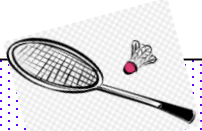


[Subject] Curriculum Journey

KS1 and 2
Knowledge and Skills
Basic skills such as
throwing, catching,
running, jumping very
little relation to sports.



During year 7 students will develop their knowledge of the sport further by exploring ways to outwit their opponents through tactics. They will develop their key terminology and start to introduce the responsibility of leadership.

Y7

Half term 1 – Baseline unit of work – participate in a variety of fitness tests and competitive games.
-**Work in a team**, building on trust and developing skills to solve problems, either individually or as a group (OAA)
Half term 2 - Overcome opponents through team games (Netball, Football or Basketball, Rugby, Hockey)
- **analyse performance and demonstrate improvement (fitness)**

Skills – Fitness tests – Speed, endurance, co-ordination, flexibility.
Develop main skills from the chosen sport – passing, receiving, attacking, defending, shooting. Apply skills in a competitive situations
Skills – team building, problem solving, trust

Half term 3 & 4 - Overcome opponents through team games (Badminton, Basketball, Football, Rugby)
Develop technique and improve their performance in other competitive sport (gymnastics)
-**Develop technique** and improve their performance in other competitive sport (dance)

Skills - Develop main skills from the chosen sport – passing, receiving, attacking, defending, Apply skills in a competitive situations
Dance skills – Motif, dynamics, canon, lifts and levels.

Half term 5 & 6 – Develop their technique and improve their performance in other competitive sports (Athletics)
Overcome opponents through striking and fielding games (Rounder's, Cricket or softball)

Skills – developing technique to achieve their personal best. (athletics)
Skills – batting technique, throwing and catching, fielding.

Y7

During year 7 students will recap or learn the basic skills needed to perform in a variety of sports. They will be given opportunities to learn the rules and perform in competitive situations.



KS3

KS3

KS4



Half term 5 & 6 – Develop their technique and improve their performance in other competitive sports (Athletics)
Overcome opponents through striking and fielding games (Rounder's, Cricket or softball)

Skills – Developing tactics and technique to outwit their opponents – positions, set plays, knowledge of the rules
Athletics Skills – developing technique to achieve their personal best.

Half term 3- Overcome opponents through net and wall games (Badminton)
analyse performance and demonstrate improvement (fitness)
Half term 4 -Develop technique and improve their performance in other competitive sport
-Overcome opponents through team games (Netball, Football or Basketball, Rugby, Hockey)

Skills – Developing tactics and technique to outwit their opponents – positions, set plays, knowledge of the rules.
Gym Skills – Developing flight, moving over under and around apparatus.

Half term 1 & 2 - Overcome opponents through team games (Netball, Football or Basketball, Rugby, Hockey)
Overcome opponents through net and wall games (Badminton)
analyse performance and demonstrate improvement (fitness)

Skills – Developing tactics and technique to outwit their opponents – positions, set plays, knowledge of the rules
Skills – Fitness tests and training methods

Y9

During year 9 students will have started to develop their knowledge of how to measure sporting performance and the characteristics that they need to be a coach/leader this is all in preparation for if they take PE as an option. Students will have the option to take PE at Level 2. If they don't they will take part in core PE.

Half term 1 & 2 - Overcome opponents through team games (Netball, Football or Basketball, Rugby, Hockey) **with a focus on leadership**
-**Develop technique – Dance**
- **analyse performance and demonstrate improvement (fitness)**

Skills - Gain more knowledge of sporting tactics and decision making. Alongside this students will start to develop leadership skills. Building confidence in leading warm ups

Half term 3 & 4- Overcome opponents through net and wall games or invasion games with a focus on leadership.

Skills – gain more knowledge of sporting tactics and decision making. Alongside this students will start to develop leadership skills. Understand the characteristics needed to be a good coach/leader

Half term 5 & 6 – Develop their technique and improve their performance in other competitive sports (Athletics) With a focus on leadership.
Overcome opponents through striking and fielding games (Rounder's, Cricket or softball)

Skills – gain more knowledge of sporting tactics and decision making. Alongside this students will start to develop leadership skills. Deliver a short session to a small group.

Half term 5 & 6 Option – WJEC Sport and Coaching Principles

Unit 2 LO4 and Exam in May
Unit 3 – LO1

Core PE
Chose a pathway of team sports, fitness, individual sports. Developing skills and ability on what they have been taught during KS3
There will be a focus on health and well-being, training, fitness and dietary techniques.

Half term 3 & 4 Option – WJEC Sport and Coaching principles

Unit 2 LO1, LO2 and LO3

Core PE
Chose a pathway of team sports, fitness, individual sports. Developing skills and ability on what they have been taught during KS3
There will be a focus on health and well-being, training, fitness and dietary techniques.

Half term 1 & 2 Option – WJEC Sport and Coaching Principles
Unit 1- LO1 – LO4.

Core PE
Chose a pathway of team sports, fitness, individual sports. Developing skills and ability on what they have been taught during KS3
There will be a focus on health and well-being, training, fitness and dietary techniques.

Half term 1 & 2 – Option WJEC Sport and Coaching principles
Unit 3 LO2

Core PE
Chose a pathway of team sports, fitness, individual sports. Developing skills and ability on what they have been taught during KS3
There will be a focus on health and well-being, training, fitness and dietary techniques.

Half term 3 & 4 – Option WJEC Sport and Coaching Principles
Unit 3 – LO3 and LO4

Core PE
Chose a pathway of team sports, fitness, individual sports. Developing skills and ability on what they have been taught during KS3
There will be a focus on health and well-being, training, fitness and dietary techniques.

Core PE
Living a healthy active lifestyle – Students will have a pathway option of team sports or fitness.

Core PE
Chose a pathway of team sports, fitness, individual sports. Developing skills and ability on what they have been taught during KS3
There will be a focus on health and well-being, training, fitness and dietary techniques.

Y11

Post-16 Pathways

Post-16 Pathways



During year 10 students will either be following the WJEC sport and coaching principles or participating in core PE. During year 11 they will continue to develop their skills and techniques in a variety of sports.

Y10