



Curriculum Sequencing Grid: *Physical Education*

Year: 7	Term 1	Term 2	Term 3
Unit (Tablet in 39 week plan)	Baselineing Football Badminton Rugby (boys) Netball (girls) Fitness Indoor Handball OAA	Hockey Rugby (girls) Football Netball Badminton Fitness- outdoor Dance Basketball Gymnastics OAA	Athletics Cricket Rounders Softball
Key Retainable Knowledge (Required for Y11/13) <ul style="list-style-type: none"> What... How.... Why.... 	<p>Physical Me</p> <p>Know what the core skills are for each activity.</p> <p>Know how to perform them in isolation and passive conditioned practices.</p> <p>Reflective Me</p> <p>Can identify strengths and weaknesses in a performance.</p> <p>Develop independence when working</p> <p>Social Me</p> <p>Understand basic rules of the game/sport.</p>	<p>Physical Me</p> <p>Through sharp starts recall transferable core skills.</p> <p>Through Izones provide with time to practice and transfer core skills from isolation to passive and sometimes pressured conditioned games.</p> <p>Reflective Me</p> <p>Improve independent learning skills.</p> <p>Describe strengths and weaknesses of theirs and others performances.</p> <p>Social Me</p>	<p>Physical Me</p> <p>Know what the core skills are in striking and fielding activities.</p> <p>Know how to perform skills in isolation and passive conditioned practices.</p> <p>Reflective Me</p> <p>Describe strengths and weaknesses and begin to suggest some ways to improve.</p> <p>Refined independent learning skills.</p> <p>Social Me</p>



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	<p>Develop oracy skills through answer questions and working within a team.</p> <p>Healthy Me</p> <p>Develop an understanding of how exercises impacts on physical and mental well-being.</p> <p>Understand components of warming up and cool down and different ways of training.</p>	<p>Within small groups lead a basic warm up and begin to take on a leadership roles.</p> <p>Work with different people as part of a team.</p> <p>Healthy Me</p> <p>Develop confidence when performing skills.</p> <p>Gain more understanding of the importance of exercise on physical and mental well-being.</p>	<p>Develop resilience when performing a variety of skills and activities.</p> <p>Work with others as part of a team and being to solve problems.</p> <p>Healthy Me</p> <p>Develop confidence when performing different skills.</p> <p>Gain more understanding of the importance of exercise on physical and mental well-being.</p>
<p>Key Technical Vocabulary (To be modelled and deliberately practiced in context.)</p>	<p>Aesthetics</p> <p>Tension</p> <p>Extension</p> <p>Balance</p> <p>Control</p> <p>Accuracy</p> <p>Fluency</p> <p>Using specific terminology from each sport.</p>	<p>Pulse raiser</p> <p>Dynamic stretching</p> <p>Static stretching</p> <p>Warm up</p> <p>Cool down</p> <p>Skill</p> <p>Strengths</p> <p>Weaknesses</p> <p>Heart rate</p> <p>Cardio vascular endurance</p> <p>Muscular endurance</p> <p>Flexibility</p>	<p>Aesthetics</p> <p>Tension</p> <p>Extension</p> <p>Balance</p> <p>Control</p> <p>Accuracy</p> <p>Fluency</p> <p>Control</p> <p>Using specific terminology from each sport.</p> <p>Pulse raiser</p> <p>Dynamic stretching</p> <p>Static stretching</p>



