

Richard Lander School

PE Curriculum Overview - 7/8/9

	Autumn 1	Autu	ımn 2	Spring 1	Spring	2	Summer 1	Sumn	ner 2	
Reporting Y7	CfCs		BfL & LAL		BfL & LAL				BfL & LAL	\frown
Year 7	In Invasion Games students will develop a range of the Invasion Games, mainly focussed upon attacking print During this unit students will also work upon develop respect and self-management. In Fitness units students will learn how to exercise set of how exercise effects the body and the importance will also work upon developing a number of persona Management. In Aesthetic activities students will develop and link precision, fluency and body management. In addition performance and offer feedback to other performer number of personal qualities, such as, cooperation, or During the Autumn and Spring terms we run a caro Assessment and DIT: At the end of each unit student	nciples, using these in competitiv ping a number of personal qualit afely and effectively. Students we e of leading a healthy active lifest al qualities, such as Independence a range of performance skills an on students will be able to apprece s. During this unit students will confidence and resilience. pusel from these 5 activity areas	ve and pressurised situations. ies, such as cooperation, vill develop an understanding tyle. During this unit students e, Resilience and Self- d movements showing ciate what makes a quality be encouraged to develop a	In Multi-Skills activities students will work to i i.e. moving and using more than one body par by completing a wide range of catching, passir in competitive and pressurised situations. Du encouraged to develop a number of personal communication, cooperation, resilience and so In Outdoor and Adventurous activities studer a team in challenging and ever changing situat experience basic orienteering challenges. Dur encouraged to develop a number of personal teamwork, leadership and self-management. During the Autumn and Spring terms we run areas . Assessment and DIT: At the end of each unit s and receive feedback	t at the same time. The and hitting, beginnin ring this unit students w qualities, such as, confi elf-management. Its will be required to w ions. In addition they ing this unit students w qualities, such as, coop a carousel from these	ey will do this ng to use these will be idence, vork as part of will begin to vill be heration, 5 activity	range of athletic events. They will gain a know	wledge of where their Athletics of most successful events. In addit d field events, showing an appre- students will be encouraged to d ice, respect and humility. hasic ground strokes, such as Forr art a competitive rally, performing. More effective players will be t an opponent. During this unit s binal qualities, such as Resilience, develop the basic skills related to in response to the performance of d the tactical requirements of the it students will be encouraged to ration, Respect and Self-Manager from these 3 activity areas.	strengths lie ion students ciation of evelop a ehand, ng these able to use tudents will Self- b Batting, of an e activity in develop a ment.	Curriculum Enrichment Week
Reporting Y8	CfCs		BfL & LAL	1	BfL 8	& LAL	Į.		BfL &	
Year 8	In Invasion Games students will develop a range of or range of Invasion Games, mainly focussed upon defe situations. During this unit students will also work u cooperation, respect and self-management. In Fitness units students will learn how exercise effe components of fitness and know how these aid pers work upon developing a number of personal qualitie In Aesthetic activities students will be able to indepe performance skills and movements showing precisio able to appreciate what makes a quality performance performers. During this unit students will be encour cooperation, confidence and resilience. During the Autumn and Spring terms we run a caro Assessment and DIT : At the end of each unit studen	ensive principles, using these in c ipon developing a number of per ects their heart rates, working up onal sporting performance. Dur es, such as Independence, Resilie endently choreograph a routine i on, fluency and body managemer ee and offer constructive and kno raged to develop a number of pe	competitive and pressurised sonal qualities, such as on and testing a wide range of ing this unit students will also ince and Self-Management. including a wide range of nt. In addition students will b owledgable feedback to other irsonal qualities, such as,	students will be encouraged to develop a num confidence, communication, cooperation, resi In Outdoor and Adventurous activities studer	ion and/at speed, show coordination. They w ties and games, giving which they play. Durin ber of personal qualitie lience and self-manage ts will take part in a se will be required to fin a compass to increa ents will be encouraged ation, teamwork, leade a carousel from these	ving flexibility, ill do this by them an ng this unit es, such as, ement. ries of d points on a se the accuarce d to develop a rrship and self- 5 activity	strokes and tactics to outwit an opponent. D develop a number of personal qualities, such Honesty. Striking and Fielding Games students will wo include increasing the range of batting stroke	to increase their effectiveness in urance and technical ability. Stu en events. During this unit stud I qualities, such as resilience, res op Forehand and Backhand grou rely, increasing power, accuracy a ill be able to use these strokes in players will be able to use and ad ouring this unit students will be e as Resilience, Self-Management ork on developing a range of skills es, both attacking and defensively irection, decepetion and accurace ing, intercepting and throwing. To During this unit students will be e as Cooperation, Respect and Sel from these 3 activity areas.	n a range of dents will also ents will be pect and nd strokes and variety as competitive apt these ncouraged to , Integrity and In s. This will y, improving ty and further this will be encouraged to f-	Curriculum Enrichment Week

