

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 grit 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. Theme: 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 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 feelings/mood. (SMSC)	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 people.	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) Theme: (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 someone 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- verbalising different experiences of how exercise makes different individuals feel Theme: Reading- how sport 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
Mental and Physical Well-being	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
Cross-Curricular Links	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	Psychology and science- understanding how the brain releases chemicals which positively affect our mental health. RSHE and mental health	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	Maths- Scoring and timekeeping in athletic events. Discussion of angles of release in throwing events Science- Discussion of different forces acting upon the athlete in different athletic events
Extra-Curricular Links	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)	Refining skills learnt in lessons in sports clubs and applying them to competitive situations To increase the likelihood of experiencing positive effects of exercise on thoughts, feelings and emotions	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	Refining skills learnt in lessons in sports clubs and applying them to competitive situations A developed understanding of the importance of sportsmanship in competitive situations against other schools	Refining skills learnt in lessons in sports clubs and applying them to competitive situations To apply coaching and feedback skills to after school clubs to develop their own and others understanding of the athletic event and officiating protocol
Precise Learning Endpoints Students will be able to/ will learn to:	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	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, strength, coordination and balance in gymnastics. 4. To understand/ identify the effects of exercise on our thoughts feelings and emotions	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 coordination and agility in tag rugby 4. Identify the main muscles in the body. Describe the difference between cardiac, smooth and skeletal muscles	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 speed and coordination in football 4. Explain a range of immediate effects of exercise on the body	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 flexibility and agility in netball 4. Define, promote and show excellent sportsmanship throughout all lessons	1. Demonstrate the basic skills of the athletic activity 2. Develop and apply knowledge of how to successfully officiate each event 3. Develop all components of fitness for a throwing, running and jumping event. 4. 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. Theme: 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	<p>Sports: Demonstrating self assurance of one's ability when learning new skills and rules</p> <p>Theme: Demonstrating mindfulness when discussing mental health and anxiety topics</p>	<p>School values</p> <p>Sports: Developing self control when applying rules to competitive games or when developing gymnastic routines (SMSC)</p> <p>Theme: Developing self assurance when applying the knowledge of different components of fitness to a range of skills in their sport</p>	<p>School values</p> <p>Sports: Developing kindness when working with different groups and individuals in sport and physical activity (SMSC)</p> <p>Theme: Developing self assurance when applying the knowledge of different components of fitness to a range of skills in their sport</p>	<p>School values</p> <p>Sports: Showing curiosity when introduced to more complex skills within a sport they have previously studied</p> <p>Theme: Developing grit and resilience to continue to tackle the problem if it isn't solved first time.</p>	<p>School values</p> <p>Sports: Demonstrating optimism when learning and applying more complex skills within a sport and in competitive situations</p> <p>Theme: Developing kindness when exploring how to work effectively with different individuals (SMSC)</p>	<p>School values</p> <p>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</p> <p>Theme: Developing self control and applying leadership qualities to sporting situations (SMSC)</p>
Understanding Diversity	<p>Sports: No limits to your destination- to perform to the best of your ability</p> <p>Theme: Understanding mental and physical diversity- understanding the different experiences with regards to mental health and anxiety</p>	<p>Sports: Acquiring cultural capital - Different sports have different sportsmanship traditions, taking part in the sport and understanding how different sports include these.</p> <p>Theme: Acquiring cultural capital - Different cultures and their strengths in different components of fitness and sports. (SMSC)</p>	<p>Sports: No limits to your destination - Developing health and fitness components can allow you to achieve highly / a sport of your choice if you work hard.</p> <p>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.</p>	<p>Sports: Understanding physical and mental diversity - How do different sports teams and individuals problem solve depending on the sport they are taking part in.</p> <p>Theme: Understanding environmental diversity - How does the sporting environment you are in help you to solve a problem?</p>	<p>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.</p> <p>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)</p>	<p>Sports: Acquiring cultural capital - Different sports may require different types of leadership depending on the demands of the sport you are playing.</p> <p>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?</p>
Literacy Reading, Oracy	<p>Sports: Oracy- using correct terminology of sporting skills and rules</p> <p>Theme: Reading- Lewis Hamilton and mental health in sport</p>	<p>Sports: Oracy- understanding and giving verbal responses of what students think are examples and expectations of sportsmanship within their PE lessons</p> <p>Theme: Oracy- applying the health related</p>	<p>Sports: Oracy- using correct terminology of sporting skills and rules</p> <p>Theme: Oracy - How are different components of fitness used across different sports and different situations in sport?</p>	<p>Sports: Oracy- using correct terminology of sporting skills and rules</p> <p>Theme: Oracy - Link to communication (Speaking and listening) and how to use this to help solve a problem.</p>	<p>Sports: Oracy- using correct terminology of sporting skills and rules</p> <p>Theme: Oracy - How to work together as a team using good communication skills and listening to each other.</p>	<p>Sports: Oracy- using correct terminology of sporting skills and rules</p> <p>Theme: Oracy - How to lead a group in order to complete an activity by allowing the people in the group to express their ideas.</p>
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.	Drama- applying teamwork skills to work together to develop a sketch Engineering/ food tech- working as a team to meet a common goal (development of engineering piece or meal) RSHE- how can working as a team affect us personally.	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.
