

Richard Lander School PE Curriculum Overview - 7/8/9 BE THE BEST YOU CAN BE																	
	Autumn 1			Autumn 2			Spring 1		Spring 2		Summer 1		Summer 2				
Reporting Y7		CfCs			BfL & LAL			BfL & LAL					BfL & LAL				
Year 7 PE	In Invasion Games students will develop a range of basic skills, techniques and tactics appropriate to a range of Invasion Games, mainly focussed upon attacking principles, using these in competitive and pressurised situations. During this unit students will also work upon developing a number of personal qualities, such as cooperation, respect and self-management. In Fitness units students will learn how to exercise safely and effectively. Students will develop an understanding of how exercise effects the body and the importance of leading a healthy active lifestyle. During this unit students will also work upon developing a number of personal qualities, such as Independence, Resilience and Self-Management. In Aesthetic activities students will develop and link a range of performance skills and movements showing precision, fluency and body management. In addition students will be able to appreciate what makes a quality performance and offer feedback to other performers. During this unit students will be encouraged to develop a number of personal qualities, such as, cooperation, confidence and resilience. During the Autumn and Spring terms we run a carousel from these 5 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback					In Multi-Skills activities students will work to improve their basic coordination skills, i.e. moving and using more than one body part at the same time. They will do this by completing a wide range of catching, passing and hitting, beginning to use these in competitive and pressurised situations. During this unit students will be encouraged to develop a number of personal qualities, such as, confidence, communication, cooperation, resilience and self-management. In Outdoor and Adventurous activities students will be required to work as part of a team in challenging and ever changing situations. In addition they will begin to experience basic orienteering challenges. During this unit students will be encouraged to develop a number of personal qualities, such as, cooperation, teamwork, leadership and self-management. During the Autumn and Spring terms we run a carousel from these 5 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback					In Athletic Activities students will begin to develop the physical and technical skills in a range of athletic events. They will gain a knowledge of where their Athletics strengths lie and begin to specialise in their favourite and most successful events. In addition students know how to perform safely in both track and field events, showing an appreciation of potential risks and dangers. During this unit students will be encouraged to develop a number of personal qualities, such as resilience, respect and humility. In Net Games students will learn a range of basic ground strokes, such as Forehand, Backhand and begin to understand how to start a competitive rally, performing these strokes both cooperatively and competitively. More effective players will be able to use and adapt these strokes and tactics to outwit an opponent. During this unit students will be encouraged to develop a number of personal qualities, such as Resilience, Self-Management, Integrity and Honesty. In Striking and Fielding Games students will develop the basic skills related to Batting, Bowling and Fielding, using these accurately in response to the performance of an opponent. They will also begin to understand the tactical requirements of the activity in order to outwit an opponent. During this unit students will be encouraged to develop a number of personal qualities, such as Cooperation, Respect and Self-Management. During the Summer term we run a carousel from these 3 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback					Curriculum Enrichment Week	
Reporting Y8		CfCs			BfL & LAL			BfL & LAL				BfL & LAL					
Year 8 PE	In Invasion Games students will develop a range of developmental skills, techniques and tactics appropriate to a range of Invasion Games, mainly focussed upon defensive principles, using these in competitive and pressurised situations. During this unit students will also work upon developing a number of personal qualities, such as cooperation, respect and self-management. In Fitness units students will learn how exercise effects their heart rates, working upon and testing a wide range of components of fitness and know how these aid personal sporting performance. During this unit students will also work upon developing a number of personal qualities, such as Independence, Resilience and Self-Management. In Aesthetic activities students will be able to independently choreograph a routine including a wide range of performance skills and movements showing precision, fluency and body management. In addition students will be able to appreciate what makes a quality performance and offer constructive and knowledgable feedback to other performers. During this unit students will be encouraged to develop a number of personal qualities, such as, cooperation, confidence and resilience. During the Autumn and Spring terms we run a carousel from these 5 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback					In Multi-Skills activities students will work to improve their movement skills, i.e. different movement patterns, changing direction and/at speed, showing