BE THE **BEST** YOU CAN BE

Reporting Y9	CfCs	Cs		BfL & LAL			BfL & LAL	BfL & LAL	\frown
of Invasion Gau appropriately s During this uni respect and se In Fitness units own fitness rea future, such as developing a n In Aesthetic ac group situatior opportunity to encouraged to During the Aut	nes, using these in compete elect the correct decsions students will also work up f-management. students will experience a uirements. They will also naming muscles, training z imber of personal qualities ivities students will experi s, undertaking a number o take part in Trampolining t develop a number of perso	titive and p and respon pon develo a range of c o develop fit zones and p cons and p rience and p of challenge to further conal qualiti e run a carc	advanced skills, techniques and ta pressurised situations. At tghis sta onses to make in compled and ever oping a number of personal qualitie different training methods and be itness specific knowledge which wi fitness for life. During this unit str Independence, Resilience and Self- perform using a wide variety of dif ges in Aesthetic environments. Son extend their experiences. During ties, such as, cooperation, confiden rousel from these 5 activity areas. nts will complete an assessment ar	ge students wi changing envir es, such as coo able to apply t Il be useful to t udents will also -Management. fferent apparat ne students ma g this unit stude nce and resilien	Il be able to ronments. peration, hese to their them in the p work upon tus, genres and ay also get the ents will be ice.	activities. They will experience a range of activities and games we their coordination and movement abilities, placing them in unface pressurised situations. During this unit students will be encourn number of personal qualities, such as, confidence, communication resilience and self-management. In Leadership students will know the skills, qualities and respont and different types of sports leaders. They will have the opport a number of leadership sessions and appreciate what makes effective.	on traditional' (which will cha amiliar and hig raged to devel tion, cooperati nsibilites of a le tunity to exper fective sports ts of sports act . During this u qualities, such these 5 activit	 will be challenged to achieve their personal best and understand where their strengths and weaknesses lie. Students will use athletics sessions to further specialise and prepare for intra and inter-school athletics comeptitions. During this unit students will be encouraged to develop a number of personal qualities, such as resilience, respect and humility. In Striking and Fielding Games students will be challenged physically and mentally in a variety of complex and highly pressurised situations . Here they will be required to show an advanced application of skills, tactics and techniques, being encouraged to enjoy competing with and against their peers. During this unit students will also work upon developing a number of personal qualities, such as cooperation, teamwork, respect and self-management. During the Summer term we run a carousal from the 6 activity areas with Sports Leaders being an option. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback 	Curriculum Enrichment Week