Extra-Curricular Links	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	Refining skills learnt in lessons in sports clubs and applying them to competitive situations A developed understanding of the health 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 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	Refining skills learnt in lessons in sports clubs and applying them to competitive situations To use after school clubs to improve and apply their leadership skills to take more of a coaching/captaining role within their team
Precise Learning Endpoints Students will be able to/ will learn to:	1. Demonstrate the more advanced skills 2. Gymnastics: Develop flight technique 3. Develop the main components of fitness for each sport, for example reaction time and power in badminton 4. Identify, define and apply the health related components of fitness to varied skills within the sport they are studying	1. Demonstrate more advanced skills 2. Gymnastics: develop flight technique 3. Develop the main components of fitness for each sport, for example reaction time and power in badminton 4. Identify, define and apply the health related components of fitness to varied skills within the sport they are studying	1. Demonstrate more advanced skills 2. Gymnastics: develop flight technique 3. Develop the main components of fitness for each sport, for example coordination and agility in tag rugby 4. Identify, define and apply the health related components of fitness to varied skills within the sport they are studying	1. Demonstrate more advanced skills 2. Gymnastics: develop flight technique 3. Develop the main components of fitness for each sport, for example speed and coordination in football 4. To understand the steps to solve a problem.	1. Demonstrate more advanced skills 2. Gymnastics: develop flight technique 3. Develop the main components of fitness for each sport, for example flexibility and agility in netball 4. To understand and apply the key qualities for effective teamwork	1. Demonstrate more advanced skills of athletic activities 2. Develop and apply knowledge of how to successfully officiate each event 3. Develop all components of fitness for a throwing, running and jumping event. 4. To develop and apply leadership qualities
PE	Autumn Term		Spring term		Summer term	
Year 9	1	2	3	4	5	6
Topic Summary	Football, Netball, Basketball, HRF Learning Skills	Handball, Badminton, Tag Rugby, Gymnastics, Handball, Benchball Tactics in sport/gamesmanship	Badminton, Handball, Benchball, Tag rugby, Gymnastics Dealing with change	Rugby, Basketball, Dodgeball, Alternative Sports Healthy Lifestyle	Athletics, Tennis, Striking and Fielding Analysing performance	Striking and Fielding, Tennis Communication
Thinking Hard	<p>Sports: (Mastery of learning) Learning and development of skills in more advanced tactical situations.</p> <p>Theme: (Acquiring knowledge) How do we learn new skills, prove and maintain the new skills?</p>	<p>Sports: (Mastery of learning) Learning and development of skills in more advanced tactical situations. Development of flight in more advanced gymnastics movements.</p> <p>Theme: (Being creative) Developing tactics and how to use gamesmanship when playing sport to gain an advantage. (SMSC)</p>	<p>Sports: (Changing the world) Changing sporting situations/rules in games and how to deal with what the opponent is doing. (SMSC)</p> <p>Theme: (Changing the world) - How to cope with things that are changing around us. Friends, school, expectations. (SMSC)</p>	<p>Sports: (Mastery of learning) Learning and development of skills in more advanced tactical situations.</p> <p>Theme: (Creating independence and Acquiring knowledge) Different areas of a healthy lifestyle, diet, activity, socialising, health, hygiene.</p>	<p>Sports: (Acquiring knowledge) Learning how to perform runs, jumps and throwing techniques in athletics. Development of tennis and bating and fielding skills and tactics.</p> <p>Theme: (Creating independence) Learning how to pick out strengths and weaknesses of a performance and suggest improvements.</p>	<p>Sports: (Being creative) Development of tennis and bating and fielding skills and tactics.</p> <p>Theme: (Development of Literacy) Learning how to communicate effectively through speaking and listening in different situations.</p>
Developing Character	<p>Sports: Showing grit to keep practicing the skills in more advanced tactical situations.</p> <p>Theme: Self assurance of being confident to learn and new skill.</p>	<p>Sports: Developing curiosity to see how different tactics benefit performance.</p> <p>Theme: Showing mindfulness when using gamesmanship in competitive situations to think about the best time to use them. (SMSC)</p>	<p>Sports: (Self assurance) Learning and development of skills in more advanced tactical situations. Development of flight in more advanced gymnastics movements.</p> <p>Theme: Self - assurance, optimism and grit to adapt to the new things that have changed and that things will be ok.</p>	<p>Sports: (Curiosity, optimism and self assurance) Learning and development of skills in more advanced tactical situations.</p> <p>Theme: (Gratitude) For the life that we have, (mindfulness) how could you maintain/improve your lifestyle to make it more healthy?</p>	<p>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.</p> <p>Theme: (Self assurance) Being confident to unlock a performance and offer feedback. (SMSC) (Gratitude) Support of another student to improve your own performance. (SMSC)</p>	<p>Sports: (Curiosity) Developing more advanced skills in tennis and striking and fielding</p> <p>Theme: (Self assurance and Self control) Learning how to remain calm and listen to other people when communicating. Being confident to communicate to others.</p>