flexibility, balance, strength, reaction time and hand-eye coordination. They will do this by experiencing a wide range of movement activities and games, giving them an understanding of they are used in the sports which they play. During this unit students will be encouraged to develop a number of personal qualities, such as, confidence, communication, cooperation, resilience and self-management. In Outdoor and Adventurous activities students will take part in a series of Orienteering activities and courses where they will be required to find points on a map. They will be taught how to use pacing and a compass to increase the accuarcy and detail of their work. During this unit students will be encouraged to develop a number of personal qualities, such as, cooperation, teamwork, leadership and self-management. During the Autumn and Spring terms we run a carousel from these 5 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback					In Athletic activities students will further develop the physical and technical skills in a range of athletic events. They will understand how to increase their effectiveness in a range of events, such as increasing power, speed, endurance and technical ability. Students will also know the rules and regulations for their chosen events. During this unit students will be encouraged to develop a number of personal qualities, such as resilience, respect and humility. In Net Games students will continue to develop Forehand and Backhand ground strokes and know how to serve correctly and effectively, increasing power, accuracy and variety as experience and ability increases. Students will be able to use these strokes in competitive singles and doubles games. More effective players will be able to use and adapt these strokes and tactics to outwit an opponent. During this unit students will be encouraged to develop a number of personal qualities, such as Resilience, Self-Management, Integrity and Honesty. In Striking and Fielding Games students will work on developing a range of skills. This will include increasing the range of batting strokes, both attacking and defensively, improving the effectiveness when bowling, i.e. speed, direction, decepetion and accuracy and further developing their ability as a fielder, i.e. catching, intercepting and throwing. This will be done in small sided and larger style games. During this unit students will be encouraged to develop a number of personal qualities, such as Cooperation, Respect and Self-Management. During the Summer term we run a carousel from these 3 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback					Curriculum Enrichment Week	

Reporting Y9		CfCs		BfL & LAL		BfL & LAL		BfL & LAL	
Year 9 PE	In Invasion Games students will develop a range of advanced skills, techniques and tactics appropriate to a range of Invasion Games, using these in competitive and pressurised situations. At tghis stage students will be able to appropriately select the correct decsions and responses to make in compled and ever changing environments. During this unit students will also work upon developing a number of personal qualities, such as cooperation, respect and self-management. In Fitness units students will experience a range of different training methods and be able to apply these to their own fitness requirements. They will also develop fitness specific knowledge which will be useful to them in the future, such as naming muscles, training zones and fitness for life. During this unit students will also work upon developing a number of personal qualities, such as Independence, Resilience and Self-Management. In Aesthetic activities students will experience and perform using a wide variety of different apparatus, genres and group situations, undertaking a number of challenges in Aesthetic environments. Some students may also get the opportunity to take part in Trampolining to further extend their experiences. During this unit students will be encouraged to develop a number of personal qualities, such as, cooperation, confidence and resilience. During the Autumn and Spring terms we run a carousel from these 5 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback			In Multi-Skills activities students will link coordination and movement skills, and be able to apply these accurately to a range of different games 'non traditional' games activities. They will experience a range of activities and games which will challenge their coordination and movement abilities, placing them in unfamiliar and highly pressurised situations. During this unit students will be encouraged to develop a number of personal qualities, such as, confidence, communication, cooperation, resilience and self-management. In Leadership students will know the skills, qualities and responsibilites of a leader, and different types of sports leaders. They will have the opportunity to experience a number of leadership sessions and appreciate what makes effective sports leadership. Many students will get the opportunity to lead parts of sports activities and be able to evaluate the effectiveness of their performance. During this unit students will be encouraged to develop a number of personal qualities, such as, cooperation, teamwork, leadership and self-management. During the Autumn and Spring terms we run a carousel from these 5 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback		In Athletic activities students will take part in a number of track and field events. Here they 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		