

Curriculum Overview – PE

Strand	Year 7	Year 8	Year 9	Year 10	Year 11
Knowledgeable Me	<p>Students begin to understand the value of PE.</p> <p>Students will develop knowledge of being healthy, warm-ups and cool downs, and what happens to our body when we exercise.</p> <p>Students will be able to demonstrate a safe warm-up and cool down and know how to check heart rate (resting / working / recovery).</p> <p>Students will revisit this knowledge later in the year and look at health and skill related components of fitness and how physical activity impacts these.</p>	<p>Students will develop knowledge of physical literacy.</p> <p>They will develop knowledge of motivation, confidence, physical competence, and healthy, active lifestyles.</p> <p>Students will be able to know how to stay physically active and how this leads to a healthy, active lifestyle.</p> <p>Students deepen understanding of overall health and are assessed on their knowledge of this. Knowledge of components of fitness is revisited with a wider focus on the importance of components of fitness to overall health.</p>	<p>Students will look at how to be safe in the outdoors.</p> <p>Students will continue to learn about healthy, active lifestyles, they will also gain knowledge of the DofE Programme and Bronze expeditions. Students will begin to understand training methods and how these are used to impact a healthy, active lifestyle.</p> <p>Students will know how to prepare for a lifelong active lifestyle in the outdoors.</p>	<p>Students can personalise their learning and opt for a pathway.</p> <p>A heavy focus will continue to be on the value of physical activity beyond the curriculum.</p> <p>Students will gain a deeper understanding of fulfilling potential, and what it means to be physically active. There will be a stronger focus on mental health – already focused on in KS3. Students will continue to develop knowledge on the value of PE and in KS4 how this can help with exam stress.</p> <p>Students will be involved in a range of activities that develop personal fitness and promote a healthy, active lifestyle. Students will be encouraged to continue their physical activity and competitive sport outside of school through community links or sports clubs.</p> <p>In the Competitive Pathway knowledge is progressed from KS3, to develop declarative knowledge, competency, and tactical awareness in a competitive environment.</p>	<p>Students can personalise their learning and opt for a pathway.</p> <p>A heavy focus will continue to be on the value of physical activity beyond the curriculum.</p> <p>Students will gain a deeper understanding of fulfilling potential, and what it means to be physically active. There will be a stronger focus on mental health – already focused on in KS3. Students will continue to develop knowledge on the value of PE and in KS4 how this can help with exam stress.</p> <p>Students will be involved in a range of activities that develop personal fitness and promote a healthy, active lifestyle. Students will be encouraged to continue their physical activity and competitive sport outside of school through community links or sports clubs.</p> <p>In the Competitive Pathway knowledge is progressed from KS3, to develop declarative knowledge, competency, and tactical awareness in a competitive environment.</p>
Team Me	<p>Students will develop an understanding of the importance of being in a team.</p> <p>Students will develop an understanding as to how sportsmanship takes place within game play.</p>	<p>Students will learn the difference between sportsmanship and gamesmanship and the importance of attitudes in sport.</p> <p>They will develop this knowledge later in the year and look at leadership styles and the impact of role models in sport.</p>	<p>Students will gain understanding of the logical side of PE (decision making). Students will further develop knowledge of being in a team.</p> <p>Students will know how decisions impact teamwork and know how to make decisions in game situations.</p>	<p>In the Team Pathway students play and be active for enjoyment, further breadth to the curriculum via emerging sports, to inspire students to be lifelong participants of physical activity.</p> <p>In the Healthy Pathway students will develop knowledge on how to exercise for fitness and the impact activity has on health and well-being. Opportunities are given to promote and inspire lifelong participation.</p>	<p>In the Team Pathway students play and be active for enjoyment, further breadth to the curriculum via emerging sports, to inspire students to be lifelong participants of physical activity.</p> <p>In the Healthy Pathway students will develop knowledge on how to exercise for fitness and the impact activity has on health and well-being. Opportunities are given to promote and inspire lifelong participation.</p>

