

## Programme of study – Physical Education

2020-21

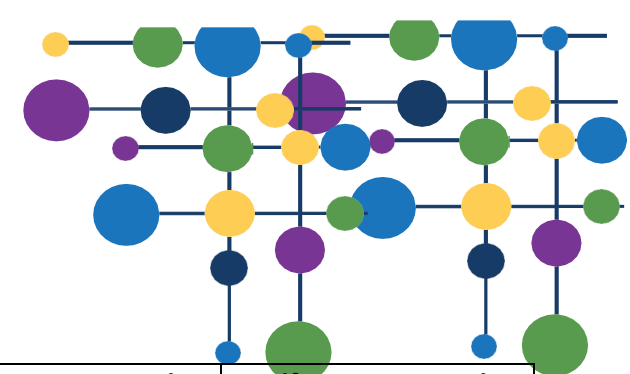
**Intent** - The Royds Hall PE curriculum will be broad and balanced allowing students to develop the knowledge and skills to be physically active and healthy in later life. Our curriculum will promote a love of physical activity and the confidence to participate both in school and also outside.

The curriculum is designed to be enjoyable, but at the same time develop and stimulate the students; physically, socially, emotionally and cognitively. The curriculum aims to provide every student an equal opportunity of learning experiences in games, gymnastics, dance, athletics, outdoor education and other non-traditional sports. Students will be encouraged to take on different roles and enjoy physical activity as performers, leaders and referees/umpires/officials. Students will be guided to use leadership qualities when working as part of a team and respond to the strengths and weaknesses of those they are working with, with the intention of students taking these skills in to working life. Extra-curricular activities will be provided to promote further opportunities for students to develop social skills and a wider determination to be successful.

Students will develop physical, technical and tactical sporting skills; enhanced by an embedded focus on mental skills such as resilience, determination and confidence. Students will also develop their understanding of how the body's systems change during exercise, the major muscles in the body and also the different aspect of fitness and how these are used within various sports.

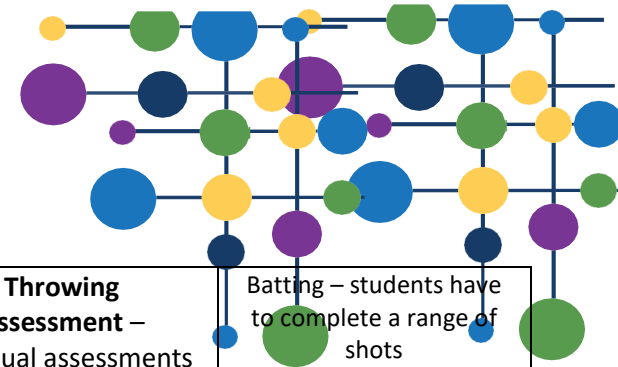
### **The national curriculum for physical education aims to ensure that all pupils:**

- ♣ develop competence to excel in a broad range of physical activities
- ♣ are physically active for sustained periods of time
- ]♣ engage in competitive sports and activities

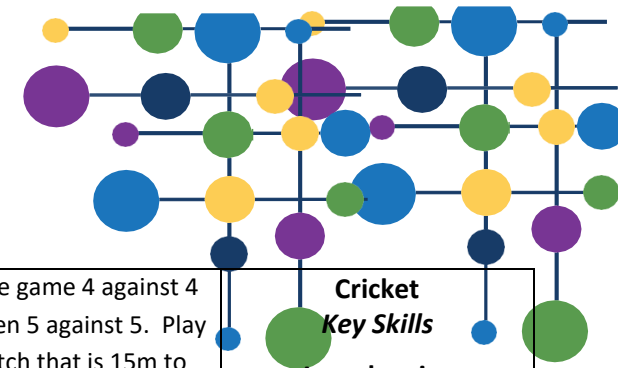


♣ lead healthy, active lives.