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		Strength	<p>Warm up</p> <p>Cool down</p> <p>Skill</p> <p>Strengths</p> <p>Weaknesses</p> <p>Heart rate</p> <p>Cardio vascular endurance</p> <p>Muscular endurance</p> <p>Flexibility</p> <p>Strength</p>
Opportunities for Reading	<p>Sky sports news</p> <p>BBC Sport</p> <p>FA</p> <p>England netball</p> <p>Basketball England</p> <p>British gymnastics</p> <p>Badminton England</p> <p>RFU</p>	<p>Sky sports news</p> <p>BBC Sport</p> <p>FA</p> <p>England netball</p> <p>Basketball England</p> <p>British gymnastics</p> <p>Badminton England</p> <p>RFU</p>	<p>Sky sports news</p> <p>BBC Sport</p> <p>British athletics</p> <p>Common wealth/Olympics</p> <p>Wimbledon</p> <p>Cricket highlights.</p>
Developing Cultural Capital (exposure to very best- essential knowledge and skills of educated citizens –	Extra curricular clubs	Extra curricular clubs	Extra curricular clubs



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appreciation of human creativity and achievement.)	<p>Weekly fixtures against Rotherham schools, Tournaments, English schools football and South Yorkshire cup.</p> <p>South Yorkshire netball and football trials.</p> <p>Cross country championships</p> <p>School games competitions</p>	<p>Weekly fixtures against Rotherham schools, Tournaments, English schools football and South Yorkshire cup.</p> <p>South Yorkshire netball and football trials.</p> <p>Cross country championships</p> <p>School games competitions</p> <p>School trips- internal and national- Condoover hall, club Corezze, ski trip.</p>	<p>Weekly fixtures against Rotherham schools, Tournaments, English schools football and South Yorkshire cup.</p> <p>Rotherham athletics trials</p> <p>Cricket and rounders trails.</p>
Cross Curricular Links (Authentic Connections)	<p>Performing arts</p> <p>Science- muscles, body systems and benefits of exercise.</p> <p>Character building- resilience, confidence, goal setting, responsibility, leadership.</p>	<p>Performing arts</p> <p>Science- muscles, body systems and benefits of exercise.</p> <p>Character building- resilience, confidence, goal setting, responsibility, leadership.</p>	<p>Performing arts</p> <p>Science- muscles, body systems and benefits of exercise.</p> <p>Character building- resilience, confidence, goal setting, responsibility, leadership.</p>
Key Assessment	<p>Performance, evaluation and leadership assessment through 'Me in PE' criteria in each sport.</p> <p>Assessment to be done after each block of activity and informs learning cycle data.</p>	<p>Performance, evaluation and leadership assessment through 'Me in PE' criteria in each sport.</p> <p>Assessment to be done after each block of activity and informs learning cycle data.</p>	<p>Performance, evaluation and leadership assessment through 'Me in PE' criteria in each sport.</p> <p>Assessment to be done after each block of activity and informs learning cycle data.</p>
Year: 8	Term 1	Term 2	Term 3
Unit (Tablet in 39 week plan)	<p>Badminton</p> <p>Netball</p> <p>Rugby</p>	<p>Fitness (indoor and outdoor)</p> <p>Rugby</p> <p>Badminton</p>	<p>Athletics</p> <p>Cricket</p> <p>Rounders</p>



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	<p>Gymnastics</p> <p>Football</p> <p>Fitness</p> <p>Dance</p> <p>Handball</p> <p>OAA</p>	<p>Basketball</p> <p>Dance</p> <p>Hockey</p> <p>Fitness- outdoor</p> <p>Handball</p>	<p>Softball</p> <p>Danish long ball</p>
<p>Key Retainable Knowledge (Required for Y11/13)</p> <ul style="list-style-type: none"> What... How.... Why.... 	<p>Physical Me</p> <p>Recall core skills to be able to perform in passive conditioned practices.</p> <p>Progress to pressured conditioned practices.</p> <p>Reflective Me</p> <p>Describe strengths and weaknesses and begin to suggest ways of how to improve.</p> <p>Develop independent learning techniques.</p> <p>Social Me</p> <p>Be able to lead basic warm ups.</p> <p>Apply rules of the sport to conditioned games.</p> <p>Develop resilience and communication skills</p> <p>Work with others and solve problems.</p>	<p>Physical Me</p> <p>Apply a range of tactics into same conditioned practices.</p> <p>Transfer core skills from different sports and from Y7 into conditioned practices in new activities.</p> <p>Reflective Me</p> <p>Describe strength and weaknesses and give examples of how to improve.</p> <p>Develop independent learning techniques and supporting others.</p> <p>Social Me</p> <p>Lead a full warm up to larger groups.</p> <p>Show sportsmanship and fairness towards others.</p> <p>Develop resilience and communication skills</p> <p>Work with others and solve problems.</p>	<p>Physical Me</p> <p>Recall core skills from previous year and apply in conditioned practices.</p> <p>Start to perform advanced skills in isolation.</p> <p>Reflective Me</p> <p>Describe strength and weaknesses and give examples of how to improve.</p> <p>Develop independent learning techniques and supporting others.</p> <p>Social Me</p> <p>Be able to officiate in conditioned games.</p> <p>Develop resilience and communication skills</p> <p>Work with others and solve problems.</p>



