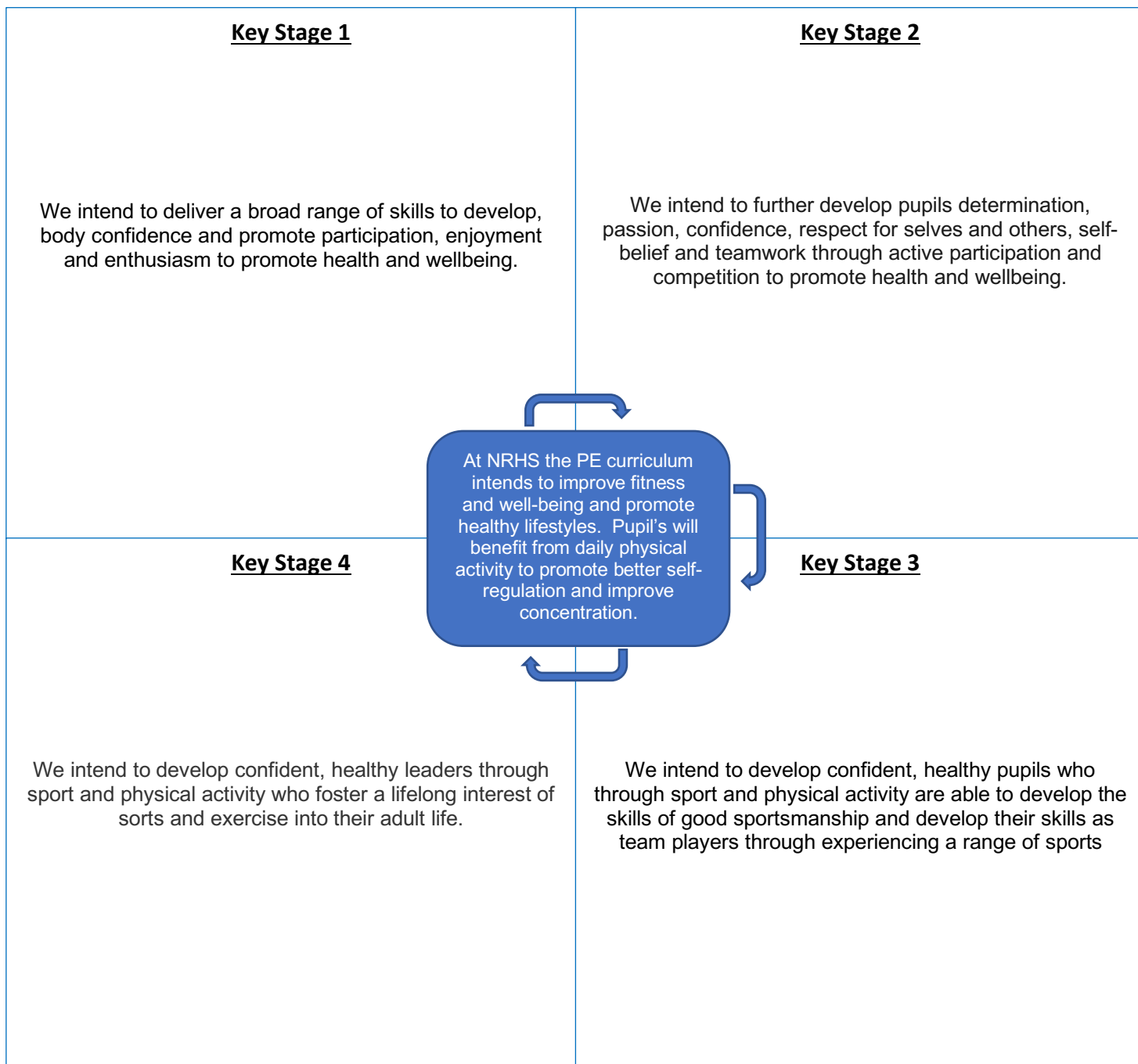


The intent of the PE curriculum at NRHS





Curriculum Information - PE

KS1	Topic/Unit Objectives	Knowledge to be taught	Big picture cross curriculum links
Sept-Oct (Term 1.1)	Team Games	<ul style="list-style-type: none"> Pupils will develop fundamental movement skills and engage in competitive and co-operative activities. Participate in team games, develop simple tactics. 	<ul style="list-style-type: none"> Links with PSHE / RSE – developing healthy life choices. Links with Science – Human body, movement, forces Links with maths – counting, timing, measuring.
Oct-Dec (Term 1.2)	Dance	<ul style="list-style-type: none"> Perform dances using simple movement patterns. Be able to create and perform a sequence to music. 	
Jan-Feb (Term 2.1)	Gymnastics	<ul style="list-style-type: none"> Develop body confidence; be able to move with control and coordination both on the floor and using a small range of equipment; i.e. table and balance beams. 	
Feb-April (Term 2.2)	Invasion Games	<ul style="list-style-type: none"> Begin to use a range of small equipment safely and accurately. 	
April-May (Term 3.1)	Athletics Running, jumping, throwing	<ul style="list-style-type: none"> Develop targeting skills, use a range of throwing equipment safely, be able to perform different types of jump i.e. standing jump, running jump. 	
May-July (Term 3.2)	Games Striking and Fielding	<ul style="list-style-type: none"> Focus on safe use of bats and basic fielding skills. Beginner level rounders games. 	

KS2	Topic/Unit Objectives	Knowledge to be taught	Big picture cross curriculum links
Sept-Oct (Term 1.1)	Invasion games	<ul style="list-style-type: none"> To develop skills, strategies, resilience and teamwork 	<ul style="list-style-type: none"> Links with PSHE / RSE – developing healthy life choices. Links with Science – Human body, movement, forces Links with maths – counting, timing, measuring.
Oct-Dec (Term 1.2)	Striking/fielding/net/wall/ ball games	<ul style="list-style-type: none"> To play competitive games, modified where appropriate for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending 	
Jan-Feb (Term 2.1)	Dance/gymnastics/ movements	<ul style="list-style-type: none"> To acquire and develop skills. To improve and evaluate movements needed in dance & gymnastics. To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] To perform dances using a range of movement patterns 	
Feb-April (Term 2.2)	Athletics/ Fitness	<ul style="list-style-type: none"> To acquire and develop skills and to gain an understanding of health and fitness To be able to use running, jumping, throwing and catching in isolation and in combination 	