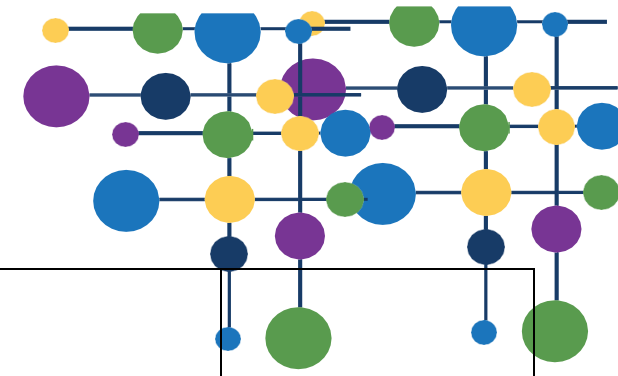
Year group	Half term 1 – 3 weeks on each sport	Half term 2 - 3 weeks on each sport	Half term 3– 3 weeks on each sport	Half term 4– 3 weeks on each sport	Half term 5– 3 weeks on each sport	Half term 6– 3 weeks on each sport
7	<p><b>Athletics</b> <i>Key Skills</i></p> <p>Sprinting Jumping Throwing Assessment – Individual assessments throughout each activity. Distance/time based assessments</p>	<p><b>Badminton</b> <i>Key Skills</i></p> <p>Overhead clear Long and short serves Smash shot Court markings Game play Assessment – <i>Hot and cold tasks</i> On Court 1, stand behind the service line and hit the shuttle over the net into the opposite court On Court 2, send the shuttle over the net to the back half of the court, past the cones On Court 3, send the shuttle over the net so that it lands in a hoop On Court 4, hit the shuttle over the net so that it lands on a small rubber mat. Singles match</p>	<p><b>Football</b> <i>Key Skills</i></p> <p>Passing - Varying distances Ball control – feet Heading Small sided games Assessment – <i>Hot and cold tasks</i> Play the game 4 against 4 and then 5 against 5. Play on a pitch that is 15m to 20m wide and 30m to 40m long. Position one goal at each end of the pitch with a shooting area of about 10m x 10m.</p>	<p><b>Handball</b> <i>Key Skills</i></p> <p>Passing Jump shot Creating space Rules Small sided games Assessment – <i>Hot and cold tasks</i> 4 v 4 game on one third of a court. To score you must either shoot into the net, (this will score 5 points for your team) OR touch the wall with the ball in your hand. (this will score 1 point for your team).</p>	<p><b>Basketball</b> <i>Key Skills</i></p> <p>Ball familiarisation Passing – closed situation Dribbling – use of both hands Shooting – set shot Basic rules – double dribble, travelling, contact Small sided games Assessment – <i>Hot and cold tasks</i> 4 v 4 game on one third of a court. To score you must either shoot into the Basketball net, (this will score 5 points for your team) OR touch the wall with the ball in your hand. (this will score 1 point for your team).</p>	<p><b>Rounders</b> <i>Key Skills</i></p> <p>Bowling technique Batting technique Basic rule development. Game play Assessment – <i>Hot and cold tasks</i></p>
BOYS	<p><b>Rounders</b> <i>Key Skills</i></p> <p><b>Bowling technique</b> <b>Batting technique</b> <b>Basic rule development.</b> <b>Game play</b> Assessment – <i>Hot and cold tasks</i></p>	<p><b>Gym</b> <i>Key Skills</i></p> <p>Travelling</p>	<p><b>Rugby</b> <i>Key Skills</i></p> <p>Ball handling Passing along the line without pressure Tackling technique Tag rugby Small sided games</p>	<p><b>Dance</b> <i>Key Skills</i></p> <p>Haka – taught set moves, students then create their own movements Assessment –</p>	<p><b>Athletics</b> <i>Key Skills</i></p> <p>Sprinting Jumping</p>	<p><b>Cricket</b> <i>Key Skills</i></p> <p>Long barrier Coil bowling technique Straight drive Rules – no ball, wide methods to get players out Pairs cricket Assessment – <i>Hot and cold tasks</i> Bowling station – students have to bowl the ball at the wickets aiming to land the ball in a specific area.</p>