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	<p>Healthy Me</p> <p>Develop an understanding of the importance of exercise on physical and mental well-being.</p>	<p>Healthy Me</p> <p>Understand the importance of exercise on physical and mental well-being and know what exercises can be done.</p>	<p>Healthy Me</p> <p>Understand the importance of exercise on physical and mental well-being and know what exercises can be done to improve and maintain them.</p>
<p>Key Technical Vocabulary (To be modelled and deliberately practiced in context.)</p>	<p>Control</p> <p>Balance</p> <p>Extension</p> <p>Tension</p> <p>Accuracy</p> <p>Consistency</p> <p>Use correct terminology specific for each sport.</p> <p>Pulse raiser</p> <p>Dynamic stretches</p> <p>Warm up</p> <p>Cool down</p> <p>Agility</p> <p>Speed</p> <p>Balance</p> <p>Co-ordination</p>	<p>Control</p> <p>Balance</p> <p>Extension</p> <p>Tension</p> <p>Accuracy</p> <p>Consistency</p> <p>Use correct terminology specific for each sport.</p> <p>Pulse raiser</p> <p>Dynamic stretches</p> <p>Warm up</p> <p>Cool down</p> <p>Agility</p> <p>Speed</p> <p>Balance</p> <p>Co-ordination</p>	<p>Control</p> <p>Balance</p> <p>Extension</p> <p>Tension</p> <p>Accuracy</p> <p>Consistency</p> <p>Use correct terminology specific for each sport.</p> <p>Pulse raiser</p> <p>Dynamic stretches</p> <p>Warm up</p> <p>Cool down</p> <p>Agility</p> <p>Speed</p> <p>Balance</p> <p>Co-ordination</p>
<p>Opportunities for Reading</p>	<p>Sky sports news</p>	<p>Sky sports news</p>	<p>Sky sports news</p>



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	<p>BBC Sport</p> <p>FA</p> <p>England netball</p> <p>Basketball England</p> <p>British gymnastics</p> <p>Badminton England</p> <p>RFU</p> <p>Brian Mac</p> <p>Teach PE</p>	<p>BBC Sport</p> <p>FA</p> <p>England netball</p> <p>Basketball England</p> <p>British gymnastics</p> <p>Badminton England</p> <p>RFU</p> <p>Brian Mac</p> <p>Teach PE</p>	<p>BBC Sport</p> <p>British athletics</p> <p>Common wealth/Olympics</p> <p>Wimbledon</p> <p>Cricket.</p>
<p>Developing Cultural Capital (exposure to very best- essential knowledge and skills of educated citizens – appreciation of human creativity and achievement.)</p>	<p>Extra curricular clubs</p> <p>Weekly fixtures against Rotherham schools, Tournaments, English schools football and South Yorkshire cup.</p> <p>South Yorkshire netball and football trials.</p> <p>Cross country championships</p> <p>School games competitions</p>	<p>Extra curricular clubs</p> <p>Weekly fixtures against Rotherham schools, Tournaments, English schools football and South Yorkshire cup.</p> <p>South Yorkshire netball and football trials.</p> <p>Cross country championships</p> <p>School games competitions</p> <p>Trips to watch live sport.</p> <p>School trips- internal and national- Condover hall, club Corezze, ski trip.</p>	<p>Extra curricular clubs</p> <p>Weekly fixtures against Rotherham schools, Tournaments, English schools football and South Yorkshire cup.</p> <p>Rotherham athletics trials</p> <p>Cricket and rounders trails.</p>
<p>Cross Curricular Links (Authentic Connections)</p>	<p>Performing arts</p> <p>Science- muscles, body systems and benefits of exercise.</p>	<p>Performing arts</p> <p>Science- muscles, body systems and benefits of exercise.</p>	<p>Performing arts</p> <p>Science- muscles, body systems and benefits of exercise.</p>



