

5-year curriculum overview

Physical Education (Core)



Heworth Grange
School
Enriching Lives, Inspiring Ambitions



Proud to be part of
Consilium
Academies

Year 7

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<p>Baseline assessments (HHH)</p> <p>Football Movement with the ball. Passing and movement off the ball. Passing variations. Shooting. Outwitting an opponent. Outwitting an opponent.</p> <p>Basketball Ball familiarisation and passing. Dribbling and pivoting. Passing and movement off the ball. Shooting (set shot). Shooting (lay-up). Outwitting an opponent.</p> <p>Handball Passing variations. Passing and movement with and without the ball. Shooting – jump shots. Outwitting an opponent.</p> <p>Badminton Grip and ready position. Service and court markings. Introducing an overhead clear. Introducing an underarm clear. Introducing net shots. Outwitting opponents in competitive games.</p>	<p>Gymnastics Locomotion – individual work. Rolls – individual work. Jumps – individual work. Hoop work. Ribbon work. Routine choreography.</p> <p>Trampolining Shapes and twists. Seat drops. Linking core skills. Front drops. Back drops. Back to front drops. Front somersault. Creating a 10-bounce routine.</p> <p>Football Movement with the ball. Passing and movement off the ball. Passing variations. Shooting. Outwitting an opponent. Outwitting an opponent.</p> <p>Badminton Grip and ready position. Service and court markings. Introducing an overhead clear. Introducing an underarm clear. Introducing net shots. Outwitting opponents in competitive games.</p> <p>Health Related Fitness Cardiorespiratory responses to exercise. Changing exercise intensities. Components of fitness. Components of skill related fitness. Circuit training – teacher lead. Circuit training – pupil lead.</p>	<p>Trampolining Shapes and twists. Seat drops. Linking core skills. Front drops. Back drops. Back to front drops. Front somersault. Creating a 10-bounce routine.</p> <p>Gymnastics Locomotion – individual work. Rolls – individual work. Jumps – individual work. Hoop work. Ribbon work. Routine choreography.</p> <p>Netball Sending and receiving skills. Movement - footwork and dodging. Shooting. Timing and movement. Marking a player. Application of skills through game play.</p> <p>Health Related Fitness Cardiorespiratory responses to exercise. Changing exercise intensities. Components of fitness. Components of skill related fitness. Circuit training – teacher lead. Circuit training – pupil lead.</p> <p>Badminton Grip and ready position. Service and court markings. Introducing an overhead clear. Introducing an underarm clear. Introducing net shots. Outwitting opponents in competitive games.</p> <p>Orienteering Short course orienteering. Route planning. Evaluation of performance</p>	<p>Health Related Fitness Cardiorespiratory responses to exercise. Changing exercise intensities. Components of fitness. Components of skill related fitness. Circuit training – teacher lead. Circuit training – pupil lead.</p> <p>Netball Sending and receiving skills. Movement - footwork and dodging. Shooting. Timing and movement. Marking a player. Application of skills through game play.</p> <p>Trampolining Shapes and twists. Seat drops. Linking core skills. Front drops. Back drops. Back to front drops. Front somersault. Creating a 10-bounce routine.</p> <p>Handball Passing variations. Passing and movement with and without the ball. Shooting – jump shots. Outwitting an opponent.</p>	<p>Health Related Fitness Cardiorespiratory responses to exercise. Changing exercise intensities. Components of fitness. Components of skill related fitness. Circuit training – teacher lead. Circuit training – pupil lead.</p> <p>Athletics Javelin Shot Long jump High jump Sprint Relay Pacing</p> <p>Rounders Fundamental skills – throwing and catching. Striking – grip and stance. Fielding skills. Game positions. Outwitting an opponent.</p> <p>Cricket/softball Fielding skills – catching and throwing. Batting skills – striking. Fielding skills – sending underarm. Fielding skills – ground fielding and sending to a target. Batting skills – aiming and control. Outwitting an opponent – batting.</p>	<p>Athletics Javelin Shot Long jump High jump Sprint Relay Pacing</p> <p>Rounders Fundamental skills – throwing and catching. Striking – grip and stance. Fielding skills. Game positions. Outwitting an opponent.</p> <p>Cricket/softball Fielding skills – catching and throwing. Batting skills – striking. Fielding skills – sending underarm. Fielding skills – ground fielding and sending to a target. Batting skills – aiming and control. Outwitting an opponent – batting.</p>

