havent been experienced before. (Inderstanding mental and physical diversity) Playing in different positions in order to implement skills and tacitis. Thems: (Being a world citizen) Understanding foods from different cultures. (SMSC)	Sports: (Understanding mental and physical diversity) Playing in different positions in order to implement skills and tactics. Theme: (No limits to your destination) Understanding the effect that showing resilience can have on achieving your goals and ambitions in life.	Sports: (Acquiring cultural capital) Taking part in alternative sports that havent been experienced before. (Understanding mental and physical diversity) Playing in different positions in order to implement skills and tactics. Theme: (Being a world citizen) Understanding the different responsibilities that people have in life and how these lead to people being more independent.	
Literacy Reading, Oracy Gatsby, Careers	Sports: (Oracy) Use of correct terminology when playing in team situations to give teammates the correct information for the situation they are in. Them: (Reading) James Clear article on possible habits and how they can improve life. Fitness coach, personal trainer, sports coach, sporting scout, sports scientist, sports psychologist, leisure management.	Sports: (Oracy) Use of correct terminology when playing in team situations to give teammates the correct information for the situation they are in. Theme: (Oracy) discussion of the different long term benefits that physical activity can have. Personal trainer, nutritionist, dietitian	Sports: (Oracy) Use of correct terminology when playing in team situations to give teammates the correct information for the situation they are in. Theme: (Oracy) - Students to give verbal examples of the things that can cause stress and anxiety and how these can be helped depending on whether you are intrinsic. Rocord the ideas the students come up with on the board. Sports Psychologist, sports coach, teacher.	Sports: (Oracy) Use of correct terminology when playing in team situations to give teammates the correct information for the situation they are in. Thems: (Reading) information on what makes a balanced diet and how this can help maintain and improve health. Dietitian, nutritionist, food tech teacher, chef, catering manager.	Sports: (Oracy) Using instructional language in order to support technique in athletics and Theme: (Reading) Antice on how resilience has allowed top sports performers to achieve their goals. Sports analyst, Sports Coach, Sports performer, Sport and leisure management, Psychologist, Life coach.	Sports: (Oracy) Use of correct terminology when playing in team situations to give teammates the correct information for the situation they are in. Theme: (Oracy) Using verbal answers to support demonstrations of the use of responsibility in PE lessons. Teacher, sports coach, GP, Manager, Mentor.	
· ·					Being resilient allows you to have a more		
Mental and Physical Well-being	Taking part in physical activity habitually for any reason and the benefits that this has on both physical and mental health.	Improvement of health through understanding the long term benefits of physical activity	Reduction of anxiety and the positive effects that this will have on a person. Physical benefits of exercise.	Benefits of diet on physical health and how this can then have a positive on mental health.	positive outlook on tasks and reduce anxiety leading to improved physical and mental well-	Being able to manage life events responsibly can support positive mental and physical well being.	

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And performance in the street comment of the	Cross-Curricular Links	positive habits.	term, Psychology, Science.				lessons.
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Service Control Service (Assembly Service) For Control Contro	Students will be able to/ will learn to:		Understand the long term benefits of physical activity	4. Understand how physical activity can		positive effect on completing tasks and	4. Understand how responsibility can have a
Secretary for the property and the control material works and and the control material work	min rount to:	physical from boning.	priyorda dourny.	capper was reading exect to rele.	and montal reduct.	dournes.	positive check on managing me events.
Found contains placement and process of the process	PE	Autumn Term		Spring term		Summer term	
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Sports: (Castaling Independential Control of the Control of Contro							
Sports (Creating Independence) Sports (Sports Indepnedence) Sports (Sports Independence) Sports (Sports Independe	opic Summary	Benefits of physical activity	Healthy Lifestyles for beyond school	Employability Skills		Creating independence	
According to the control work from the con		Sports: (Creating independence)	Sports: (Creating independence)	Sports:(Creating independence)	Independently taking part in health and fitness	Sports:(Creating independence)	
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teacy Reading, Oracy take part in physical activity manager, Sports Psychologist, Fitness instructor. Desconal Trainer, Et leacher, Lies use centre manager, Sports Psychologist, Fitness instructor. Desconal Trainer, fitness instructor, sports coach, sports scientist.		Theme: (Oracy) Talking with other to	teams independently.	teams independently.	similar traits to their GCSES? Discuss with	Theme: (Literacy) Creating a training	
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antal and Physical ell-being undividually. possitively affect our physical and mental well being. possitively affect our physical and mental well being. possitively affect our physical and mental well being and the ability to concentrate. Psychology, Science, Maths, Food Tech. Science, Food tech, maths. Fitness club after school, Gyms in the local area and which ones are the best to use. 1. Understand how to participate in a range of physical activities independently. 2. Analyse the use of skills and tactics to improve performance. secise Learning adjoints will be able to ill learn to: Illument to: 1. Understand how to be independent with different types of physical activities independent with different types of physical activities. 1. Understand how to be independent with different types of physical activities. 1. Understand how to be independently. 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently. 3. Understand how to be independently. 4. Understand how to be independently. 4. Understand how to be independently. 5. Perform a range of skills and tactics in a variety of situations. 5. Understand how to be independently. 5. Perform a range of skills and tactics in a variety of situations. 5. Understand how to participate in a range of physical activities independently. 5. Perform a range of skills and tactics in a variety of situations. 5. Understand how to be independently. 5. Perform a range of skills and tactics in a variety of situations. 5. Understand how physical activity can develope employability skills. 4. Understand how to participate in a range of physical activities independently. 5. Understand how to be independe	Gatsby, Careers						
individually. Post-Curricular Links Psychology, Science, Maths, Food Tech.	Montal and Physical	Understanding why you take part in physical	Understand how a healthy lifestyle can	Understand the effects that implementing		Being independent and organising your time	
Psychology, Science, Maths, Food Tech. Educating students on local opportunities to take part in physical activity and keep fit and healthy in their own time. 1. Understand how to participate in a range of physical activities independently, 2. Analyse the use of Skills and tactics to improve performance. 3. Understand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently, 2. Inderstand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently, 2. Inderstand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently, 2. Inderstand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently, 2. Inderstand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be independently, 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how to be promoted the reasons why people take part in different types of physical activities. 4. Understand how to lead a least the skills that employers will look for. Performance enhancing drugs Perfor	Well-being	individually.	being.	physical well being when working.	the ability to concentrate.	your physical and mental well being.	