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	Character building- resilience, confidence, goal setting, responsibility, leadership.	Character building- resilience, confidence, goal setting, responsibility, leadership.	Character building- resilience, confidence, goal setting, responsibility, leadership.
Key Assessment	Performance, evaluation and leadership assessment through 'Me in PE' criteria in each sport.	Performance, evaluation and leadership assessment through 'Me in PE' criteria in each sport.	Performance, evaluation and leadership assessment through 'Me in PE' criteria in each sport.
Year: 9	Term 1	Term 2	Term 3
Unit (Tablet in 39 week plan)	Badminton Netball Rugby Gymnastics Football Fitness Dance Handball OAA	Fitness (indoor and outdoor) Rugby Badminton Basketball Dance Hockey Fitness- outdoor Handball	Athletics Cricket Rounders Softball Danish long ball
Key Retainable Knowledge (Required for Y11/13) <ul style="list-style-type: none"> What... How.... Why.... 	Physical Me Recall core skills to be able to perform in conditioned practices. Progress to advanced skills Reflective Me	Physical Me Apply a range of tactics into same conditioned practices.	Physical Me Recall core skills from previous year and apply in conditioned practices and apply arrange of tactics into conditioned games.



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	<p>Describe strengths and weaknesses and to suggest ways of how to improve.</p> <p>Develop independent learning techniques.</p> <p>Social Me</p> <p>Be able to lead basic warm ups.</p> <p>Apply rules of the sport to conditioned games.</p> <p>Develop resilience and communication skills</p> <p>Work with others and solve problems.</p> <p>Healthy Me</p> <p>Develop an understanding of the importance of exercise on physical and mental well-being.</p>	<p>Transfer core skills and some advanced skills from different sports and from Y7 into conditioned practices in new activities.</p> <p>Reflective Me</p> <p>Describe strength and weaknesses and give examples of how to improve.</p> <p>Develop independent learning techniques and supporting others.</p> <p>Social Me</p> <p>Lead a full warm up to larger groups.</p> <p>Show sportsmanship and fairness towards others.</p> <p>Develop resilience and communication skills</p> <p>Work with others and solve problems.</p> <p>Healthy Me</p> <p>Understand the importance of exercise on physical and mental well-being and know what exercises can be done.</p>	<p>Start to perform more advanced skills in isolation and conditioned practices.</p> <p>Reflective Me</p> <p>Describe strength and weaknesses and give examples of how to improve.</p> <p>Develop independent learning techniques and supporting others.</p> <p>Social Me</p> <p>Be able to officiate in conditioned games.</p> <p>Develop resilience and communication skills</p> <p>Work with others and solve problems.</p> <p>Healthy Me</p> <p>Understand the importance of exercise on physical and mental well-being and know what exercises can be done to improve and maintain them.</p>
<p>Key Technical Vocabulary (To be modelled and deliberately practiced in context.)</p>	<p>Control</p> <p>Balance</p> <p>Extension</p> <p>Tension</p>	<p>Control</p> <p>Balance</p> <p>Extension</p> <p>Tension</p>	<p>Control</p> <p>Balance</p> <p>Extension</p> <p>Tension</p>



