

# 5-Year Curriculum Overview

	<b>Year 10/11</b>	<b>Year 9</b>	<b>Year 8</b>	<b>Year 7</b>
	<i><b>Introduce, Develop, Embed &amp; Enlighten</b></i>	<i><b>Introduce, Develop and Embed</b></i>	<i><b>Introduce &amp; Develop</b></i>	<i><b>Introduce</b></i>
<b>Aims</b>	<ul style="list-style-type: none"> <li>• Further develop and embed skills in a range of different sport and activities.</li> <li>• Demonstrate the importance of healthy, active lifestyles on mind and body.</li> <li>• Opportunities to test leadership skills within competitive environments</li> <li>• Introduce new sports/activities/challenges to...</li> </ul> <p>Further develop students understanding of sport/physical activity.</p> <p>To enlighten them to a wider range of sport and physical activity opportunities.</p> <ul style="list-style-type: none"> <li>• Further opportunities to test tactical and strategic concepts to outwit opponents</li> </ul>	<ul style="list-style-type: none"> <li>• Further developing skills in a variety of different sports and activities to encourage life-long participation.</li> <li>• Understanding the importance of healthy, active lifestyles on mind and body.</li> <li>• Develop and embed leadership qualities that will enable students to analyse peer performance and provide constructive feedback for improvement.</li> <li>• Develop and embed team working skills, which allow students to successfully work collaboratively and compliantly towards a common goal.</li> <li>• Develop intrinsic tactical and strategic concepts to outwit opponents.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop personal fitness and providing opportunities for students' self-reflection on personal fitness goals.</li> <li>• Develop further awareness of training methods by strengthening links to individual components of fitness to help students make positive life changes.</li> <li>• Developing an understanding of the importance of healthy, active lifestyles on mind and body.</li> <li>• Develop skills in a variety of different sports and activities to encourage life-long participation.</li> <li>• Develop leadership qualities that will enable students to analyse peer performance and provide constructive feedback for improvement.</li> <li>• Develop team working skills, which allow students to</li> </ul>	<ul style="list-style-type: none"> <li>• Introducing self-awareness of personal fitness and providing opportunities for students' self-reflection on personal fitness goals.</li> <li>• Introducing training methods to help students make positive life changes.</li> <li>• Introducing an understanding of healthy, active lifestyles on mind and body.</li> <li>• Introduce students to a variety of different sports and activities to encourage active participation.</li> <li>• Introduce leadership qualities that will enable students to analyse peer performance and provide constructive feedback for improvement.</li> <li>• Introducing team working skills, which allow students to successfully work together.</li> </ul>

			<p>successfully work together towards a common goal.</p> <ul style="list-style-type: none"> <li>• Develop tactical and strategic play to outwit opponents to gain an advantage.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce the concept of using tactical play to outwit opponents.</li> <li>• Introduce ideas of sportsmanship/gamesmanship and how to officiate games.</li> </ul>
<p>Core Knowledge / Key Concepts</p>	<ul style="list-style-type: none"> <li>• Developing a wider context of sport specific skills in a variety of different sports and activities.</li> <li>• Embed knowledge of sport specific rules and regulations during a variety of activities.</li> <li>• Understanding the importance of healthy, active lifestyles on mind and body.</li> <li>• Further develop an understanding of strategic leadership qualities.</li> <li>• Further develop an awareness of when and how to implement tactical and strategic concepts during competitive situations.</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Developing a wider context of sport specific skills in a variety of different sports and activities.</li> <li>• Embed knowledge of sport specific rules and regulations during a variety of activities.</li> <li>• Understanding the importance of healthy, active lifestyles on mind and body.</li> <li>• Develop an understanding of strategic leadership qualities.</li> <li>• Develop an awareness of when and how to implement tactical and strategic concepts during competitive situations.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop knowledge around sports specific skills to enable consistent play.</li> <li>• Develop understanding of components of fitness, methods of training and sport specific application.</li> <li>• Develop PE specific language based around the musculoskeletal system.</li> <li>• Develop knowledge of sport specific rules and regulations for a variety of activities.</li> <li>• Understanding the importance of healthy, active lifestyles on mind and body.</li> <li>• Develop leadership qualities.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce knowledge around sport specific skills to enable basic play.</li> <li>• Introduce components of fitness and methods of training.</li> <li>• Introduce PE specific language based around the musculoskeletal system.</li> <li>• Introducing basic sport specific rules and regulations for a variety of activities.</li> <li>• Understanding the importance of healthy, active lifestyles on mind and body.</li> <li>• Introduce basic leadership qualities.</li> <li>• Introduce how to implement tactics during competitive situations.</li> </ul>

			<ul style="list-style-type: none"> <li>• Develop an awareness of when and how to implement tactics during competitive situations.</li> </ul>	
<p><b>Skills developed</b></p>	<ul style="list-style-type: none"> <li>• Sport specific skills</li> <li>• Strategic leadership qualities</li> <li>• Team working</li> <li>• Analyse and critically evaluate your own and others performance.</li> <li>• Tactics and strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Sport specific skills</li> <li>• Strategic leadership qualities</li> <li>• Team working</li> <li>• Analyse and critically evaluate your own and others performance.</li> <li>• Tactics and strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Sport specific skills</li> <li>• Injury prevention techniques</li> <li>• Administering fitness tests</li> <li>• Interpreting normative data</li> <li>• Leadership qualities</li> <li>• Team working</li> <li>• Analyse and evaluate your own and others performance.</li> <li>• Tactics and strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Sport specific skills</li> <li>• Injury prevention techniques</li> <li>• Completing fitness tests</li> <li>• Interpreting normative data</li> <li>• Leadership qualities</li> <li>• Team working</li> <li>• Analyse and evaluate your own and others performance.</li> <li>• Tactics and strategies</li> </ul>
<p><b>Wider curriculum links to CC/SMSC/PD and CEIAG</b></p>	<ul style="list-style-type: none"> <li>• Life skills/SMSC – Leadership/coaching opportunities</li> <li>• Life skills/SMSC – Team working</li> <li>• Life skills – Healthy, active lifestyles</li> </ul>	<ul style="list-style-type: none"> <li>• Life skills/SMSC – Leadership/coaching opportunities</li> <li>• Life skills/SMSC – Team working</li> <li>• Life skills – Healthy, active lifestyles</li> <li>• Science – Language around the body systems</li> </ul>	<ul style="list-style-type: none"> <li>• Life skills/SMSC – Leadership/coaching opportunities</li> <li>• Life skills/SMSC – Team working</li> <li>• Life skills – Healthy, active lifestyles</li> <li>• Science – Language around the body systems</li> <li>• Maths – Interpreting normative data</li> </ul>	