

Department Curriculum and Assessment Outline

Department: Physical Education

Year Group: 7

Teaching, learning and assessment during the course:

Timing (Weeks, half terms)	Unit Title (as applicable)	Key Question(s) e.g. Why do we need maps and how do we use them? How do quest stories work?	How will we know that pupils can answer the key question(s)? Data that will inform attainment grade	Key Themes of the unit e.g. grammar, processes, events, styles
Autumn 1	Health related exercise (Circuit training/cross country Fitness testing	What are the components of a healthy active lifestyle? What are the methods of exercise/training, Components of fitness.	Q and A during lessons, Completing a record training sheet and improving on fitness tests.	The importance of leading a Healthy active lifestyle. Exercise, balanced diet, sleep leisure and work balance. Fitness testing Performing exercises with correct techniques Muscle groups being used
Autumn 2	Basketball	Outwitting opponents, tactical observations. How to attack the hoop? Triple threat? Decision making	Observation of game play. Improving in matches and skills What decisions are made when? Where they correct? Are they Competence when performing the skills	Skill development, developing knowledge of rules and tactical play.
Spring 1	Badminton	How do you play a variation of shots? Can you identify and describe the basic rules	Umpiring their own game effectively. Observation of match success	Serves, different strokes, doubles and single play. Understanding rules

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Spring 2	Gymnastics	How can you improve your performance? How could you be more creative?	Performance of routine and ability to perform more complex skills.	Travelling, rolls, balance, flight, developing routines, vault, sports acro
Summer 1	Athletics	How can you improve on your results? Time/distance/height	Recording of results for each discipline.	Performing at maximal levels. Sprinting, jumping, long distance, throwing,
Summer 2	Softball/swimming	Water safety, water endurance Differences between softball and rounders and cricket.	Understanding of rules, performance in game, performances in skill based activities.	Developing basic ball skills with different shape and weight ball. Understanding new rules and tactical play for softball. Developing water confidence and water based games for swimming gala.

Department Curriculum and Assessment Outline

Department: **Physical Education**

Year Group: **8**

Teaching, learning and assessment during the course:

Timing (Weeks, half terms)	Unit Title (as applicable)	Key Question(s) e.g. Why do we need maps and how do we use them? How do quest stories work?	How will we know that pupils can answer the key question(s)? Data that will inform attainment grade	Key Themes of the unit e.g. grammar, processes, events, styles
Autumn 1	Health related exercise (Circuit training/cross country Fitness testing	What are the components of a healthy active lifestyle? What are the methods of exercise/training, Components of fitness.	Q and A during lessons, Completing a record training sheet and improving on fitness tests.	The importance of leading a Healthy active lifestyle. Exercise, balanced diet, sleep leisure and work balance. Fitness testing Performing exercises with correct techniques Muscle groups being used Principles of training
Autumn 2	Basketball	Outwitting opponents, tactical observations. How to attack the hoop? Triple threat? Decision making	Observation of game play. Improving in matches and skills What decisions are made when? Where they correct? How well are they able to perform the skills	Skill development, developing knowledge of rules and tactical play. Layup, set shot, attacking and defending play
Spring 1	Badminton	How do you play a variation of shots? Can you identify and describe the basic rules	Umpire their own game effectively. Observation of match success	Serves, different strokes, doubles and single play. Understanding rules

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Spring 2	Gymnastics	How can you improve your performance? How could you be more creative?	Performance of routine and ability to perform more complex skills.	Travelling, rolls, balance, flight, developing routines, vault, sports acro
Summer 1	Athletics	How can you improve on your results? Time/distance/height	Recording of results for each discipline.	Performing at maximal levels. Sprinting, jumping, long distance, throwing,
Summer 2	Softball/swimming	Water safety, water endurance Differences between softball and rounders and cricket.	Understanding of rules, performance in game, performances in skill based activities.	Developing basic ball skills with different shape and weight ball. Understanding new rules and tactical play for softball. Developing water confidence and water based games for swimming gala.

Department Curriculum and Assessment Outline

Department: **Physical Education**

Year Group: **9**

Teaching, learning and assessment during the course:

Timing (Weeks, half terms)	Unit Title (as applicable)	Key Question(s) e.g. Why do we need maps and how do we use them? How do quest stories work?	How will we know that pupils can answer the key question(s)? Data that will inform attainment grade	Key Themes of the unit e.g. grammar, processes, events, styles
Autumn 1	Health related exercise (Circuit training/cross country Fitness testing	What are the components of a healthy active lifestyle? What are the methods of exercise/training, Components of fitness.	Q and A during lessons, Completing a record training sheet and improving on fitness tests.	The importance of leading a Healthy active lifestyle. Exercise, balanced diet, sleep leisure and work balance. Fitness testing Performing exercises with correct techniques Muscle groups being used Principles of training Using equipment and gym
Autumn 2	Basketball	Outwitting opponents, tactical observations. How to attack the hoop? Triple threat? Decision making	Observation of game play. Improving in matches and skills What decisions are made when? Where they correct? How well are they able to perform the skills. Can they be creative when performing	Skill development, developing knowledge of rules and tactical play. Layup, set shot, attacking and defending play Set plays inter school matches
Spring 1	Badminton	How do you play a variation of shots? Can you identify and describe the basic rules	Umpire their own game effectively. Observation of match success	Serves, different strokes, doubles and single play. Understanding rules Inter school matches

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Spring 2	Gymnastics	How can you improve your performance? How could you be more creative?	Performance of routine and ability to perform more complex skills. Working in groups and as an individual	Travelling, rolls, balance, flight, developing routines, vault, sports acro
Summer 1	Athletics	How can you improve on your results? Time/distance/height	Recording of results for each discipline.	Performing at maximal levels. Sprinting, jumping, long distance, throwing,
Summer 2	Softball/swimming	Water safety, water endurance Differences between softball and rounders and cricket.	Understanding of rules, performance in game, performances in skill based activities.	Developing basic ball skills with different shape and weight ball. Understanding new rules and tactical play for softball. Developing water confidence and water based games for swimming gala.

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What is each attainment grade based on?

	7	8	9	10	11	12	13
Mid Term Autumn	Results from fitness testing and knowledge of methods of training	Results from fitness testing and knowledge of methods of training	Results from fitness testing and knowledge of methods of training	Understanding the importance of healthy active lifestyle and factors effecting performance	Understanding the importance of healthy active lifestyle and factors effecting performance		
Report Autumn	Range of skills	Quality of skills	Physical attributes	Decision making	Effective performance		
Mid Term Spring	Understanding and applying rules	Understanding the importance of healthy active lifestyle	Tactical awareness	Ability to perform in different positions/roles	Evaluating and improving others		
Report Spring	Range of skills	Quality of skills	Physical attributes	Decision making	Effective performance		
Mid Term Summer	Accurate replication	Developing skills/performance	Evaluating and improving	Able to perform in competition	Competing to a high standard		
Report Summer	Range of skills	Quality of skills	Physical attributes	Decision making	Effective performance		



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