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	<p>Accuracy</p> <p>Consistency</p> <p>Use correct terminology specific for each sport.</p> <p>Pulse raiser</p> <p>Dynamic stretches</p> <p>Warm up</p> <p>Cool down</p> <p>Agility</p> <p>Speed</p> <p>Balance</p> <p>Co-ordination</p>	<p>Accuracy</p> <p>Consistency</p> <p>Use correct terminology specific for each sport.</p> <p>Pulse raiser</p> <p>Dynamic stretches</p> <p>Warm up</p> <p>Cool down</p> <p>Agility</p> <p>Speed</p> <p>Balance</p> <p>Co-ordination</p>	<p>Accuracy</p> <p>Consistency</p> <p>Use correct terminology specific for each sport.</p> <p>Pulse raiser</p> <p>Dynamic stretches</p> <p>Warm up</p> <p>Cool down</p> <p>Agility</p> <p>Speed</p> <p>Balance</p> <p>Co-ordination</p>
<p>Opportunities for Reading</p>	<p>Sky sports news</p> <p>BBC Sport</p> <p>FA</p> <p>England netball</p> <p>Basketball England</p> <p>British gymnastics</p> <p>Badminton England</p> <p>RFU</p> <p>Brian Mac</p> <p>Teach PE</p>	<p>Sky sports news</p> <p>BBC Sport</p> <p>FA</p> <p>England netball</p> <p>Basketball England</p> <p>British gymnastics</p> <p>Badminton England</p> <p>RFU</p> <p>Brian Mac</p> <p>Teach PE</p>	<p>Sky sports news</p> <p>BBC Sport</p> <p>British athletics</p> <p>Common wealth/Olympics</p> <p>Wimbledon</p> <p>Cricket.</p>



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<p>Developing Cultural Capital (exposure to very best- essential knowledge and skills of educated citizens – appreciation of human creativity and achievement.)</p>	<p>Extra curricular clubs</p> <p>Weekly fixtures against Rotherham schools, Tournaments, English schools football and South Yorkshire cup.</p> <p>South Yorkshire netball and football trials.</p> <p>Cross country championships</p> <p>School games competitions</p>	<p>Extra curricular clubs</p> <p>Weekly fixtures against Rotherham schools, Tournaments, English schools football and South Yorkshire cup.</p> <p>South Yorkshire netball and football trials.</p> <p>Cross country championships</p> <p>School games competitions</p> <p>Trips to watch live sport.</p> <p>School trips- internal and national- Condoval hall, club Corezze, ski trip.</p>	<p>Extra curricular clubs</p> <p>Weekly fixtures against Rotherham schools, Tournaments, English schools football and South Yorkshire cup.</p> <p>Rotherham athletics trials</p> <p>Cricket and rounders trails.</p>
<p>Cross Curricular Links (Authentic Connections)</p>	<p>Performing arts</p> <p>Science- muscles, body systems and benefits of exercise.</p> <p>Character building- resilience, confidence, goal setting, responsibility, leadership.</p>	<p>Performing arts</p> <p>Science- muscles, body systems and benefits of exercise.</p> <p>Character building- resilience, confidence, goal setting, responsibility, leadership.</p>	<p>Performing arts</p> <p>Science- muscles, body systems and benefits of exercise.</p> <p>Character building- resilience, confidence, goal setting, responsibility, leadership.</p>
<p>Key Assessment</p>	<p>Performance, evaluation and leadership assessment through 'Me in PE' criteria in each sport.</p>	<p>Performance, evaluation and leadership assessment through 'Me in PE' criteria in each sport.</p>	<p>Performance, evaluation and leadership assessment through 'Me in PE' criteria in each sport.</p>