April-May (Term 3.1)	Outdoor and adventurous	<ul style="list-style-type: none"> To take part in outdoor and adventurous activity challenges both individually and within a team 	
May-July (Term 3.2)	Striking/fielding/net/wall/ ball games	<ul style="list-style-type: none"> To play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending 	

Each class have swimming once a week for a half a term

Curriculum Information - PE

Year 7	Topic/Unit Objectives	Knowledge to be taught	Big picture cross curriculum links
Sept-Oct (Term 1.1)	Gymnastics	<ul style="list-style-type: none"> Understand the terms: balance, jump, turn, roll, copy, repeat Explore simple actions Develop basic floor skills and routines Perform with control and accuracy 	<ul style="list-style-type: none"> Links to PSHE - Emotional wellbeing
	Handball	<ul style="list-style-type: none"> Develop understanding of basic skills, techniques and strategies To have a basic understanding of the rules 	
Oct-Dec (Term 1.2)	Football	<ul style="list-style-type: none"> Take part in a game with limited confidence Control a football Dribble a football in straight line 	<ul style="list-style-type: none"> Links to Science – forces, balance, gravity Links to Maths/ Speed/time
	Badminton	<ul style="list-style-type: none"> Develop basic hand/eye coordination Develop basic skills, knowledge and understanding of the rules 	
Jan-Feb (Term 2.1)	Basketball	<ul style="list-style-type: none"> Aim to try a variety of positions in a range of activities to develop a greater game understanding Apply a variety of skills consistently in a competitive/formal situation 	<ul style="list-style-type: none"> Links to Science – body systems and functions Links to Maths/ Speed/ Distance Links to English/ Speaking and Listening
Feb-April (Term 2.2)	Rugby	<ul style="list-style-type: none"> Develop basic skills, knowledge and understanding of the rules 	<ul style="list-style-type: none"> Links to PSHE - Risk and safety
April-May (Term 3.1)	Table tennis	<ul style="list-style-type: none"> • <input type="checkbox"/> Repetition of core skills through isolated drills in order to develop control and accuracy • <input type="checkbox"/> Application of core skills within condition games in order to develop confidence whilst under pressure • <input type="checkbox"/> Application of core skills within a competitive situation in order to outwit opponents • <input type="checkbox"/> Understanding of basic rules, regulations and positioning on court 	<ul style="list-style-type: none"> Links to PSHE - drugs education

