

Core PE Curriculum Plan 2020-21

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------|-------------------|----------------------------|----------------|--|------------------------------------|-----------------|
| Year 7 | Fitness/Athletics | Ball Skills/Invasion Games | Gymnastics | Invasion Games/Games for Understanding | Striking & Fielding Games/Swimming | Swimming/Tennis |
| Year 8 | Fitness/Athletics | Ball Skills/Invasion Games | Basketball | Gymnastics | Striking & Fielding Games/Swimming | Swimming/Tennis |
| Year 9 | Fitness/Athletics | Basketball | Badminton | Invasion Games | Cricket/Swimming | Swimming/Tennis |
| Year 10 | Basketball | Fitness | Invasion Games | Volleyball | Cricket/Swimming | Swimming/Tennis |
| Year 11 | Options | Options | Options | Options | Options | N/A |

| Key Stage 3 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 (2 lessons over 2 weeks) | Summer 2 (2 lessons over 2 weeks) |
|-------------|--|--|--|---|---|---|
| 7 | <p>Topic: Fitness</p> <p>Exam: Ongoing Assessment and Completed Fitness Booklet</p> <p>Subject Skills: Description and examples of the key components of fitness.</p> <p>Learner Skills: Understanding of the key components of fitness through specific physical experiences.</p> | <p>Topic: Ball Skills/Invasion Games 1</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Hand -eye co-ordination developed through skills and small sided invasion games.</p> <p>Learner Skills: Passing, Catching, Dribbling, Footwork, Pivoting, Spatial awareness and teamwork.</p> | <p>Topic: Gymnastics</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: An introduction to basic skills linked to travel and partner balances.</p> <p>Learner Skills: Understanding and practise of technique of travel to include specific jumps and rolls. To link in a sequence with simple balances solo and in pairs/trios. Working towards an end of unit assessment.</p> | <p>Topic: Invasion Games 2/Games for Understanding</p> <p>Exam: Ongoing Assessment</p> <p>Subject Skills: Development from Unit 1 to repeat and consolidate their understanding of invasion games with a choice of equipment, variety of adaptations and rules.</p> <p>Learner Skills: To transfer their skills and understanding of invasion games to develop strategy and options. To be confident explaining the basic principles of invasion games.</p> | <p>Topic: Striking and Fielding Games/Swimming</p> <p>Exam: Ongoing Assessment for Summer Report</p> <p>Subject Skills:</p> <p>S & F: Hand-eye co-ordination and basic skills developed.</p> <p>Swimming: Ensure safety in water and develop stroke technique.</p> <p>Learner Skills:</p> <p>S & F: Catching, throwing and other fielding techniques learnt. A variety of batting techniques using a variety of equipment.</p> <p>Swimming: Front crawl, Breaststroke, Back Stroke technique and rules of starts and turns.</p> | <p>Topic: Tennis/Swimming</p> <p>Exam: Ongoing Assessment for Summer Report</p> <p>Subject Skills:</p> <p>Tennis: An introduction to basic skills to enable games to be played.</p> <p>Swimming: Basic swimming technique and water safety developed and enhanced.</p> <p>Learner Skills:</p> <p>Tennis: Understanding and practise of the technique for the forehand, backhand and serve.</p> <p>Swimming: Front crawl, Breaststroke, Back Stroke technique and rules of starts and turns.</p> |
| | <p>Rationale: A basic understanding of the components of fitness required for a healthy lifestyle and to perform at their best in sport.</p> | <p>Rationale: Building basic skills to allow students the opportunity to progress and play the major games offered at school.</p> | <p>Rationale: Gymnastics provides the opportunity to learn how to control the body, the importance of body tension, posture and especially core strength. It also allows for creativity, performance skills and appreciation for others through observation.</p> | <p>Rationale: Progressing Unit 1 to develop skills learnt in Term 1. Also links with the major traditional sports played in games and matches since the start of the year.</p> | <p>Rationale: Building towards skills for cricket but with lots of fun and maximum exposure to all the skills involved.</p> <p>Swimming: An important life skill to allow safety and participation in a range of aquatic options in the future.</p> | <p>Rationale: Tennis: A popular outdoor summer sport which can be played socially or competitively with a range of ages. Great family sport to encourage.</p> |