Year 8

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<p><u>Football</u> Developing passing skills. Travelling with the ball to outwit an opponent. Developing shooting skills. Developing an attack. Defensive strategies. Outwitting an opponent through teamwork.</p> <p><u>Basketball</u> Developing passing, pivoting, and dribbling. Attacking and outwitting an opponent. Defending skills. Shooting. Develop shooting. Outwitting opponents.</p> <p><u>Handball</u> Developing passing variations. Developing movement with and without the ball. Developing shooting. Developing knowledge of court positions. Defensive strategies. Outwitting an opponent.</p> <p><u>Badminton</u> Ready position. Developing overhead shots – clear. Developing overhead shots – smash. Introducing backhands shots. Singles game play. Outwitting opponents in competitive game play.</p>	<p><u>Gymnastics</u> Jumps, rolls and basic balances. Individual balances. Counterbalances. Mirror and matching. Routine development with a partner. Group balances.</p> <p><u>Trampoline</u> Shapes and twists. Seat drops. Linking core skills. Front drops. Back drops. Back to front drops. Front somersault. Creating a 10-bounce routine.</p> <p><u>Badminton</u> Ready position. Developing overhead shots – clear. Developing overhead shots – smash. Introducing backhands shots. Singles game play. Outwitting opponents in competitive game play.</p> <p><u>Football</u> Developing passing skills. Travelling with the ball to outwit an opponent. Developing shooting skills. Developing an attack. Defensive strategies. Outwitting an opponent through teamwork.</p> <p><u>Health Related Fitness</u> Cardiorespiratory responses to exercise. Aerobic endurance. Muscular endurance and muscular strength. Speed and agility. Sport specific endurance. Sport specific speed and agility.</p>	<p><u>Trampoline</u> Shapes and twists. Seat drops. Linking core skills. Front drops. Back drops. Back to front drops. Front somersault. Creating a 10-bounce routine.</p> <p><u>Gymnastics</u> Jumps, rolls and basic balances. Individual balances. Counterbalances. Mirror and matching. Routine development with a partner. Group balances.</p> <p><u>Health Related Fitness</u> Cardiorespiratory responses to exercise. Aerobic endurance. Muscular endurance and muscular strength. Speed and agility. Sport specific endurance. Sport specific speed and agility.</p> <p><u>Netball</u> Recapping fundamental skills. Making purposeful movements. Shooting development. Defensive play. Application of rules and tactics.</p> <p><u>Badminton</u> Ready position. Developing overhead shots – clear. Developing overhead shots – smash. Introducing backhands shots. Singles game play. Outwitting opponents in competitive game play.</p> <p><u>Orienteering</u> Medium course orienteering. Route planning. Use of landmarks. Grid referencing.</p>	<p><u>Health Related Fitness</u> Cardiorespiratory responses to exercise. Aerobic endurance. Muscular endurance and muscular strength. Speed and agility. Sport specific endurance. Sport specific speed and agility.</p> <p><u>Netball</u> Recapping fundamental skills. Making purposeful movements. Shooting development. Defensive play. Application of rules and tactics.</p> <p><u>Trampoline</u> Shapes and twists. Seat drops. Linking core skills. Front drops. Back drops. Back to front drops. Front somersault. Creating a 10-bounce routine.</p> <p><u>Handball</u> Developing passing variations. Developing movement with and without the ball. Developing shooting. Developing knowledge of court positions. Defensive strategies. Outwitting an opponent.</p>	<p><u>Health Related Fitness</u> Cardiorespiratory responses to exercise. Aerobic endurance. Muscular endurance and muscular strength. Speed and agility. Sport specific endurance. Sport specific speed and agility.</p> <p><u>Athletics</u> Javelin Shot Long jump High jump Sprint Relay Pacing</p> <p><u>Cricket/softball</u> Developing fielding skills – catching and throwing. Developing batting skills – a variety of shots. Developing fielding skills – ground fielding, sending to a target and backing up. Outwitting an opponent – fielding team.</p> <p><u>Rounders</u> Developing throwing and catching skills. Striking skills – contact and direction. Implementing tactics – batting. Implementing tactics – fielding. Rules and officiating.</p>	<p><u>Athletics</u> Javelin Shot Long jump High jump Sprint Relay Pacing</p> <p><u>Cricket/softball</u> Developing fielding skills – catching and throwing. Developing batting skills – a variety of shots. Developing fielding skills – ground fielding, sending to a target and backing up. Outwitting an opponent – fielding team.</p> <p><u>Rounders</u> Developing throwing and catching skills. Striking skills – contact and direction. Implementing tactics – batting. Implementing tactics – fielding. Rules and officiating.</p>