May-July (Term 3.2)	Athletics	<ul style="list-style-type: none">• Pupils to gain a more detailed understanding of fitness and its effect on performance.• Pupils will perform core skills and record personal/collective best• To develop basic techniques for running, jumping and throwing	
	Tennis	<ul style="list-style-type: none">• Develop basic hand/eye coordination• Develop basic skills, knowledge and understanding of the rules	

Curriculum Information - PE

Year 8	Topic/Unit Objectives	Knowledge to be taught	Big picture cross curriculum links
Sept-Oct (Term 1.1)	Gymnastics	<ul style="list-style-type: none"> • . • Sport, acrobatics & flight • perform showing strength and concentration • demonstrate accurately ,balances, jump turn rolls and others • accurately remember all the different parts of the sequence 	<ul style="list-style-type: none"> • Links to PSHE - Emotional wellbeing • Links to Science – Health and Lifestyles • Links to English - Considering Others
	Handball	<ul style="list-style-type: none"> • To further develop upon basic skills, techniques and strategies • To gain a greater understanding of the rules 	
Oct-Dec (Term 1.2)	Football	<ul style="list-style-type: none"> • To further develop upon skills, techniques and strategies • play a game to in lesson to increasing confidence • control a football kicked to partner with either foot • dribble a football in and out of cones 	
	Badminton	<ul style="list-style-type: none"> • To further develop skills, techniques and strategies 	
Jan-Feb (Term 2.1)	Basketball	<ul style="list-style-type: none"> • To further develop skills, techniques and strategies 	
Feb-April (Term 2.2)	Rugby	<ul style="list-style-type: none"> • To further develop skills, techniques and strategies 	<ul style="list-style-type: none"> • Links to PSHE - Risk and safety
April-May (Term 3.1)	Table tennis	<ul style="list-style-type: none"> • . Analysis of own performance against practical criteria • □□Repetition of advanced skills through isolated drills in order to develop precision, control and fluency • Application of advanced skills within condition games in order to develop confidence whilst under pressure • Application of advanced skills within a competitive situation in order 	<ul style="list-style-type: none"> • Links to Science – Adaptation and Inheritance (natural selection, survival of the fittest and comparison with competitive sport) • Links to PSHE - drug education