	<p>Students will know how to support, lead, and motivate other students within team-based activities.</p> <p>Students will apply positive attitudes towards game play activities in, to motivate and support other students within the lesson.</p> <p>Students will learn to listen to peers' comments in lessons to develop and share knowledge and support opinions and feedback.</p>	<p>They will know how to motivate and lead a team as well as demonstrating the qualities of a successful leader.</p>	<p>This links closely with teamwork and leadership in previous years.</p>	
Creative Me	<p>Students will understand the meaning of fair competition and be able to apply this into game play effectively.</p> <p>Students will be given opportunities to share knowledge on rules and tactics with peers.</p> <p>Students will be able to use their ability to understand knowledge of rules and tactics of the game to ensure there is fair game play.</p> <p>By understanding the strategies behind the tactic students will be able to adapt and perform these tactics correctly in game play.</p>	<p>Students will develop knowledge of the strategies and tactics used in sport to be successful.</p> <p>This will include working in teams to make correct decisions in activities. Students will be given opportunities to share knowledge on rules and tactics with peers.</p> <p>Students will learn about the different elements of strategies and their application towards a specific tactic.</p> <p>Students will know how to solve problems and how strategies are used to help build up a tactical picture.</p>	<p>Students will develop knowledge of the strategies and tactics used in sport to be successful.</p> <p>This will include working in teams to make correct decisions in activities. Students will be given opportunities to share knowledge on rules and tactics with peers.</p> <p>Students will know how to solve problems and how strategies are used to help build up a tactical picture.</p> <p>Students revisit the knowledge learnt in year 8 and apply this into a new sporting context.</p>	

		Students will revisit the importance of strategies and tactics in year 9.	This will include understanding why tactics and rules have been applied to the game, and how this can be adapted to support their creative ideas of game play.	
Healthy Me	<p>Students will develop knowledge of mental health and well-being and how PE can act as a support network.</p> <p>Students will revisit their knowledge of health-related components of fitness and use as prerequisite knowledge to apply in understanding the importance outside of PE for example, preventing non-communicable diseases such as, cardiovascular disease.</p>	<p>Students will develop their knowledge of resilience previously learnt and know how to embrace value and how marginal gains will support progression and success in sport.</p> <p>Students will use their previously acquired confidence and motivation to understand how this impacts the barriers of participation and how this can be used as solutions to participation more in PE and future physical activities.</p>	<p>Students will use their previously learnt knowledge of health and fitness to understand the difference while learning the factors that affect participation in physical activity.</p> <p>Students will use their knowledge of the benefits of physical activity and how this can positively affect cognitive function and attainment.</p>	
Competitive Me	<p>Students develop knowledge of skill and ability and how this impacts overall PE performance.</p> <p>Students will know how attitudes and behaviours are used in sport beyond the curriculum.</p>	<p>Students will revisit values essential in sport, with a focus on integrity.</p> <p>Students will develop knowledge of fair play, respect, and teamwork.</p>	<p>Students will gain knowledge of how they can help improve others performance and will have opportunity for peer assessment / feedback.</p> <p>Students will use declarative knowledge to share with</p>	

	<p>This knowledge is a pre-requisite to sportsmanship, gamesmanship, leadership (Team ME, year 8/9) and is developed from content in 'Team ME' in year 7.</p>	<p>Students will know how to develop these and apply them in game situations.</p> <p>Students will also look at self-improvement and the process of developing and increasing skills, knowledge, and character. Students will know how sport can improve physical fitness, but mental and emotional well-being too.</p> <p>This is a direct link to concepts in all strands from year 8 – resilience, confidence, sportsmanship/gamesmanship (to name a few).</p>	<p>peers how they can improve their own performance.</p> <p>Students will gain further insight into personal best and how they can improve.</p> <p>This links back to topics covered in 'Healthy ME' relating to resilience and confidence, as well as physical literacy covered in year 7 - 'Knowledgeable ME'.</p>	
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