Understanding Diversity	<p>Sports: (Understanding environmental diversity) Understand open/closed skills and how these are affected by the sporting environment you are in.</p> <p>Theme: (Understanding mental and physical diversity) Different people learn new skills at different speeds. (SMSC)</p>	<p>Sports: (Acquiring cultural capital) how do the cultures of different sports affect the way which we use skills, tactics and gamesmanship. (SMSC)</p> <p>Theme: (Being a world citizen) Gamesmanship can help you to gain an advantage but how do you do this in the right way? (SMSC)</p>	<p>Sports: (Understanding democracy) All sports change over time, how does this affect skills and tactics that can be used?</p> <p>Theme: (Being a world 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 Tennis, Football, Rugby, Television rights. Disabled sport and how this has been introduced in sport with the inclusion of the paralymptics.</p>	<p>Sports: (Acquiring cultural capital) - experience of new sports that students may not have had experience of before.</p> <p>Theme: (Awareness of where you live) local area and opportunities to develop and maintain a healthy lifestyle, links to gyms, sports clubs, leisure centers. (SMSC)</p> <p>(Respecting human rights) - choices that people make towards their lifestyle. Why do people choose to lead a healthy/unhealthy lifestyle? (SMSC)</p>	<p>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.</p> <p>Theme: (No limits to your destination) Improving performance through analysis and being open to feedback will help you to improve your skills and tactics.</p>	<p>Sports: (No limits to your destination) Playing in different positions to see what is different about the skills and tactics you need to use.</p> <p>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.</p>

Cross-Curricular Links	RSHE and Psychology - How do we develop positive habits.	RSHE and how exercise helps us in the long term, Psychology, Science.	All subjects due to the assessments in all subjects that the students have chosen.	Food tech, Science, Maths, RSHE and healthy lifestyles.	All subjects due to resilience and the positive effect it can have on completing tasks.	Food tech, Science, Art - Being responsible for completing lessons safely in practical lessons.
Extra-Curricular Links	Taking part in activities that become a habit can have positive influences on learning and development.	Taking part in after school clubs in order to see the benefit of long term exercise on all areas of health. Promotion of local area and opportunities to take part in physical activity.	Link to sport outside of school and after school clubs to have some time out from the stress of taking assessments. Link back to benefits of exercise on concentration.	Links with food tech and how to support students to improve their knowledge of diet and nutrition to make informed choices.	Use of technology in after school clubs, fitness trackers, equipment, surfaces.	Clubs are offered to all, students take responsibility to inform parents of them attending after school clubs and taking part in a team.
Precise Learning Endpoints Students will be able to/ will learn to:	1. Understand how to implement the correct skills to implement the relevant tactics. 2. Perform tactics in both attacking and defensive situations. 3. Perform different fitness activities learning how to use these independently. 4. Understand how to implement positive habits to improve learning and mental and physical well-being.	1. Understand how to implement the correct skills to implement the relevant tactics. 2. Perform tactics in both attacking and defensive situations. 3. Perform different fitness activities learning how to use these independently. 4. Understand the long term benefits of physical activity.	1. Understand how to implement the correct skills to implement the relevant tactics. 2. Perform tactics in both attacking and defensive situations. 3. Perform different fitness activities learning how to use these independently. 4. Understand how physical activity can support with reducing stress levels.	1. Understand how to implement the correct skills to implement the relevant tactics. 2. Perform tactics in both attacking and defensive situations. 3. Perform different fitness activities learning how to use these independently. 4. Understand how diet affects our physical and mental health.	1. Understand how to implement the correct skills to implement the relevant tactics. 2. Perform tactics in both attacking and defensive situations. 3. Understand different types of fitness used in athletics. 4. Understand how resilience can have a positive effect on completing tasks and activities.	1. Understand how to implement the correct skills to implement the relevant tactics. 2. Perform tactics in both attacking and defensive situations. 3. Understand how to maintain fitness levels ready for the summer break. 4. Understand how responsibility can have a positive effect on managing life events.
