

The Priory Ruskin Academy Physical Education Curriculum Plan

Key Stage 3 Curriculum

	Autumn and Spring Term				Summer Term	
	AUT/SPR1	AUT/SPR2	AUT/SPR3	AUT/SPR4	SUM1	SUM2
YEAR 7	<p>Baseline Data to organise PE grouping – assessed via standardised fitness tests.</p> <p>Badminton – Develop basic skills, knowledge and understanding of rules.</p>	<p>Netball - Develop basic skills, knowledge and understanding of rules.</p> <p>Football - Develop basic skills, knowledge and understanding of rules.</p>	<p>Rugby - Develop basic skills, knowledge and understanding of rules.</p> <p>Health and Fitness – Introduction to Cardiovascular fitness exercises and training.</p>	<p>Interhouse competitions in Netball, Football and Badminton</p> <p>Table Tennis - Develop basic skills, knowledge and understanding of rules.</p> <p>Trampolining – Develop basic shapes and jumps, to small routines.</p>	<p>Athletics – Develop basic technique for running, jumping and throwing.</p> <p>Rounders - Develop basic skills, knowledge and understanding of rules.</p>	<p>Cricket – Develop basic skills, knowledge and understanding of rules.</p> <p>Tennis - Develop basic skills, knowledge and understanding of rules.</p> <p>Interhouse whole school sports day</p>
YEAR 8	<p>Badminton – Develop basic technique and perform a range of shots, develop knowledge of rules and scoring.</p> <p>Health and Fitness – Develop understanding and performance of different CV training types.</p>	<p>Netball - Develop skills, tactics and strategies.</p> <p>Football - Develop skills, tactics and strategies.</p>	<p>Rugby - Develop skills, tactics and strategies.</p> <p>Trampolining – Develop basic shapes and jumps, simple rotations to small routines.</p>	<p>Interhouse competitions in Netball, Football and Badminton</p> <p>Table Tennis - Develop skills, tactics and strategies.</p>	<p>Athletics – Develop basic techniques and perform at maximum levels in a range of events.</p> <p>Rounders - Develop skills, tactics and strategies.</p>	<p>Cricket – Develop skills, tactics and strategies.</p> <p>Tennis – Develop basic technique and perform a range of shots, develop knowledge of rules and scoring.</p> <p>Interhouse whole school sports day</p>

Assessment

Students have 6-8 lessons of each activity. During each activity block the students are taught skills, tactics and strategies to develop their knowledge and understanding of the activity areas. Students are being assessed throughout the block of work and are given a grade for each activity.

Students should be able to work at a pace suited to their ability and self-confidence. It is important that those who are able can progress quickly. However, students who need time to learn new skills have the opportunity to do this.

Developing self-confidence is important for students so they are able to make positive decisions about their choices at Key Stage 4.

Key Stage 4 Core PE Curriculum

	Autumn and Spring Term				Summer Term	
	AUT/SPR1	AUT/SPR2	AUT/SPR3	AUT/SPR4	SUM1	SUM2
YEAR 9	<p>Badminton – Develop more advanced skills, tactics and strategies, develop understanding of singles and doubles play.</p> <p>Health and Fitness – Introduction to resistance machines for circuit training, safe training practice.</p>	<p>Netball - Develop more advanced skills, tactics and strategies.</p> <p>Football - Develop more advanced skills, tactics and strategies.</p>	<p>Rugby - Develop more advanced skills, tactics and strategies.</p> <p>Trampolining – Develop more complex shapes and jumps, with rotations to routines.</p>	<p>Interhouse competitions in Netball, Football and Badminton</p> <p>Table Tennis - Develop more advanced skills, tactics and strategies, develop understanding of singles and doubles play.</p>	<p>Athletics – Develop more advanced techniques and perform at maximum level for a range of events.</p> <p>Rounders - Develop more advanced skills, tactics and strategies.</p>	<p>Cricket – Develop more advanced skills, tactics and strategies.</p> <p>Tennis – Develop more advanced skills, tactics and strategies, develop understanding of singles and doubles play.</p> <p>Interhouse whole school sports day</p>

	Autumn and Spring Term				Summer Term	
	AUT/SPR1	AUT/SPR2	AUT/SPR3	AUT/SPR4	SUM1	SUM2
YEAR 10	<p>Badminton – Develop more advanced skills, tactics and strategies to enhance success in game situations.</p> <p>Health and Fitness – Creation of personal training program to achieve goals.</p>	<p>Netball - Develop more advanced skills, tactics and strategies to enhance success in game situations.</p> <p>Football - Develop more advanced skills, tactics and strategies to enhance success in game situations.</p>	<p>Rugby - Develop more advanced skills, tactics and strategies to enhance success in game situations.</p> <p>Trampolining – Develop more advanced skills and apply to routines</p>	<p>Interhouse competitions in Netball, Football and Badminton</p> <p>Table Tennis - Develop more advanced skills, tactics and strategies to enhance success in game situations.</p>	<p>Athletics – Develop more advanced techniques and perform at maximum level for a range of events.</p> <p>Rounders - Develop more advanced skills, tactics and strategies to enhance success in game situations.</p>	<p>Cricket – Develop more advanced skills, tactics and strategies to enhance success in game situations.</p> <p>Tennis – Develop more advanced skills, tactics and strategies to enhance success in game situations.</p> <p>Interhouse whole school sports day</p>
YEAR 11	<p>Badminton – Development of game play and officiating.</p> <p>Health and Fitness – Training programs for fitness improvements.</p>	<p>Netball - Development of game play and officiating.</p> <p>Football - Development of game play and officiating.</p>	<p>Rugby – Development of game play.</p> <p>Trampolining – Develop more advanced skills and apply to routines.</p>	<p>Interhouse competitions in Netball, Football and Badminton</p> <p>Table Tennis - Development of game play and officiating.</p>	<p>Rounders Cricket Tennis Athletics</p>	

At KS4 all students follow a very similar curriculum to that of KS3. However, the focus is to provide opportunities to develop lifelong participation in sport and exercise.

Groups are set with a similar approach to KS3. Students are not formally assessed in core PE but all receive a report on their progress.