Year 9

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<p><u>Football</u> Refining passing and control skills. Refining dribbling and turning skills. Refining shooting skills. Developing attacks through purposeful movements. Refining defensive tactics. Outwitting an opponent and developing teamwork.</p> <p><u>Basketball</u> Refining passing, dribble, and shooting. Strategies for defending. Refining a lay-up. Developing game tactics. Outwitting an opponent in a game situation.</p> <p><u>Handball</u> Refining passing and movement skills. Refining dribbling skills. Refining shooting skills. Developing tackling skills. Refining defensive tactics. Outwitting an opponent through teamwork.</p> <p><u>Badminton</u> Refining the ready position. Refining the overhead clear. Refining a smash. Refining a drop shot. Doubles game play. Outwitting an opponent in competitive game play.</p>	<p><u>Gymnastics</u> Rotations and jumps. Individual and partner work. Basic vaulting. Low level apparatus. Vaulting over apparatus. Routine development.</p> <p><u>Trampolineing</u> Shapes and twists. Seat drops. Linking core skills. Front drops. Back drops. Back to front drops. Front somersault. Creating a 10-bounce routine.</p> <p><u>Football</u> Refining passing and control skills. Refining dribbling and turning skills. Refining shooting skills. Developing attacks through purposeful movements. Refining defensive tactics. Outwitting an opponent and developing teamwork.</p> <p><u>Badminton</u> Refining the ready position. Refining the overhead clear. Refining a smash. Refining a drop shot. Doubles game play. Outwitting an opponent in competitive game play.</p> <p><u>Health Related Fitness</u> Training intensities. Measuring components of fitness. Methods of training aerobic endurance. Methods of training speed. Sport specific circuit training.</p>	<p><u>Trampolineing</u> Shapes and twists. Seat drops. Linking core skills. Front drops. Back drops. Back to front drops. Front somersault. Creating a 10-bounce routine.</p> <p><u>Gymnastics</u> Rotations and jumps. Individual and partner work. Basic vaulting. Low level apparatus. Vaulting over apparatus. Routine development.</p> <p><u>Health Related Fitness</u> Training intensities. Measuring components of fitness. Methods of training aerobic endurance. Methods of training speed. Sport specific circuit training.</p> <p><u>Netball</u> Refining passing skills. Improving decision making. Outwitting an opponent – attacking as a team. Outwitting an opponent as an individual. Tactics to outwit an opponent. Application through games play.</p> <p><u>Badminton</u> Refining the ready position. Refining the overhead clear. Refining a smash. Refining a drop shot. Doubles game play. Outwitting an opponent in competitive game play.</p> <p><u>Orienteering</u> Long course orienteering. 6 figure grid referencing.</p>	<p><u>Health Related Fitness</u> Training intensities. Measuring components of fitness. Methods of training aerobic endurance. Methods of training speed. Sport specific circuit training.</p> <p><u>Netball</u> Refining passing skills. Improving decision making. Outwitting an opponent – attacking as a team. Outwitting an opponent as an individual. Tactics to outwit an opponent. Application through games play.</p> <p><u>Trampolineing</u> Shapes and twists. Seat drops. Linking core skills. Front drops. Back drops. Back to front drops. Front somersault. Creating a 10-bounce routine.</p> <p><u>Gymnastics</u> Rotations and jumps. Individual and partner work. Basic vaulting. Low level apparatus. Vaulting over apparatus. Routine development.</p> <p><u>Handball</u> Refining passing and movement skills. Refining dribbling skills. Refining shooting skills. Developing tackling skills. Refining defensive tactics. Outwitting an opponent through teamwork.</p>	<p><u>Health Related Fitness</u> Training intensities. Measuring components of fitness. Methods of training aerobic endurance. Methods of training speed. Sport specific circuit training.</p> <p><u>Athletics</u> Javelin Shot Long jump High jump Sprint Relay Pacing</p> <p><u>Athletics</u> Javelin Shot Long jump High jump Sprint Relay Pacing</p> <p><u>Rounders</u> Bowling and batting placement. Batting techniques. Movement around the posts. Tactics. Officiating.</p> <p><u>Cricket/softball</u> Refining fielding skills – catching and throwing. Refining batting skills – a variety of shots. Refining fielding skills – ground fielding, sending to a target and backing up. Refining game play.</p>	<p><u>Athletics</u> Javelin Shot Long jump High jump Sprint Relay Pacing</p> <p><u>Rounders</u> Bowling and batting placement. Batting techniques. Movement around the posts. Tactics. Officiating</p> <p><u>Cricket/softball</u> Refining fielding skills – catching and throwing. Refining batting skills – a variety of shots. Refining fielding skills – ground fielding, sending to a target and backing up. Refining game play.</p>