PE	Autumn Term		Spring term		Summer term	
Year 11	1	2	3	4	5	6
Topic Summary	Football, netball, basketball, uniho, HRF Benefits of physical activity	Basketball, uniho, netball, handball, benchball. Healthy Lifestyles for beyond school	Handball, badminton, benchball, Alternative sports Employability Skills	Handball, badminton, benchball, alternative sports Exam stress	Football, basketball, dodgeball, alternative sports Creating independence	
Thinking Hard	Sports: (Creating independence) Independently taking part in health and fitness activities and make informed choices about keep fit and healthy. (Mastery of learning) Implementing skills and tactics previously learnt in game situations. Theme: (Acquiring knowledge) Understanding the physical, mental and social reasons why people take part in physical activity (SMSC)	Sports: (Creating independence) Independently making informed choices about different elements of a healthy lifestyle. (Mastery of learning) Implementing skills and tactics previously learnt in game situations. Theme: (Being creative) Understand what contributes to a healthy lifestyle (Physical activity, diet, mental health, hygiene, positive interactions with others and positive life choices) (SMSC)	Sports: (Creating independence) Independently taking part in health and fitness activities and make informed choices about keep fit and healthy. (Mastery of learning) Implementing skills and tactics previously learnt in game situations. Theme: (Acquiring knowledge) Understanding the different skills that employers are looking for when applying for a job. (SMSC)	Sports: (Creating independence) Independently taking part in health and fitness activities and make informed choices about keep fit and healthy. (Mastery of learning) Implementing skills and tactics previously learnt in game situations. Theme: (Not fearing failure/Development of literacy for exams/creating ambition)- Exam stress and anxiety - How to cope with exam stress and how exercise helps reduce this.	Sports: (Creating independence) Independently taking part in health and fitness activities and make informed choices about keep fit and healthy. (Mastery of learning) Implementing skills and tactics previously learnt in game situations. Theme: (Creating independence) Supporting students to manage their time to both revise and use physical activity to support their physical and mental health.	
Developing Character	Sports: (Self assurance) Being confident to set up health and fitness activities and sporting games independently. Theme: (Curiosity) Developing knowledge of why people take part for different reasons.	Sports: (Self assurance) Being confident to set up health and fitness activities and sporting games independently. Theme: (Curiosity) Being curious about different elements of a healthy lifestyle. (Gratitude) for access to the local facilities that are available for physical activity and for others that are supportive (SMSC). (Grit) Sticking to a healthy lifestyle.	Sport: (Self assurance) setting up games independently. (kindness and self control) towards others by taking part using the correct rules. (SMSC) Theme: (Mindfulness) How to promote the skills that you have in order to apply for a job (Self assurance) Being able to confidently show your employability skills.	Sports: (Self assurance) setting up games independently. (kindness and self control) towards others by taking part using the correct rules. Theme: (Resilience and Grit) - assessments, hard work, revision. (Self assurance) that you can complete the exams. (Kindness) to others during assessments. (Optimism) that exams will go well for you.	Sports: (Self assurance) setting up games independently. (kindness and self control) towards others by taking part using the correct rules. (SMSC) Theme: (Curiosity) To see what exercise is most beneficial for your individual health and fitness. (Self Control) Sticking to routines for health and fitness. (optimism) that the health and fitness activities will be positive for your overall health.	
Understanding Diversity	Sports: (No limits to your destination) Using the informed choices of taking part in physical activity to achieve your individual goals. Theme: (Understanding democracy) People are able to take part in any activity for any reason that they choose.	Sports: (Understanding mental and physical diversity) Understanding the different components that contribute to a healthy lifestyle and how these can differ for individuals. Theme: (Awareness of where you live) Local opportunities to maintain fitness such as cross fit Gym, pure gym sports clubs, waterlooville leisure centre etc.	Sports: (Understanding mental and physical diversity) Understanding that people have different strengths for different exercises/methods of training. Theme: (Understanding mental and physical diversity) Understanding which skills are needed for a range of different jobs and how they can be used.	Sports: (Understanding mental and physical diversity) Understanding that people have different strengths for different exercises/methods of training. Theme: (No limits to your destination/understanding environmental diversity) - How can different sports develop ways to cope with stress and anxiety. Some sports are better than others for reducing the effects of stress.	Sports: (Understanding mental and physical diversity) Understanding that people have different strengths for different exercises/methods of training. Theme: (No limits to your destination) You can achieve anything you want and being independent will really help towards this happening.	
