



Department: PHYSICAL EDUCATION

Curriculum Sequencing

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 5 key pillars of the National curriculum in PE are consistently explored and revisited throughout core PE. Furthermore, Shown below are colour coded links to each area, as they spiral throughout the curriculum at KS3.

National Curriculum PE Key Pillars

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop their technique and improve their performance in other competitive sports.
- 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.
- Competitive sports and activities outside school through community links or sports clubs.

9.5 – Athletics

Are nutrition and performance linked?

Athletic events - Shot putt, javelin, discuss, 100m, 200m, Relay, 800m, Cross country

9.3 – Principles of attacking & defending (Basketball)

What is more important? Intrinsic or Extrinsic motivation?
Rules/Strategies/Tactics - 3 point shots, lay up, blocking, jump shot, double dribble, fouls, 3 pointers, 2 pointers
Motor competencies - dribbling, passing, shooting, limiting space and time / organisation and positioning/spatial awareness, movement

9.2 – Net and Wall (Table Tennis)

Does your personality matter?

Paddle control, Coordination
 Tactics and strategies to outwit an opponent - top spin, back spin
 Sport specific techniques - serving, forehand drive, backhand push
 Understanding of rules - service rules, bounce on opposite side, cannot touch table, no volleys.

8.6 – Athletics

Performance enhancing drugs - good/bad?

Athletic events - Shot putt, javelin, discuss, 100m, 200m, Relay, 800m, Cross country

8.3 – Principles of attacking & defending (Handball)

Why are rules and regulations important in sport?
Rules/Strategies/Tactics - Defending (get back into 9m zone) and attacking strategies (width), double dribble, contact, crossing the centre line, court boundaries, penalty/free throw, 3 seconds, 3 steps
Motor competencies - passing, shooting, defending, dribbling, Limiting space and time / organisation and positioning/spatial awareness

8.2 – Principles of attacking & defending (Netball)

When we exercise, what does our body do?

Court positioning and offside, footwork, marking player/ball/space
Rules/Strategies/Tactics - Centre pass tactics, attacking and defensive strategies, creating space, offside, footwork, contact, obstruction, over a third, centre pass, held ball, repossession
Motor competencies - passing, shooting, defending (space/player/ball), footwork, agility, movement, running

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, 800m, Cross country
 Analysing performance- pupils to build on PB's across KS3
Rules/Strategies/Tactics - throw behind the throwing line, false starts, changeover zones
Motor competencies - tony chin (throwing events), pacing, relay changeover, sprint starts, coordination, strength

7.5- Principles of attacking & defending (Netball)

What makes an effective sports performer?

Rules/Strategies/Tactics - Centre pass tactic, offside, footwork, obstruction, over a third, centre pass, held ball
Motor competencies - passing, shooting, defending, footwork, Limiting time, creating space, marking, positioning/spatial awareness

7.2- Principles of Net and Wall (Badminton)

How do we outwit opponents in individual sports?

Rules/Strategies/Tactics - disguise, no second serve, one hit per side, service box
Motor competencies - serving, forehand and backhand shots, coordination, spatial awareness, variety of shots, agility and movement

3 Key Pillars:

- Motor competencies
- Rules/Strategies/Tactics
- Healthy Participation

9.6 – Striking & Fielding (Softball)

Is commercialisation good for sport?

Rules/Strategies/Tactics - batting box positioning, fielding positioning, base position, leaving the bat, having foot on the base, outs, scoring system
Motor competencies - Batting, throwing, catching, running, bowling

9.4 – Principles of attacking & defending (Tag Rugby)

What more important: Speed/Stamina/Strength/Skill

Rules/Strategies/Tactics - disguise and trickery, offside, knock-on, scoring a try, passing sideways or backwards
Motor competencies - passing, running with the ball, tackling safely, limiting space and time / organisation and positioning/spatial awareness

9.1 – Principles of attacking & defending (Handball)

Can you have a change of heart?

Rules/Strategies/Tactics - Defending (get back into 9m zone) and attacking strategies (width), specific positional roles, double dribble, contact, crossing the centre line, court boundaries, penalty/free throw, 3 steps, 3 seconds
Motor competencies - passing, shooting, defending, dribbling, Limiting space and time / organisation and positioning/spatial awareness, movement, shoot/pass/dribble priority

8.5 – Principles of Striking & Fielding (Cricket)

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

Rules/Strategies/Tactics - stumping, running out, caught out, run out, stumped out, 6 bowls in an over
Motor competencies - Batting, throwing, catching, running, bowling

8.4 – Principles of Net and Wall (Volleyball)

Should we be flexible in approach to formations?

Rules/Strategies/Tactics - Utilising the three hits, 3 hits, no scooping, cannot touch the net, no double hits, cannot touch the floor
Motor competencies - dig, set, spike, serving, positional/ Spatial awareness, variety of shots, agility, coordination

8.1 – Principles of Net and Wall (Badminton)

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

Rules/Strategies/Tactics - no second serve, one hit per side, service box, odd/even serving, disguise on service and shots, variety of shots used
Motor competencies - serving, forehand and backhand shots, coordination, spatial awareness of self and opposition, variety of shots, agility and movement, ready position

7.7 – Principles of Striking & Fielding (Rounders)

Does feedback improve performance?

Rules/Strategies/Tactics - batting box positioning, fielding positioning, stumping, backwards hit, stumping posts, outs, scoring system
Motor competencies - Batting, throwing, catching, running, bowling

7.3- Gymnastics

Are components of fitness important to elite sports performers?

Motor competencies - Balance, core strength, performance, stability, creativity, fluency, control, 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?

Rules/Strategies/Tactics - disguise and trickery, offside, knock-on, scoring a try, passing backwards
Motor competencies - passing, running with the ball, tackling safely, Limiting space and time/ creating space, positioning/spatial awareness

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Curriculum Sequencing

Our co-curricular runs alongside our PE curriculum to offer a broad range of activities to coincide and reinforce their learning in timetabled lessons. These clubs are accessible to all 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 are looking to grow our community clubs links across the local area as we grow.

Co-curricular clubs:

(In line with district fixtures)

- Football
- 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