

# Physical Education



**KEMNAL HEARTS**



**KEMNAL MINDS**

[Curriculum Overview](#)

[Curriculum Enriching Opportunities](#)

[Links To The National Curriculum](#)

## Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Introducing Rules for Different Sports Developing the Application of Fundamental Skills Introducing Different Tactics and Strategies. Demonstrate Communication and Teamwork		Introducing Rules for Different Sports Developing the Application of Fundamental Skills Introducing Different Tactics and Strategies. Demonstrate Communication and Teamwork		Introducing Rules for Different Sports Developing the Application of Fundamental Skills Introducing Different Tactics and Strategies. Demonstrate Communication and Teamwork	
Year 8	Understanding Rules for Different Sports Developing the Application of Fundamental Skills Developing Different Tactics and Strategies. Developing Communication and Teamwork		Understanding Rules for Different Sports Developing the Application of Fundamental Skills Developing Different Tactics and Strategies. Developing Communication and Teamwork		Understanding Rules for Different Sports Developing the Application of Fundamental Skills Developing Different Tactics and Strategies. Developing Communication and Teamwork	
Year 9	Understanding Rules for Different Sports Analysing Performance, Techniques, Tactical Application and Strategic Awareness Developing Communication and Teamwork		Understanding Rules for Different Sports Analysing Performance, Techniques, Tactical Application and Strategic Awareness Developing Communication and Teamwork		Understanding Rules for Different Sports Analysing Performance, Techniques, Tactical Application and Strategic Awareness Developing Communication and Teamwork	

# Physical Education

## Sport Science Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	R043: The Body's Response to Physical Activity <i>(coursework unit)</i>	R043: The Body's Response to Physical Activity <i>(coursework unit)</i>	R043: The Body's Response to Physical Activity <i>(coursework unit)</i>	R041: Reducing the Risk of Sports Injury <i>(exam unit)</i>	R041: Reducing the Risk of Sports Injury <i>(exam unit)</i>	R041: Reducing the Risk of Sports Injury <i>(exam unit)</i>
Year 11	R042: Applying the Principles of Training <i>(coursework unit)</i>	R042: Applying the Principles of Training <i>(coursework unit)</i>	R042: Applying the Principles of Training <i>(coursework unit)</i>	R046: Technology in Sport <i>(coursework unit)</i>	R046: Technology in Sport <i>(coursework unit)</i>	

## Curriculum Enriching Opportunities

Curriculum Enriching Opportunities					
	Year 7	Year 8	Year 9	Year 10	Year 11
Suggested Reading	You are awesome - Matthey Syed	Jessica Ennis - Jessica Ennis	The Sports Gene: Inside the Science of Extraordinary Athletic Performance - David Epstein	Moneyball: The Art of Winning an Unfair Game - Michael Lewis	Friday Night Lights: A Town, a Team and a Dream - Buzz Bissinger

# Physical Education

Links To The National Curriculum

<b><u>KS3 National Curriculum Links</u></b>	
<b>The National Curriculum</b>	<b>KTC reference to the National Curriculum</b>
Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	Year 7 - T1, T2, T3, T4, T5, T6 Year 8 - T1, T2, T3, T4, T5, T6 Year 9 - T1, T2, T3, T4, T5, T6
Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]	Year 7 - T1, T2, T3, T4, T5, T6 Year 8 - T1, T2, T3, T4, T5, T6 Year 9 - T1, T2, T3, T4, T5, T6
Perform dances using advanced dance techniques within a range of dance styles and forms	Year 7 - T3 Year 8 - T3 Year 9 - T3
Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Year 7 - T4 Year 8 - T4 Year 9 - T4
Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best	Year 7 - T1, T2, T3, T4, T5, T6 Year 8 - T1, T2, T3, T4, T5, T6 Year 9 - T1, T2, T3, T4, T5, T6
Opportunity to take part in competitive sports and activities outside school through community links or sports clubs	Year 7 - T1, T2, T3, T4, T5, T6 Year 8 - T1, T2, T3, T4, T5, T6 Year 9 - T1, T2, T3, T4, T5, T6

# Physical Education

<u>KS4 National Curriculum Links</u>	
The National Curriculum	KTC reference to the National Curriculum
use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	Year 10 -T1, T2, T3, T4, T5, T6 Year 11 -T1, T2, T3, T4, T5
develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] or other physical activities [for example, dance]	Year 10 -T1, T2, T3, T4, T5, T6 Year 11 -T1, T2, T3, T4, T5
take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Duke of Edinburgh opportunities Various trips and workshops
evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best	Year 10 -T1, T2, T3, T4, T5, T6 Year 11 -T1, T2, T3, T4, T5
Encouraged to take part regularly in competitive sports and activities outside school through community links or sports clubs	Year 10 -T1, T2, T3, T4, T5, T6 Year 11 -T1, T2, T3, T4, T5