Year 10

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<ul style="list-style-type: none"> • Football • Basketball • Handball • Badminton 	<ul style="list-style-type: none"> • Table Tennis • Trampolineing • Badminton • Football • Health Related Fitness 	<ul style="list-style-type: none"> • Trampolineing • Table Tennis • Health Related Fitness • Badminton • Netball 	<ul style="list-style-type: none"> • Health Related Fitness • Netball • Handball • Trampolineing • Table Tennis 	<ul style="list-style-type: none"> • Health related fitness • Athletics • Rounders • Softball 	<ul style="list-style-type: none"> • Athletics • Rounders • Softball

Year 11

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<ul style="list-style-type: none"> • Football • Basketball • Handball • Badminton 	<ul style="list-style-type: none"> • Table Tennis • Trampolineing • Badminton • Football • Health Related Fitness 	<ul style="list-style-type: none"> • Trampolineing • Table Tennis • Health Related Fitness • Badminton • Netball 	<ul style="list-style-type: none"> • Health Related Fitness • Netball • Handball • Trampolineing • Table Tennis 	<ul style="list-style-type: none"> • Health related fitness • Athletics • Rounders • Softball 	

NB – Activities are repeated throughout numerous blocks as different teaching groups participate in different sporting activities at any given time. This is due to access to facilities and equipment. By the end of the academic year, students will all complete the same activities.

2-year curriculum overview

Physical Education (Sport Studies)



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Year 10

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<p>UNIT R185 - Sports performance and Leadership.</p> <p>TA4 Leading a sporting activity. <i>Leadership skills.</i></p> <p>TA1 Key components of performance. <i>Skills, tactics and decision making.</i> <i>Types of skills and practices.</i></p> <p>TA2 Developing core skills and tactics (TEAM SPORTS) <i>Development and implementation of core skills.</i> <i>Development and implementation of advanced skills.</i></p>	<p>UNIT R185 - Sports performance and Leadership.</p> <p>TA2 Developing core skills and tactics (TEAM SPORTS). <i>Development and implementation of tactics and decision making.</i> <i>Competitive games and performances.</i></p> <p>TA2 Developing core skills and tactics (INDIVIDUAL SPORTS). <i>Development and implementation of core skills.</i> <i>Development and implementation of advanced skills.</i> <i>Development and implementation of tactics and decision making.</i> <i>Competitive games and performances.</i></p>	<p>UNIT R185 - Sports performance and Leadership.</p> <p>TA2 Applying practice methods to improve performance. <i>Reviewing performance.</i> <i>Development of practice methods to improve performance.</i> <i>Implementation of practice methods</i></p>	<p>UNIT R185 - Sports performance and Leadership.</p> <p>TA2 Applying practice methods to improve performance. <i>Implementation of practice methods</i></p> <p>TA3. Organising and planning a sports activity <i>Organisation and safety</i></p>	<p>UNIT R185 - Sports performance and Leadership.</p> <p>TA3. Organising and planning a sports activity. <i>Key leadership skills</i> <i>Risk assessments and session plans.</i></p> <p>TA4. Leading a sports activity session. <i>Delivery of session plans.</i></p> <p>TA5. Reviewing leadership performance <i>Reviewing leadership performance.</i></p>	<p>UNIT R186 - Sport and the media.</p> <p>TA1. The different sources of media that cover sport. <i>Different sources of media.</i> <i>The impact of media on sports clubs.</i> <i>Effective use of media.</i> <i>How the media promotes/raises the profile of sport</i></p>

Year 11

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<p>UNIT R186 - Sport and the media.</p> <p>TA2. Positive effects of the media. <i>Improving education - new/minority sports.</i> <i>Improving education - new rules/technologies.</i> <i>Spectatorship and sponsorship.</i></p> <p>TA3. Negative effects of the media. <i>Revenue and the wealth divide in sport.</i> <i>Coverage, scrutiny and criticism of participants.</i> <i>Athlete's mental health.</i></p>	<p>UNIT R184 - Contemporary issues in sport.</p> <p>User groups. Barriers to participation. Factors affecting the popularity of sports. Emerging sports. Sporting values. Olympic values. Initiatives and campaigns. Etiquette and behaviour.</p>	<p>UNIT R184 - Contemporary issues in sport.</p> <p>Reasons for and against the use of PEDS PEDS education. Features of a major sporting event. Legacies from major events.</p>	<p>UNIT R184 - Contemporary issues in sport.</p> <p>National Governing bodies and the development of their sport.</p> <p>The use of technology in sport.</p>	<p>UNIT R184 - Contemporary issues in sport.</p> <p>Exam preparation.</p>	