	Richard Lander School		PE	Curriculun		BE THE BEST YOU CAN E		
	Autumn 1		Autumn 2	S	pring 1	Spring 2	Summer 1	Summer 2
eporting Y10	CfC	Cs	BfL & Grades		CfCs	BfL & Grades		BfL & Report
'ear 10	In Invasion Games students will be challe pressurised situations . Here they will be techniques, being encouraged to enjoy co work upon developing a number of perso management. fitness which are most important to them personal motivation (aims) to design fitne will be encouraged to use a variety of C o During this unit students will also work up Resilience and Self-Management. On the Sports Leaders course students w behaviours needed for effective sports le control. Here they will gain experience in their own leadership performance. Furth events held at RLS. During this unit stud- as, cooperation, confidence, communicat During the Autumn term we run a carou Assessment and DIT: At the end of each of	e required to show an adv ompeting with and again onal qualities, such as coo In Fitness units studio n. They will use their kno ess work/a programme v of F in order to meet the pon developing a number will be taught how to behave addership, such as plannin in delivering sports sessio her experience will be gai ents will be encouraged tion, teamwork, leadersh isel from the 4 activity a	vanced application of skills, tactics and ist their peers. During this unit students operation, teamwork, respect and self- ents will work independently on areas of owledge of the components of fitness a which challenges and motivates them. So requirements of leading a healthy, active er of personal qualities, such as Indepen ave/act like a leader and display the ski ng, communication, confidence and gro ns and be able to evaluate the effective ined by assisting with the many primary to develop a number of personal qualit hip and self-discipline. reas with Sports Leaders being an opti	complex and highly advanced applicatio competing with and upon developing a r respect and self-ma Students ve lifestyle. dence, physically and ment addition students wi lls and offer constructive a students will be enc cooperation, confid y sports ies, such on.	pressurised situations . He in of skills, tactics and tech against their peers. Durin number of personal qualitie nagement. In Aest v an appreciation of their i quality aesthetic performa ally, working both individu ill be able to appreciate wind knowledgable feedback ouraged to develop a num ence and resilience. erm students will opt for a I : At the end of each units	ically and mentally in a variety of ere they will be required to show ar niques, being encouraged to enjoy g this unit students will also work es, such as cooperation, teamwork, hetic activities students will develor ndividual skills, ability and knowled ances. They will be challenged ally and as part of a group. In nat makes a quality performance ar to other performers. During this u ber of personal qualities, such as, ctivities from the 4 activity areas. tudents will complete an assessme	 will be challenged to achieve their personal weaknesses lie. Students will use athletics intra and inter-school athletics comeptition to develop a number of personal qualities, personal galities and Fielding Games students will variety of complex and highly pressurised stadvanced application of skills, tactics and the with and against their peers. During this un number of personal qualities, such as coop management. During the Summer term we run a carousa being an option. Assessment and DIT: At the end of each under the statement of the st	I be challenged physically and mentally in a ituations . Here they will be required to show an echniques, being encouraged to enjoy competing nit students will also work upon developing a
eporting Y11		CfCs & Grades	Rep & Grades		CfCs & Grades	BfL & Grade	s	
ear 11	In Invasion Games students will be challe pressurised situations . Here they will be techniques, being encouraged to enjoy co work upon developing a number of perso management. In Fitness units students will work indepe will use their knowledge of the component work/a programme which challenges and order to meet the requirements of leadin developing a number of personal qualitie During the Autumn term we run a carou Assessment and DIT: At the end of each the	e required to show an adv ompeting with and again onal qualities, such as coor endently on areas of thei nts of fitness and their p d motivates them. Stude ong a healthy, active lifesty es, such as Independence usel from the 4 activity a	vanced application of skills, tactics and ist their peers. During this unit students operation, teamwork, respect and self- ir fitness which are most important to the ersonal motivation (aims) to design fitne ents will be encouraged to use a variety yle. During this unit students will also w e, Resilience and Self-Management. reas.	s will also complex and highly advanced applicatio competing with and upon developing a r respect and self-ma less In Aesthetic activition of C of F in their individual skills vork upon performances. The individually and as p what makes a qualit feedback to other p develop a number of resilience. During the Spring to	pressurised situations . He in of skills, tactics and tech l against their peers. Durin number of personal qualitie nagement. es students will develop ro s, ability and knowledge of y will be challenged physic part of a group. In addition ty performance and offer of erformers. During this uni- of personal qualities, such a erm students will opt for a T: At the end of each units	sically and mentally in a variety of ere they will be required to show ar niques, being encouraged to enjoy g this unit students will also work es, such as cooperation, teamwork, utines which show an appreciation what makes high quality aesthetic ally and mentally, working both n students will be able to appreciat onstructive and knowledgable t students will be encouraged to is, cooperation, confidence and ctivities from the 4 activity areas. tudents will complete an assessme	challenged to achieve their personal best a understand where their strengths and wea lie. Students will use athletics sessions to f specialise and prepare for intra and inter-s athletics comeptitions. During this unit stu be encouraged to develop a number of per qualities, such as resilience, respect and hu In Striking and Fielding Games students wi challenged physically and mentally in a var complex and highly pressurised situations . they will be required to show an advanced application of skills, tactics and techniques, encouraged to enjoy competing with and a	ey will be nd knesses iurther chool idents will sonal imility. Il be iety of Here , being gainst ilso work lities, id self- al from hit