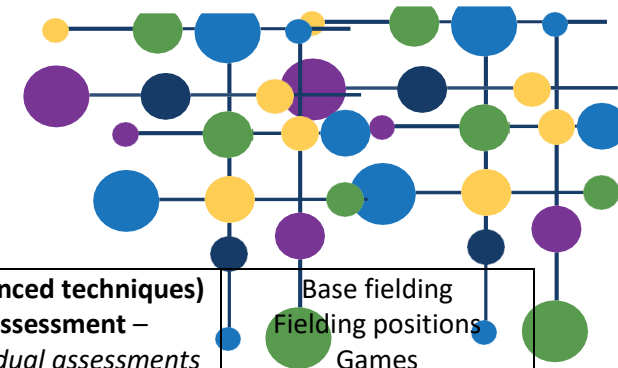
		<p><b>Balances, individual and pairs</b> <b>Sequence development</b> <b>Assessment –</b> <i>Hot and cold task</i> With a partner or own your own, create and perform a sequence on the floor lasting about 1 minute. Make sure that you use skills and ideas from this unit. Your sequence must:</p> <p>Include at least 4 different actions ie travelling using a variety of body parts Include at least 3 still shapes Try to use space creatively</p>	<p><b>Assessment –</b> <i>Hot and cold tasks</i> 4 v 4 game on a 20x40 pitch. Students play a game of touch/normal rules rugby.</p>	<p>Performance based assessment Students produce their own version of the Haka and are assessed on the creativity of the sequence.</p>	<p><b>Throwing Assessment –</b> Individual assessments throughout each activity. Distance/time based assessments</p>	<p>Batting – students have to complete a range of shots Fielding – students have to throw the ball at a set of stumps Pairs cricket game</p>
<p><b>Athletics</b> <b>Key Skills</b> <b>Sprinting</b> <b>Jumping</b> <b>Throwing</b> <b>Assessment –</b> Individual assessments throughout each activity. Distance/time based assessments</p>	<p><b>Badminton</b> <b>Key Skills</b> <b>Overhead clear</b> <b>Long and short serves</b> <b>Smash shot</b> <b>Court markings</b> <b>Game play</b> <b>Assessment –</b> <i>Hot and cold tasks</i></p>	<p><b>Dance</b> <b>Key Skills</b> <b>Dance through the ages</b> <b>Rock and roll,</b> <b>Charleston, lindy hop,</b> <b>night fever</b>  <b>Assessment –</b> Hot and cold task</p>	<p><b>Tramp</b> <b>Key Skills</b> <b>Basic shapes</b> <b>Seat landings</b> <b>Swivel hips</b> <b>Full twist half twist</b> <b>Routine creation</b>  <b>Assessment –</b> Routine performance – students perform a basic</p>	<p><b>Football</b> <b>Key Skills</b> <b>Passing - Varying distances</b> <b>Ball control – feet</b> <b>Heading</b> <b>Small sided games</b> <b>Assessment –</b> <i>Hot and cold tasks</i></p>	<p><b>Rounders</b> <b>Key Skills</b> <b>Bowling technique</b> <b>Batting technique</b> <b>Basic rule development.</b> <b>Game play</b> <b>Assessment –</b> <i>Hot and cold tasks</i></p>	