Curriculum Information - PE

Year 9	Topic/Unit Objectives	Knowledge to be taught	Big picture cross curriculum links
Sept-Oct (Term 1.1)	Gymnastics	<ul style="list-style-type: none"> Rhythmic gymnastics & group work Perform with control and accuracy 	<ul style="list-style-type: none"> Links to PSHE - Emotional wellbeing
	Handball	<ul style="list-style-type: none"> Develop more advanced skills, tactics and strategies Transition from defence to attack 	
Oct-Dec (Term 1.2)	Football	<ul style="list-style-type: none"> play a game to increase confidence control the ball with different parts of the body show effective one-one touch passing during the game 	<ul style="list-style-type: none"> Link to Maths/Speed/Distance /Time/.
	Badminton	<ul style="list-style-type: none"> Develop more advanced skills, tactics and strategies 	
Jan-Feb (Term 2.1)	Basketball	<ul style="list-style-type: none"> Develop more advanced skills, tactics and strategies Developing, implementing and refining team play Individual game plans to outwit opponents. Teams will plan strategies and implement them in different situations 	<ul style="list-style-type: none"> Link to Math's/Speed/Distance. Link to English/Speaking and Listening
Feb-April (Term 2.2)	Rugby	<ul style="list-style-type: none"> Develop more advanced skills, tactics and strategies 	<ul style="list-style-type: none"> Links to PSHE - Risk and safety
April-May (Term 3.1)	Table tennis	<ul style="list-style-type: none"> Ability to adapt to new situations within competitive situations Understanding of all rules, regulations and positioning on court Analysis of own performance and the performance of others against practical criteria 	<ul style="list-style-type: none"> Links to PSHE - drugs education
May-July (Term 3.2)	Athletics	<ul style="list-style-type: none"> Understanding of warm up and heart/lung functioning To further develop more advanced techniques for running, jumping and throwing Perform at maximum levels for a range of events 	<ul style="list-style-type: none"> Links to Science - Aerobic and anaerobic respiration, healthy diet and lifestyle and increasing the risk of disease

Curriculum Information - PE

Year 10	Topic/Unit Objectives	Knowledge to be taught	Big picture cross curriculum links
Sept-Oct (Term 1.1)	Gymnastics Handball	<ul style="list-style-type: none"> Perform with control and accuracy perform both solo and paired balances Develop confidence to excel Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games <ul style="list-style-type: none"> Engaging in competitive sports Being physically active for sustained period of time 	<ul style="list-style-type: none"> Links to PSHE - Emotional wellbeing and mental health
Oct-Dec (Term 1.2)	Football Badminton	<ul style="list-style-type: none"> Engaging in competitive sports Being physically active for sustained period of time Developing competence to excel Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games <ul style="list-style-type: none"> Developing competence to excel in different physical activities Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games 	
Jan-Feb (Term 2.1)	Basketball	<ul style="list-style-type: none"> Engaging in different competitive sports and activities Being physically active for sustained period of time Demonstrate good technique and control 	<ul style="list-style-type: none"> Links to PSHE - Risk and safety.
Feb-April (Term 2.2)	Rugby	<ul style="list-style-type: none"> Engaging in competitive sports Being physically active for sustained period of time Developing competence to excel Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games 	<ul style="list-style-type: none"> Links to PSHE - Drugs and alcohol

April-May (Term 3.1)	Table tennis	<ul style="list-style-type: none"> • Developing competence to excel in different physical activities • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games • Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • Link to Science_- Energy and rate of reaction
May-July (Term 3.2)	Athletics	<ul style="list-style-type: none"> • Developing knowledge of leading a healthy active lifestyle • Being physically active for sustained period of time 	

Curriculum Information - PE

Year 11	Topic/Unit Objectives	Knowledge to be taught	Big picture cross curriculum links
Sept-Oct (Term 1.1)	Gymnastics	<ul style="list-style-type: none"> Demonstrate skills and agilities individually and in combination Incorporate control, precision and aesthetics into sequences showing creativity Evaluate and assess movements to improve sequences. 	<ul style="list-style-type: none"> Link to PSHE - Emotional wellbeing and mental health.
	Handball	<ul style="list-style-type: none"> Develop more advanced skills, tactics and strategies Develop officiating and leadership roles 	
Oct-Dec (Term 1.2)	Football	<ul style="list-style-type: none"> Develop more advanced skills, tactics and strategies Develop officiating and leadership roles 	
Jan-Feb (Term 2.1)	Basketball	<ul style="list-style-type: none"> Develop more advanced skills, tactics and strategies Develop officiating and leadership roles 	<ul style="list-style-type: none"> Link to PSHE - Risk and safety.
Feb-April (Term 2.2)	Rugby	<ul style="list-style-type: none"> Develop more advanced skills, tactics and strategies Develop officiating and leadership roles 	<ul style="list-style-type: none"> Link to PSHE - Drugs and alcohol.
April-May (Term 3.1)	Table tennis	<ul style="list-style-type: none"> Develop more advanced skills, tactics and strategies Develop understanding of singles and double play 	