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Developing Character	Curiosity, mindfulness of affect on physical and mental team. Fairplay and sportsmanship.	Importance of diet, self control, eating disorders and link to mental health. Create meals/drinks that are healthy. Gratitude for the food we have access to	Self control, competitiveness, empathy, arousal theory.	Self control of decision from technology, curiosity of how technology works in sport.	Grit, self assurance, optimism, mindfulness Understanding the importance of health and fitness.	Self assurance, optimism, kindness Dealing with conflict and accepting rules/decisions.	
Understanding Diversity	Requirements for different sports, why people feel the need to take drugs. Finance, pressure etc. How can their background and personality affect their behaviour.	Different diets dependant on sport. Diet plans. Different cultures and their foods for sport. Veganism and fasting. Link to religion and ramadan and how this affects athletes training.	Different cultures and their approach to sports performance, participation cultures. Why are different countries better at different sports - link to school and sporting culture. Diversity of different sports at the olympics and the differences between the athletes	How technology works in different sports? Does all sport need technology? How has technology helped athletes with disabilities to take part in sport.	Different methods of training for different sports, individual strengths and weaknesses, assessability. Link to different components of fitness for other sports.	Different rules for different sports. How people respond to feedback, individual learning needs.Paralympics and how rules change.	
-	Literacy - Names of some drugs are complicated. Improve the knowledge of the students and what the individual words mean. A Lot of scientific words throughout the unit of	Reading - Article on the different diets that athletes have. Look at different sports and how the athletes adapt their diet to suit their individual needs.	Reading - Article on the olympics and why different countries are more successful than others.	Oracy - Debate on how technology in sport is either helping sport or hindering it. Students have to come up with logical arguments for and against it.	Literacy - Key words and describing how they	Oracy - Giving instructions in a clear manner	
Gatsby, Careers	Pharmacist, Doctor, Nurse, Biologist.	Dietitian, nutritionist, sports coach, chef.	Sports official, sports organiser, Sports media, law enforcement, sports management, sports coach, biomechanics.	IT worker, Engineer, Scientist, Sports analyst, biomechanics, doctor.	Sports coach, fitness trainer, Sports and leisure management, personal trainer.	Sports coach, sports management, sports official.	
Mental and Physical Well-being	How do PEDS affect a sports performers body and mind for positive and negative reasons.	Diet and self perception and how this can affect mental and physical health through eating disorders. How a balanced diet can support physical and mental health.	Pressure on athletes to perform and training for 4 years. How do they maintain this mindset and what is the effect on the body. How does an athlete stay healthy?	How has technology improved mental health and wellbeing, has technology made people lose fitness or improve it?	Different components of fitness and their effect in the health and well being of the body. How does being physically active support our mental health.	Development of confidence in leading others in their activities. how does motivation help improve physical and mental well being.	
	Science - science of the drugs taken, Psychology - why do sports performers take them, Media - how does the media portray drugs cheats?.	Food technology - food groups and cooking methods, psychology of body perception and eating disorders. EP - links to religious festivals and effects on diet.	Science of training, food tech - diet, media - coverage of the olympics, history - olympic history.	IT - use of technology and computers to measure performance, Engineering - how has technology helped improve sporting performance?	Science - effects in different areas of the body depending on the methods of training undertaken.	Psychology and leadership.	
Extra-Curricular Links	Athlete to come into school and speak to the students about what they have to do in terms of drugs testing in sport.	Guest speaker on diet for professional athletes.	Link to olympic athletes doing talks in schools, possible trip to olympic park in London to see the facilities.	South downs college - practical lesson to show how sport can be tracked.	Fitness training gyms available in the local area to improve specific components of fitness, sporting clubs i the local area,	Ask sporting coach from local professional sports team to come in and speak to the students about the role of a coach.	
Precise Learning Endpoints Students will be able to/ will learn to:	1. Understand the different types of performance enhancing drugs. 2. Understand the positives and negatives of each type of durg 3. Understand the reasons why sports performers may take performance enhancing drugs. 4. Understand the history of drugs. 5. Understand the drug testing procedure	Understand the different food groups and their role in a balanced diet. Manipulate the diet of sports performers in different sports. Understand the causes of eating disorders 4. Understand how a vegan diet can benefit sports performance.	1. Understand how the olympics started. 2. Understand how the modern olympics was restarted. 3. Understand how paralympics has developed. 4. Understand how and why different sports are included in the Olympics.	Understand the different types of technology that are used in sport. Understand the benefits of technology. Understand the negatives of using technology in sport. Evaluate the use of technology in sport.	Understand the different components of fitness Understand the different methods of training, used to improve different components of fitness. Understand how to progress training using the principles of training. Understand how different components of fitness are used a cross different sports.	Understand how to set up and run a sports coaching session. Officiate a sporting performance for others. Develop oracy through instructions and reasoning.	
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