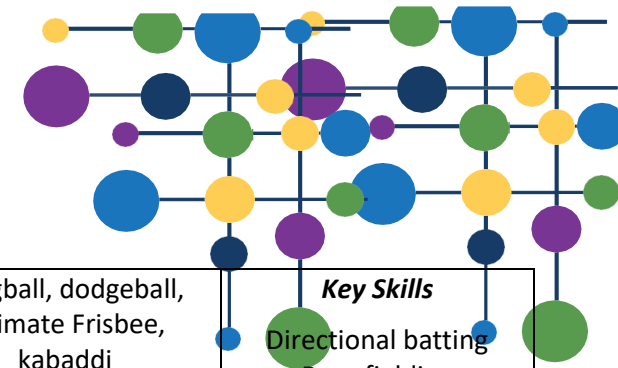
<p><b>GIRLS</b></p>	<p><b>Rounders</b> <i>Key Skills</i> <b>Bowling technique</b> <b>Batting technique</b> <b>Basic rule development.</b> <b>Game play</b> <b>Assessment –</b> <i>Hot and cold tasks</i></p>	<p>On Court 1, stand behind the service line and hit the shuttle over the net into the opposite court On Court 2, send the shuttle over the net to the back half of the court, past the cones On Court 3, send the shuttle over the net so that it lands in a hoop On Court 4, hit the shuttle over the net so that it lands on a small rubber mat. Singles match</p> <p><b>Gym</b> <i>Key Skills</i> <b>Travelling</b> <b>Balances, individual and pairs</b> <b>Sequence development</b> <b>Assessment –</b> <i>Hot and cold task</i> With a partner or own your own, create and perform a sequence on the floor lasting about 1 minute. Make sure that you use skills and ideas from this unit. Your sequence must:</p>	<p>With a partner, create and perform a dance sequence. Your sequence must:</p> <p>Include at least 4 different actions including jump, twist, roll and leap</p> <p>Include 2 different levels e.g. performing at a low, medium height. Also think about traveling in different directions Try to use space creatively</p> <p><b>Basketball</b> <i>Key Skills</i> <b>Ball familiarisation</b> <b>Passing – closed situation</b> <b>Dribbling – use of both hands</b> <b>Shooting – set shot</b> <b>Basic rules – double dribble, travelling, no contact</b> <b>Small sided games</b> <b>Assessment –</b> <i>Hot and cold tasks</i> 4 v 4 game on one third of a court. To score you must either shoot into</p>	<p>routine on the trampoline. 3 different routines which vary in difficulty.</p> <p><b>Netball</b> <i>Key Skills</i> <b>Footwork</b> <b>Passing</b> <b>Marking and defending</b> <b>Games and positions</b> <b>Assessment –</b> <i>Hot and cold tasks</i> The aim of the game is to pass the ball to a nominated player in the end zone of a pitch.</p> <p>Play the game 4 against 2 and then 4 against 3. Play on 2/3 of the netball court – the end zones should be about 1m wide, running the width of the pitch. Use netball skills and techniques.</p> <p>To score points, the ball has to be passed to and stopped by a player who has been nominated to receive the ball in the end zone. This player can move anywhere</p>	<p>Play the game 4 against 4 and then 5 against 5. Play on a pitch that is 15m to 20m wide and 30m to 40m long. Position one goal at each end of the pitch with a shooting area of about 10m x 10m.</p> <p><b>Athletics</b> <i>Key Skills</i> <b>Sprinting</b> <b>Jumping</b> <b>Throwing</b> <b>Assessment –</b> Individual assessments throughout each activity. Distance/time based assessments</p>	<p><b>Cricket</b> <i>Key Skills</i> <b>Long barrier</b> <b>Coil bowling technique</b> <b>Straight drive</b> <b>Rules – no ball, wide methods to get players out</b> <b>Pairs cricket</b> <b>Assessment –</b> <i>Hot and cold tasks</i> Bowling station – students have to bowl the ball at the wickets aiming to land the ball in a specific area. Batting – students have to complete a range of shots Fielding – students have to throw the ball at a set of stumps Pairs cricket game</p>
---------------------	--	---	--	--	--	--



		<p>Include at least 4 different actions ie travelling using a variety of body parts          Include at least 3 still shapes          Try to use space creatively</p>	<p>the Basketball net, (this will score 5 points for your team) OR touch the wall with the ball in your hand. (this will score 1 point for your team).</p>	<p>on the pitch, but must be in the end zone to receive the ball and then shoot to score a 'goal'. The goals can be hoops, nets, posts, etc.          After every goal, the team that did not score takes a free pass from its back line.          If the ball goes out the opposition throws in from where the ball went out.</p>		
8	<p><b>Athletics</b>  <b>Key Skills</b>          Sprinting          Jumping          Throwing  <b>(Advanced techniques)</b>  <b>Assessment –</b>  <i>Individual assessments throughout each activity. Distance/time based assessments</i></p> <p><b>Rounders</b>  <b>Key Skills</b>          Directional batting          Base fielding          Fielding positions</p>	<p><b>Badminton</b>  <b>Key Skills</b>          Backhand and forehand serves serves under pressure          Smash shot          Drop shot          Tactical understanding          Game play – introduction of doubles play  <b>Assessment –</b>  <i>Skills based assessment throughout</i>  <i>Half court singles</i>  <i>Ladders tournament</i></p> <p><b>H/R Fitness</b></p>	<p><b>Football</b>  <b>Key Skills</b>          Passing under pressure – 3v2 4v2 situations          Ball control under pressure          Positional understanding          Tactics          Small sided games  <b>Assessment –</b>  <i>Hot and cold tasks</i>  <i>Skills based assessment throughout</i>  <i>Games</i></p> <p><b>Basketball</b></p>	<p><b>Gym</b>  <b>Key Skills</b>          Individual, pair and groups balances          Starting off on the floor and gradually adding apparatus and the size of them  <b>Assessment –</b>  <i>Assessed sequence</i></p> <p><b>Sport ed</b>  <b>Key Skills</b>          Student lead sessions          Teamwork, communication, co-operation</p>	<p><b>Rugby</b>  <b>Key Skills</b>          Tackling technique          Passing under pressure          Full contact games          6v6 games  <b>Assessment –</b>  <i>Hot and cold tasks</i>  <i>Skills based assessment throughout</i>  <i>5v5 conditioned games</i></p> <p><b>Athletics</b>  <b>Key Skills</b>          Sprinting          Jumping          Throwing</p>	<p><b>Cricket</b>  <b>Key Skills</b>          Bowling techniques          Batting techniques – front foot and back foot shots          Fielding positions  <b>Assessment –</b>  <i>Hot and cold tasks</i>  <i>Skills based assessment throughout</i>  <i>Games</i></p> <p><b>Rounders</b>  <b>Key Skills</b>          Directional batting</p>
<b>BOYS</b>						