| | | | | | | |
|----------|--|--|--|---|---|--|
| 8 | <p>Topic: Fitness</p> <p>Exam: Ongoing Assessment and Completed Fitness Booklet</p> <p>Subject Skills: Recap and more detailed description and examples of the key components of fitness.</p> <p>Learner Skills: Further understanding and application of the key components of fitness.</p> | <p>Topic: Ball Skills/Invasion Games</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Hand-eye co-ordination further developed through skills and small sided invasion games with increased decision making.</p> <p>Learner Skills: Passing, Catching, Dribbling, Footwork, Pivoting, Spatial awareness, Introduction to the importance of movement off the ball.</p> | <p>Topic: Basketball</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Specific skills required to play Basketball and further development of teamwork and invasion game understanding.</p> <p>Learner Skills: Passing (Chest/Shoulder/Bounce), catching, dribbling, shooting (Set and Lay Up), basic man to man defending techniques.</p> | <p>Topic: Gymnastics</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: A recap of basic skills linked to travel and partner balances from Year 7 and learning to handstand and cartwheel as well as more complex balances.</p> <p>Learner Skills: Understanding an increased variety of technique of travel to include supported jumps and to consolidate rolls. To learn handstands and cartwheels and link in a sequence with more complex balances solo and in pairs/trios. Working towards an end of unit assessment.</p> | <p>Topic: Striking and Fielding/Swimming</p> <p>Exam: Ongoing Assessment for Summer Report</p> <p>Subject Skills: Hand-eye co-ordination and basic skills developed.</p> <p>Learner Skills: Catching, throwing and other fielding techniques learnt. A variety of batting techniques using a variety of equipment.</p> <p>Topic: Swimming</p> <p>As Year 7 developing technique in all strokes and efficiency in the water. Building CV fitness and speed.</p> | <p>Topic: Tennis/Swimming</p> <p>Exam: Ongoing Assessment for Summer Report</p> <p>Subject Skills:</p> <p>Tennis: Development of the basic skills and knowledge of rules to enable games to be played.</p> <p>Learner Skills:</p> <p>Tennis: Understanding and practise of the technique for the forehand, backhand, serve and volley.</p> <p>Swimming: Front crawl, Breaststroke, Back Stroke technique and rules of starts and turns.</p> |
| | <p>Rationale: A developing understanding of the components of fitness required for a healthy lifestyle choice and to perform at their best in sport.</p> | <p>Rationale: Building basic and slightly more advanced skills to allow students the opportunity to progress and succeed in the major games offered at school.</p> | <p>Rationale: An introduction to a major sport that can be played inclusively in a mixed gender and mixed ability setting with access to a club and potential matches.</p> | <p>Rationale: Gymnastics provides the opportunity to learn how to control the body, the importance of body tension, posture and especially core strength. It also allows for creativity, performance skills and appreciation for others through observation.</p> | <p>Rationale: Continue building and developing skills and tactics for cricket but with lots of fun and maximum exposure to all the skills involved.</p> | <p>Rationale:</p> <p>Tennis: A popular outdoor summer sport which can be played socially or competitively with a range of ages. Great family sport to encourage.</p> |

9

| | | | | | |
|---|---|--|--|--|--|
| <p>Topic: Fitness</p> <p>Exam: Ongoing Assessment and Completed Fitness Booklet</p> <p>Subject Skills: Repeat and consolidate prior knowledge. Looking at the application of key components of fitness and how to develop individual fitness programmes.</p> <p>Learner Skills: Further understanding and application of the key components of fitness.</p> | <p>Topic: Basketball</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Specific skills required to play Basketball and further development of teamwork, rules and understanding of the game.</p> <p>Learner Skills: Passing (Chest/Shoulder/Bounce), catching, dribbling, shooting (Set and Lay Up), basic man to man defending techniques.</p> | <p>Topic: Badminton</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Consolidation of the basic skills and recap of more advanced skills to enable a variety of single games to be played at a range of levels.</p> <p>Learner Skills: Recap and practise technique for the forehand, short and long serve, overhead clear, smash and drop shot. Develop doubles tactics and rules.</p> | <p>Topic: Invasion Games</p> <p>Exam: Ongoing assessment</p> <p>Subject skills: Reinforcement of invasion games strategies through a variety of new games such as: Gaelic football, Ultimate Frisbee, Touch rugby.</p> <p>Learner Skills: Transfer knowledge of invasion principles and learn new skills such as kicking to hand, passing and catching a frisbee etc. as well as an understanding of the use of conditions and rules to allow inclusivity etc.</p> | <p>Topic: Cricket</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Specific practise of the skills required to play softball cricket for majority/hardball for experienced.</p> <p>Learner Skills: Specific fielding skills, basic bowling and batting techniques of drive and pull shot.</p> | <p>Topic: Swimming</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Basic swimming technique recap and introduction to Water Polo.</p> <p>Learner Skills: Front crawl, Breaststroke, Back Stroke, Fly technique and recap of rules of starts and turns.</p> |
| <p>Rationale: A developing understanding of the components of fitness required for a healthy lifestyle choice and to perform at their best in their chosen sport.</p> | <p>Rationale: Development of a major sport that can be played inclusively in a mixed gender and mixed ability setting with access to a school club, outside clubs and potential matches at both.</p> | <p>Rationale: Development from previous years' experience and apply skills and apply to doubles. A popular recreation sport played outside of school with a club available at Cranbrook to further enjoy.</p> | <p>Rationale: Cross sport principles played in a mixed environment with freedom to develop rules and conditions to focus on fairness, inclusivity, co-operation etc. within a competitive experience.</p> | <p>Rationale: To provide the skills required to pursue the game further at school and outside clubs.</p> | <p>Rationale: Encourage confidence to participate in swimming sports gala. Allowing participation in a range of aquatic options in the future.</p> |

