

Long Term Curriculum Plan

Physical education (KS3) Health and Fitness: 1 x 90-minute lesson/PE: 1 x 60-minute lesson

During year 1 of the KS3 physical education curriculum, the focus is on learning basic and compound skills. This will be done by large amounts of repetition. Correct performance of skills will be modelled using live coaching, audio description and using various examples on videos or pictures. Technical drills, scenarios and competitive elements will be used to fully embed the skills being taught. Pupils will be asked to reflect on their own efforts, peer coaching and staff 'live' feedback will also be used to facilitate learning.

Year 7	Autumn 1 Team sports	Autumn 2 Team sports	Spring 1 Creative industries	Spring 2 Creative industries	Summer 1 Racquet sports and challenging activities	Summer 2 Athletics
	<p>Football (2 weeks) Skills – passing technique, shooting, defending</p> <p>Basketball (2 weeks) Skills – passing, shooting, dribbling</p> <p>Cricket (2 weeks) Skills – catching, batting</p>	<p>Hockey (3 weeks) Skills – passing, dribbling, stroking</p> <p>Handball (2 weeks) Skills – passing, shooting, possession</p> <p>Gaelic football (2 weeks) Skills – Catching, kicking, shooting</p>	<p>Gymnastics (6 weeks) Skills – rolls, tumbles, jumps, balances</p> <p>Trampoline, Mat, Rings, Beam, Horse</p> <p>Gymnastics cannot be taught in school for PE on a Tuesday due to not qualified coach.</p> <p>Pupils will do activities (or similar) that will contribute towards gymnastics.</p> <ul style="list-style-type: none"> - Invasion games - Assault courses - Team games - Tag activities - Relay races - Fitness 	<p>Swimming (3 weeks) Skills – water confidence Front stroke Back stroke Breaststroke</p> <p>Dance (3 weeks) Skills – basic moves, performing and creating small routines</p>	<p>Badminton (3 weeks) Skills – serve, drop shot, smash, clear</p> <p>Climbing (3 weeks)</p> <ul style="list-style-type: none"> - Grips - Attaching to safety equipment - Safe landing - Feet position 	<p>Athletics (6 weeks) Skills/events – 100m sprint, shot putt, long-jump, high jump, discus, relay</p> <p>*This includes Talbot House Sports day and Talbot House Games. Both incorporate athletics into the events.</p>

<p>Links to national curriculum</p>	<p>take part in competitive sports and activities outside school through community links or sports clubs</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>	<p>use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p>	<p>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p>	<p>perform dances using advanced dance techniques within a range of dance styles and forms</p> <p>take part in competitive sports and activities outside school through community links or sports clubs</p>	<p>take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p>	<p>develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p>
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- Evidence is kept using photographs and put into a portfolio
- Pupils can achieve AQA Unit awards for their participation in health and fitness/PE lessons
- Gymnastics is led by a qualified instructor (Northeast Gymnastics)
- Some pupils will use Health and Fitness/PE as a way of practising their chosen skill, towards their bronze award in DofE
- Talbot House has community links with NUFC foundation, Northeast gymnastics, and various leisure organisations
- Timings are approximate depending on term dates, special events and participation in lessons
- Pupils have limited experience in gymnastics, it is not possible for health and safety purposes for pupils to coach other pupils.
- Assessment will be done using live feedback and photographs

During Year 2 of the KS3 Health and fitness and PE curriculum, there is a focus around gaining an advantage through advantageous play. This is done through discussing tactics and ways of exploiting weaknesses through strategy. These can be used in both individual and team sports. For example, in basketball, using bounce passes and playing transition basketball against taller players. Another example would be, in badminton, using the drop shot against a slower/less agile player. Teachers will discuss tactics and use real-life examples. There will also be a focus on peer-to-peer strategic development. There is also a greater emphasis on challenging yourself to try new things and breaking through barriers. Different intrinsic and extrinsic motivations will be discussed during activities. Pupils will develop their passion for sport and understand the health benefits of participating in exercise.

Year 8	Autumn 1 Team Sports	Autumn 2 Team Sports	Spring 1 Creative industries	Spring 2 Creative industries	Summer 1 Racquet sports and challenging activities	Summer 2 Athletics
	<p>Football (2 weeks)</p> <ul style="list-style-type: none"> - Possession drills - Passing and moving drills - Taking set pieces <p>Basketball (2 weeks)</p> <ul style="list-style-type: none"> - Dribble tag - Possession drills - Area invasion drills - Shooting competition <p>Volleyball (2 weeks)</p> <ul style="list-style-type: none"> - Serving - Setting - Spiking - Digging <p>Game situations to be played</p>	<p>Hockey (3 weeks)</p> <p>Skills – passing, dribbling, stroking</p> <p>Softball/kicky rounders/rounders (2 weeks)</p> <p>Skills – throwing and catching, batting, running of bases</p> <p>Drills – Danish Longball</p> <p>Netball (2 weeks)</p> <p>Skills – Catching, kicking, shooting</p> <p>Game situations to be played</p>	<p>trampolining (6 weeks)</p> <p>Skills – pike, tuck, straddle, seat-drop, half-twist, full-twist, back drop, front drop.</p> <p>Creating a ten-move routine will be used as assessment</p>	<p>Swimming (3 weeks)</p> <p>Skills – water confidence Front stroke Back stroke Breaststroke</p> <p>Dance (3 weeks)</p> <p>Skills – basic moves, performing and creating small routines</p>	<p>Tennis (3 weeks)</p> <p>Skills – serve, forehand, backhand, slice</p> <p>Archery (3 weeks)</p> <ul style="list-style-type: none"> - Holding a bow correctly - Attaching an arrow to the bow - Firing an arrow 	<p>Athletics (6 weeks)</p> <p>Skills/events – 100m sprint, shot putt, long-jump, high jump, discus, relay</p> <p>*This includes Talbot House Sports day and Talbot House Games. Both incorporate athletics into the events.</p>
Links to national curriculum	use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]	use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] perform dances using advanced dance techniques within a

					take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	range of dance styles and forms
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- Evidence is kept using photographs and put into a portfolio
- Pupils can achieve AQA Unit awards for their participation in health and fitness/PE lessons
- Gymnastics is led by a qualified instructor (Northeast Gymnastics)
- Some pupils will use Health and Fitness/PE as a way of practising their chosen skill, towards their bronze award in DofE
- Talbot House has community links with NUFC foundation, Northeast gymnastics, and various leisure organisations
- Timings are approximate depending on term dates, special events and participation in lessons
- **In some of the above activities, you are unable to gain an advantage, so skill development will be focused on**

During year 3 of the KS3 Health and fitness/PE curriculum, there is a focus on officiating and coaching. This will allow pupils to further develop their understanding of different sports and activities. Officiating will show a deeper understanding of the sport or activity. Pupils will also be given opportunities to provide coaching points to other pupils. This will be done in a variety of ways, including, modelling the skill, offering verbal advice or motivating peers. This process offers pupils a chance to showcase their knowledge and skills. Sessions will include peer-to-peer coaching opportunities, pupils will receive verbal feedback on these.

Year 9	Autumn 1 Team Sports	Autumn 2 Team Sports	Spring 1 Creative industries	Spring 2 Creative industries	Summer 1 Racquet sports and challenging activities	Summer 2 Athletics
	<p>Football (2 weeks) Content including coaching opportunities around passing and shooting. Also refereeing a small, sided game enforcing the rules</p> <p>Basketball (2 weeks) Content including coaching opportunities around passing and shooting. Also refereeing a small, sided game enforcing the rules</p> <p>Cricket (2 weeks) Coaching opportunities on batting and catching. Consolidate previous learning.</p>	<p>Hockey (3 weeks) Content including coaching opportunities around passing, dribbling and striking. Also refereeing a small, sided game enforcing the rules.</p> <p>Handball (2 weeks) Content including coaching opportunities around passing, dribbling, and shooting. Also refereeing a small, sided game enforcing the rules.</p> <p>Netball (2 weeks) Refereeing a game enforcing the rules. Small-sided games, focus on passing and moving, defending, shooting</p>	<p>Gymnastics/trampoline (6 weeks) Drills – pupils are to use knowledge of individual skills and create routines. Pupils will also do peer-to-peer coaching with the assistance of qualified coaches</p> <p>Creating a ten-move routine will be used as assessment</p>	<p>Swimming (3 weeks) Skills – water confidence Front stroke Back stroke Breaststroke</p> <p>Dance (3 weeks) Coaching pupils in yellow zone and designing a routine for a dance-off finale.</p>	<p>Team Building Activities (6 weeks) Pupils will participate in team building activities. Emphasis on communication, motivating, resilience and trust.</p> <p>- Outdoor adventures</p> <p>*Activities will be led by qualified instructors.</p>	<p>Athletics (6 weeks) Skills/events – 100m sprint, shot putt, long-jump, high jump, discus, relay</p> <p>*This includes Talbot House Sports day and Talbot House Games. Both incorporate athletics into the events.</p>

Links to national curriculum	use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]	develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]	take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	
<ul style="list-style-type: none"> - Evidence is kept using photographs and put into a portfolio - Pupils can achieve AQA Unit awards for their participation in health and fitness/PE lessons - Gymnastics is led by a qualified instructor (Northeast Gymnastics) - Some pupils will use Health and Fitness/PE as a way of practising their chosen skill, towards their bronze award in DofE - Talbot House has community links with NUFC foundation, Northeast gymnastics, and various leisure organisations - Timings are approximate depending on term dates, special events and participation in lessons - Pupils will be given the chance to go to external locations and focus on coaching with community coaches - Pupils will also be given opportunities to volunteer or gain work experience in a sport or leisure setting 						