<b>GIRLS</b>	<p>Games <b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment throughout</i> <i>Games</i></p>	<p>Circuit training Interval training Fartlek training Heart rate zones</p>	<p><b>Key Skills</b> Passing under pressure – 3v2 4v2 situations Set shot under pressure Lay up shot Defensive tactics Small sided games Introduction into full court basketball <b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment throughout</i> <i>5 v 5 Games</i></p>	<p>Assessment – students ability to undertake their roles throughout the unit</p>	<p><b>(Advanced techniques)</b> <b>Assessment –</b> <i>Individual assessments throughout each activity. Distance/time based assessments</i></p>	<p>Base fielding Fielding positions Games <b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment throughout</i> <i>Games</i></p>
	<p><b>Athletics</b> <b>Key Skills</b> Sprinting Jumping Throwing <b>(Advanced techniques)</b> <b>Assessment –</b> <i>Individual assessments throughout each activity. Distance/time based assessments</i></p> <p><b>Rounders</b> <b>Key Skills</b> Directional batting</p>	<p><b>Badminton</b> <b>Key Skills</b> Backhand and forehand serves serves under pressure Smash shot Drop shot Tactical understanding Game play – introduction of doubles play <b>Assessment –</b> <i>Skills based assessment throughout</i> <i>Half court singles</i> <i>Ladders tournament</i></p>	<p><b>Tramp</b> <b>Key Skills</b> Front landings Back landings Routine formations <b>Assessment –</b> Hot and cold tasks <i>Routines</i></p> <p><b>Sport ed Dance</b> <b>Key Skills</b> Student lead sessions Students create their own dance routines <b>Assessment –</b></p>	<p><b>Netball</b> <b>Key Skills</b> Recap basic Skills transferred into game play Catching on the move Footwork turning in the air Tactical understanding <b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment throughout</i> <i>Games</i> Small sided games</p>	<p><b>Athletics</b> <b>Key Skills</b> Sprinting Jumping Throwing <b>(Advanced techniques)</b> <b>Assessment –</b> <i>Individual assessments throughout each activity. Distance/time based assessments</i></p> <p><b>SAR</b> Students experience different sports from different countries</p>	<p><b>Cricket</b> <b>Key Skills</b> Bowling techniques Batting techniques – front foot and back foot shots Fielding positions <b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment throughout</i> <i>Games</i></p> <p><b>Rounders</b></p>

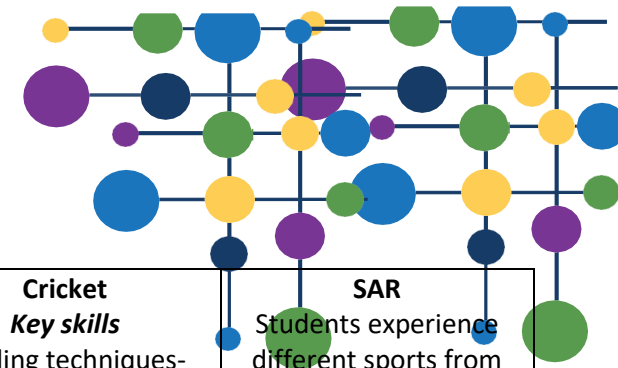


	<p>Base fielding Fielding positions Games</p> <p><b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment</i> <i>throughout</i> <i>Games</i></p>	<p><b>Gym</b> <b>Key Skills</b></p> <p>Individual, pair and groups balances Starting off on the floor and gradually adding apparatus and the size of them</p> <p><b>Assessment –</b> <i>Assessed sequence</i></p>	<p><i>Dance showcase at the end of the unit</i></p>	<p><b>Basketball</b> <b>Key Skills</b></p> <p>Passing under pressure – 3v2 4v2 situations Set shot under pressure Lay up shot Defensive tactics Small sided games</p> <p><b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment</i> <i>throughout</i> <i>5v5 conditioned games</i></p>	<p>Longball, dodgeball, ultimate Frisbee, kabaddi</p>	<p><b>Key Skills</b></p> <p>Directional batting Base fielding Fielding positions Games</p> <p><b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment</i> <i>throughout</i> <i>Games</i></p>
9	<p><b>Athletics</b> <b>Key skills</b> Sprinting Jumping Throwing</p> <p><b>(Advanced techniques)</b></p> <p><b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment</i> <i>throughout</i></p> <p><b>Rounders</b> <b>Key skills</b></p>	<p><b>Badminton</b> <b>Key skills</b> Net shots Attacking and defensive Tactics Doubles and singles</p> <p>Doubles rules</p> <p><b>Assessment –</b> <i>Skills based assessment</i> <i>throughout</i> <i>Half court singles</i> <i>Doubles matches</i> <i>Ladders tournament</i></p>	<p><b>Football</b> <b>Key skills</b> Games for understanding – 6v6 and above Use of width Possession based games</p> <p>Tactical development – attacking and defensive strategies.</p> <p><b>Assessment –</b> <i>Hot and cold tasks</i></p>	<p><b>Basketball</b> <b>Key skills</b> Attacking and defensive tactics Lay ups under pressure 5 v5 full court games Umpiring</p> <p><b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment</i> <i>throughout</i> <i>Games</i></p> <p><b>Rugby</b></p>	<p><b>Orienteering –</b> <b>Key skills</b> Basic map reading skills Develop competence in the use of Orienteering maps Key features on a map Trust building exercises</p> <p><b>Assessment –</b> <i>Hot and cold task</i> <i>Completion of</i> <i>Orienteering courses</i></p>	<p><b>Athletics</b> <b>Key skills</b> Sprinting Jumping Throwing</p> <p><b>(Advanced techniques)</b></p> <p><b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment</i> <i>throughout</i></p>

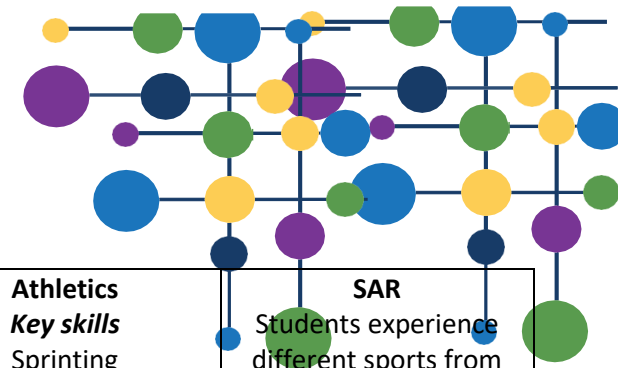


	<p>Shot placement in pressurised situations Fielding responsibilities Tactical awareness of teams strengths.</p> <p><b>Assessment –</b> <i>Skills based assessment throughout Games</i></p>	<p><b>H/R Fitness</b> Circuit training Interval training Fartlek training Heart rate zones</p>	<p><i>Skills based assessment throughout Games</i></p> <p><b>Leadership</b> Students devise their own games and rules and then lead them to younger students.</p> <p><b>Assessment –</b> <i>Leadership skills are assessed Effectiveness of the games</i></p>	<p><b>Key skills</b> Tackling technique Passing under pressure Attacking tactics/ Set of plays Rule development Full contact games 6v6 games</p> <p><b>Assessment –</b> <i>Hot and cold tasks Skills based assessment throughout Games</i></p>	<p><b>Cricket</b> <b>Key skills</b> Bowling techniques- Batting techniques – Small sided games</p> <p><b>Assessment –</b> <i>Hot and cold tasks Skills based assessment throughout Games</i></p>	<p><b>SAR</b> Students experience different sports from different countries Longball, dodgeball, ultimate Frisbee, kabaddi</p>
	<p><b>Athletics</b> <b>Key skills</b> Sprinting Jumping Throwing</p> <p><b>(Advanced techniques)</b> <b>Assessment –</b> <i>Hot and cold tasks Skills based assessment throughout</i></p> <p><b>Rounders</b> <b>Key skills</b>  Shot placement in pressurised situations</p>	<p><b>Badminton</b> <b>Key skills</b> Net shots Attacking and defensive Tactics Doubles and singles Doubles rules</p> <p><b>Assessment –</b> <i>Skills based assessment throughout Half court singles Doubles matches Ladders tournament</i></p> <p><b>H/R Fitness</b> Circuit training Interval training</p>	<p><b>Tramp</b> <b>Key Skills</b> Front landings Back landings Routine formations</p> <p><b>Assessment –</b> Hot and cold tasks <i>Routines</i></p> <p><b>Netball</b> Games for understanding Tactical development – attacking and defensive strategies</p> <p><b>Assessment –</b></p>	<p><b>Orienteering –</b> <b>Key skills</b> Basic map reading skills Develop competence in the use of Orienteering maps Key features on a map Trust building exercises</p> <p><b>Assessment –</b> <i>Hot and cold task Completion of Orienteering courses</i></p>	<p><b>Rounders</b> <b>Key skills</b>  Shot placement in pressurised situations Fielding responsibilities Tactical awareness of teams strengths.</p> <p><b>Assessment –</b> <i>Skills based assessment throughout Games</i></p>	<p><b>Athletics</b> <b>Key skills</b> Sprinting Jumping Throwing</p> <p><b>(Advanced techniques)</b> <b>Assessment –</b> <i>Hot and cold tasks Skills based assessment throughout</i></p>