Literacy Reading, Oracy	Sports: (Literacy) Being independent to research ideas and activities of how to maintain and improve your individual health and fitness. Theme: (Oracy) Talking with other to understand the reasons why you and others take part in physical activity	Sports: (Oracy) Communication with others on setting up game situations and organising teams independently. Theme: (Reading) Reading of a twitter entry to the class about healthy lifestyles.	Sports: (Oracy) Communication with others on setting up game situations and organising teams independently. Theme: (Oracy) Using key terms to describe their employability skills.	Sports: (Oracy) Communication with others on setting up game situations and organising teams independently. (SMSC) Theme: (Reading): Jamie Vardy- from non league football to Premier League Champion and international football. Example of resilience and grit, self assurance in his own ability. (Oracy): how the students apply similar traits to their GCSEs? Discuss with staff if students are feeling stressed over exams.	Sports: (Oracy) Communication with others on setting up game situations and organising teams independently. Theme: (Literacy) Creating a training programme and organising your time in order to complete a training programme.	
Gatsby, Careers	Personal trainer, PE teacher, Leisure centre manager, Sports Psychologist, Fitness instructor.	Personal Trainer, fitness instructor, sports coach, sports scientist.	Personal Trainer, fitness instructor, sports coach, sports scientist.	Psychologist, careers advisor, Teacher, exam creator.	Link to any job based on ambition, strive to achieve your ambitions.	
Mental and Physical Well-being	Understanding why you take part in physical activity and the benefits this gives you individually.	Understand how a healthy lifestyle can positively affect our physical and mental well being.	Understand the effects that implementing employability skills can help maintain your physical well being when working.	Link to how physical activity can have a positive affect on your mental well being and the ability to concentrate.	Being independent and organising your time can allow you to have more time to focus on your physical and mental well being.	
Cross-Curricular Links	Psychology, Science, Maths, Food Tech.	Science, Food tech, maths.	Science, Food tech, maths.	Psychology, Science, English, RSHE and using exercise to reduce exam stress.	Link to all subjects and how being independent can benefit you.	
Extra-Curricular Links	Educating students on local opportunities to take part in physical activity and keep fit and healthy in their own time.	Fitness club after school, Gyms in the local area and which ones are the best to use.	Fitness club after school, Gyms in the local area and which ones are the best to use.	The importance of taking part in physical activity outside of school. Tournaments for year 11 students to take part in against each other for relaxation time.	Create links with local sports facilities for students to use over the summer period. Waterlooville gym, pure gym etc.	
Precise Learning Endpoints Students will be able to/ will learn to:	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 independent with different types of physical activity 4. Understand the reasons why people take part in different types of physical activities.	1. Understand how to participate in a range of physical activities independently. 2. Perform a range of skills and tactics in a variety of situations. 3. Understand the different types of fitness training that can be used. 4. Understand how to lead a healthy lifestyle.	1. Understand how to participate in a range of physical activities independently. 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how physical activity can develop employability skills. 4. Understand the skills that employers will look for.	1. Understand how to participate in a range of physical activities independently. 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how fitness can improve physical and mental well being. 4. Understand how physical activity can reduce stress levels.	1. Understand how to participate in a range of physical activities independently. 2. Perform a range of skills and tactics in a variety of situations. 3. Understand how fitness can improve physical and mental well being. 4. Understand how to be proactive and independent with your health and fitness.	
Year 9 Curriculum for students who have chosen sport as an option	Autumn Term 1	2	Spring term 1	2	Summer term 1	2
Foundation Sport	Performance enhancing drugs	Diet	Olympics	Technology	Physical training	Leadership
Thinking Hard	Acquiring knowledge/changing the world - Positives and negatives of drugs. Types, links to sport, effects.	Development of literacy - Diet and nutrition, which sports need which dietary requirements, balanced diet, effects on health, effects on performance.	Not fearing failure/creating ambition - Olympics/sporting events, impacts, legacy, racism in sport, sponsorship, hooliganism, commercialisation.	Changing the world - Types of Technology in sport, different types, positives and negative, create their own technology.	Mastery of learning - Components of fitness. how are these improved, methods of training, principles of training and link to sports.	Creating independence/being creative - Leadership/refereeing - how to lead a group, types of feedback, motivation of others, leadership styles, rules, professionalism, guidance types.

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