| Key Stage 4 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-------------|---|---|--|---|--|---|
| 10 | <p>Topic: Basketball</p> <p>Subject Skills: Development of teamwork using tactics and set plays.</p> <p>Learner Skills: Offensive plans and defensive options using all the skills developed over KS3.</p> | <p>Topic: Fitness</p> <p>Subject Skills: Repeat and consolidate prior knowledge. Looking at the application of key components of fitness with training methods. Promote independence and ownership when developing individual fitness programmes.</p> <p>Learner Skills: Further understanding and application of the key components of fitness.</p> | <p>Topic: Invasion Games</p> <p>Exam: Ongoing assessment</p> <p>Subject skills: Reinforcement of invasion games strategies through a variety of new games such as: Gaelic football, Ultimate Frisbee, Touch rugby.</p> <p>Learner Skills: Transfer knowledge of invasion principles and learn new skills such as kicking to hand, passing and catching a frisbee etc. as well as an understanding of the use of conditions and rules to allow inclusivity etc.</p> | <p>Topic: Volleyball</p> <p>Subject Skills: Development of an alternative Net game.</p> <p>Learner Skills: Learn how to Set, Serve, Dig and Spike. Understand how rotations work and the basic rules for a full game (slightly adapted on our cross courts).</p> | <p>Topic: Cricket</p> <p>Subject Skills: Specific practise of the skills required to play softball cricket for majority/hardball for experienced.</p> <p>Learner Skills: Specific fielding skills, basic bowling plus spin for more able and batting techniques of drive with more variation on directions and pull shot.</p> | <p>Topic: Swimming</p> <p>Subject Skills: Basic swimming technique recap and introduction to Water Polo.</p> <p>Learner Skills: Front crawl, Breaststroke, Back Stroke, Fly technique and recap of rules of starts and turns. Water polo basics.</p> |
| | <p>Rationale: A game played inclusively at Cranbrook School in a mixed gender and mixed ability setting with access to a club and potential matches.</p> | <p>Rationale: A developing understanding of the components of fitness and training methods required for a healthy lifestyle choice and most suitable to perform at their best in their chosen sport.</p> | <p>Rationale: Cross sport principles played in a mixed environment with freedom to develop rules and conditions to focus on fairness, inclusivity, co-operation etc. within a competitive experience.</p> | <p>Rationale: Further provision of skills and a developing understanding of the game.</p> | <p>Rationale: To provide the skills required to pursue the game further at school and outside clubs. To understand the basic rules of the game.</p> | <p>Rationale: Encourage confidence to participate in swimming sports gala. Allowing participation and enjoyment of alternative pool activities such as Water polo.</p> |

11

Topic: Invasion Games

Subject Skills: Social and leadership skills to encourage engagement, with students organising themselves and leading a specific activity.

Learner Skills: Taking responsibility for their organisation and involvement in PE lessons prior to freedom of choice in sixth form games.

Rationale: Self-management for future independent choices and ongoing participation.

Topic: Fitness

Subject Skills: Lifestyle choice.

Learner Skills: To select their training methods and facilities to maximise their development as a lifestyle choice.

Rationale: Self-management for future independent choices and ongoing participation.

Topic: Net Games

Subject Skills: Social and self-organisation. Evidence of understanding the rules of Badminton and Volleyball.

Learner Skills: Taking responsibility for their organisation and involvement in PE lessons prior to freedom of choice in sixth form games.

Rationale: Self-management for future independent choices and ongoing participation.

Topic: Sports Hall Options

Subject Skills: Leadership and self-management.

Learner Skills: Taking responsibility for their organisation and involvement in PE lessons prior to freedom of choice in sixth form games.

Rationale: Self-management for future independent choices and ongoing participation.

Topic: Sports Hall Options

Subject Skills: Leadership and self-management.

Learner Skills: Taking responsibility for their organisation and involvement in PE lessons prior to freedom of choice in sixth form games.

Rationale: Self-management for future independent choices and ongoing participation.

Year 11 Exams: