



Our intent is to equip our pupils with the knowledge, skills and attitude to pursue and enjoy an active healthy lifestyle beyond their secondary school years.

Through careful sequencing of the PE curriculum, we ensure that the core elements of the National Curriculum for PE are consistently explored and revisited throughout core PE. Furthermore, shown below are colour coded links to each area, as they spiral throughout the KS3 curriculum.

PE Curriculum – Core Elements

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop their technique and improve their performance in other competitive sports. (Also delivered through our Dance curriculum)
- Perform dances using advanced dance techniques within a range of dance styles and forms (see Dance curriculum)
- Outdoor and adventurous activities
- Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best. (Delivered through all sporting activities).
- Competitive sports and activities outside school through community links or sports clubs.

9.5 – Athletics

Are nutrition and performance linked?

Athletic events covered - Shot putt, javelin, discuss, 100m, 200m, Relay and distance running.

Analysing performance- pupils to build on PB's across KS3

Sport specific techniques – track and field events

Understanding of rules for all events

9.3 – Principles of attacking & defending (Basketball)

What is more important? Intrinsic or extrinsic motivation?

Tactics and strategies to outwit an opponent

Limiting space and time / organisation and positioning/spatial awareness, movement, decision making

Sport specific techniques - dribbling, passing, shooting.

Understanding of rules of basketball

9.2 – Principles of net and wall (Table Tennis)

Does your personality matter?

Paddle control

Tactics and strategies to outwit an opponent - top spin, back spin

Sport specific techniques - serving, forehand drive, backhand push

Understanding of table tennis rules

8.6 – Athletics

Performance enhancing drugs - good/bad?

Athletic events covered - Shot putt, javelin, discuss, 100m, 200m, Relay and distance running.

Analysing performance- pupils to build on PB's across KS3

Sport specific techniques – track and field events

Understanding of rules for all events

8.3 – Principles of attacking & defending (Handball)

Why are rules and regulations important in sport?

Limiting space and time / organisation and positioning/spatial awareness

Tactics and strategies to outwit an opponent

Sport specific techniques - passing, shooting, defending, dribbling

Understanding of rules of handball

8.2 – Principles of attacking & defending (Netball)

When we exercise, what does our body do?

Court positioning and offside, footwork, marking player/ball/space

Tactics and strategies to outwit an opponent - Centre pass tactics, attacking and defensive strategies, creating space

Sport specific techniques - passing, shooting, defending (space/player/ball), footwork.

Understanding of rules of netball.

7.6 – Athletics

How does the structure of the body help us perform the movements required in sport?

Athletic events covered - Shot putt, javelin, discuss, 100m, 200m, Relay and distance running.

Analysing performance- pupils to build on PB's across KS3

Sport specific techniques – track and field events

Understanding of rules for all events

7.5- Principles of attacking & defending (Netball)

What makes an effective sports performer?

Limiting space and time / organisation and positioning/spatial awareness

Tactics and strategies to outwit an opponent - Centre pass tactic

Sport specific techniques - passing, shooting, defending, footwork

Understanding of rules - offside, footwork, obstruction, over a third, centre pass, held ball

7.2- Principles of Net and Wall (Badminton)

How do we outwit opponents in individual sports?

Tactics and strategies to outwit an opponent

Sport specific techniques - serving, forehand and backhand shots

Understanding of rules - no second serve, one hit per side, service box

CORE KS4 PE + AQA GCSE PE

9.6 – Principles of Striking & Fielding (Softball)

Is commercialisation good for sport?

Sport specific techniques - batting, throwing, catching, running, bowling

Tactics and strategies to outwit an opponent – batting, fielding, bowling

Understanding of rules of softball

9.4 – Principles of attacking & defending (Tag Rugby)

What is more important speed, stamina, strength or skill?

Tactics and strategies to outwit an opponent

Limiting space and time / organisation and positioning/spatial awareness, movement, decision making

Sport specific techniques - passing, running with the ball, tackling safely

Understanding of rules of rugby

9.1 – Principles of attacking & defending (Handball)

Can you have a change of heart?

Limiting space and time / organisation and positioning/spatial awareness, movement, shoot/pass/dribble priority

Tactics and strategies to outwit an opponent - defending and attacking strategies (width), specific positional roles

Sport specific techniques - passing, shooting, defending, dribbling

Understanding of rules - double dribble, contact, crossing the centre line, court boundaries, penalty/free throw, 3 steps, 3 seconds

8.5 – Principles of Striking & Fielding (Cricket)

What are the most important roles and responsibilities of an official?

Sport specific techniques - batting, throwing, catching, running, bowling

Tactics and strategies to outwit an opponent – batting, fielding, bowling

Understanding of rules of cricket

8.4 – Principles of Net and wall (Volleyball)

Should we be flexible in approach to formations?

Positional/spatial awareness, variety of shots.

Tactics and strategies to outwit an opponent - utilising the three contacts

Sport specific techniques - dig, set, spike, serving

Understanding of rules of volleyball

8.1 – Principles of Net and Wall (Badminton)

What are the top 3 most important components of fitness for racket players?

Coordination, spatial awareness of self and opposition, variety of shots, agility and movement, ready position.

Tactics and strategies to outwit an opponent - disguise on service and shots, variety of shots used.

Sport specific techniques - serving, forehand and backhand shots

Understanding of rules of badminton

7.7 – Principles of Striking & Fielding (Rounders)

Does feedback improve performance?

Sport specific techniques - batting, throwing, catching, running, bowling

Tactics and strategies to outwit an opponent – batting, fielding, bowling

Understanding of rules of rounders

7.3 - Gymnastics

Are components of fitness important to elite sports performers?

Balance, core strength, performance, stability, creativity, fluency, control

Specific techniques - Paired balances, group balances, travel, transitions, rolls

7.4 – OAA

Do the LORIC principles help us work effectively to solve problems?

Problem solving, teamwork, communication, resilience, leadership

7.1- Principles of attacking & defending (Tag Rugby)

How do we keep participants safe when they play sports?

Limiting space and time / organisation and positioning/spatial awareness

Tactics and strategies to outwit an opponent - disguise and tricky

Sport specific techniques - passing, running with the ball, tackling safely

Understanding of rules - offside, knock-on, scoring a try, passing backwards

Department: PHYSICAL EDUCATION

Curriculum Sequencing

Our co-curricular provision runs alongside our PE curriculum to offer a broad range of activities to coincide, reinforce and build upon learning from timetabled lessons. These clubs are accessible to all of our pupils across all age groups.

We want to offer our pupils *'competitive sports and activities outside school through community links or sports clubs'*.

To achieve this, we run after school and lunchtime clubs, inter college every half term, local sports fixtures, cross country competitions, local athletic competitions and we continued to grow our community club links across the local area as we grow.

Co-curricular clubs:

- Football
- Basketball
- Netball
- Volleyball
- Dance
- Cheerleading
- Badminton
- Cricket
- Rounders
- Athletics
- Cross Country
- Rugby

Intercollege:

- Football
- Netball
- Rounders
- Tag Rugby
- Cricket
- Athletics

Club links:

- Rugby Borough/Town
- Northampton saints
- Rugby rhinos
- Old Laurentians, Rugby Lions