	<p>Fielding responsibilities Tactical awareness of teams strengths. <b>Assessment –</b> <i>Skills based assessment throughout Games</i></p>	<p>Fartlek training Heart rate zones</p>	<p><i>Hot and cold tasks</i> <i>Skills based assessment throughout Games</i></p>	<p><b>Football</b> <b>Key skills</b> Games for understanding – 6v6 and above Positional development within games <b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment throughout Games</i> Small sided games</p> <p><b>Orienteering –</b> <b>Key skills</b> Basic map reading skills Develop competence in the use of Orienteering maps Key features on a map Trust building exercises</p> <p><b>Assessment –</b> <i>Hot and cold task</i> <i>Completion of Orienteering courses</i></p>	<p><b>Cricket</b> <b>Key skills</b> Bowling techniques- Batting techniques – Small sided games <b>Assessment –</b></p> <p><b>Rounders</b> <b>Key skills</b> Shot placement in pressurised situations Fielding responsibilities Tactical awareness of teams strengths. <b>Assessment –</b> <i>Skills based assessment throughout Games</i></p>	<p><b>SAR</b> Students experience different sports from different countries Longball, dodgeball, ultimate Frisbee, kabaddi</p> <p><b>Cricket</b> <b>Key skills</b> Bowling techniques- Batting techniques – Small sided games <b>Assessment –</b></p>
--	---	--	--	--	---	---



				<p><b>Basketball</b> <i>Key skills</i> Attacking and defensive tactics Lay ups under pressure 5 v5 full court games Umpiring <b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment throughout</i> <i>Games</i></p>	<p><b>Athletics</b> <i>Key skills</i> Sprinting Jumping Throwing <b>(Advanced techniques)</b> <b>Assessment –</b> <i>Hot and cold tasks</i> <i>Skills based assessment throughout</i></p>	<p><b>SAR</b> Students experience different sports from different countries Longball, dodgeball, ultimate Frisbee, kabaddi</p>
10	<p><b>Options</b> Games for understanding Further development of tactics/ devising own tactics- formations/Evaluation of performance as team and devise improvements in performance</p>	<p><b>Options</b> Games for understanding Further development of tactics/ devising own tactics- formations/Evaluation of performance as team and devise improvements in performance</p>	<p><b>Options</b> Games for understanding Further development of tactics/ devising own tactics- formations/Evaluation of performance as team and devise improvements in performance</p>	<p><b>Options</b> Games for understanding Further development of tactics/ devising own tactics- formations/Evaluation of performance as team and devise improvements in performance</p>	<p><b>Options</b> Games for understanding Further development of tactics/ devising own tactics- formations/Evaluation of performance as team and devise improvements in performance</p>	<p><b>Options</b> Games for understanding Further development of tactics/ devising own tactics- formations/Evaluation of performance as team and devise improvements in performance</p>
11	<b>Options</b>	<b>Options</b>	<b>Options</b>	<b>Options</b>	<b>Options</b>	

