

Westbourne Academy Curriculum Planning Document

Subject: Physical Education Year:7



Timescale	Autumn Term				Spring Term				Summer Term			
Key knowledge (5-10 points)	Core Skills, Techniques, Tactics, Analysis, Evaluation, Precision, Control, Resilience, Confidence, Fairness, Respect, Leadership, Coaching.											
Assessment (methods to assess)	Baseline Testing, Starters, Performance, Observation & Analysis, Questioning, Plenary, Show My Homework											
Unit Title	Trampolining	Netball	Basketball	Rugby	Trampolining	Football	Basketball	Dance	Tennis	Athletics	Tennis	Athletics
Key skills (optional)	Basic Jumps Seat Drop Front Drop Back Drop Routine	Passing Space Footwork Defending	Dribbling Passing Lay-Ups Shooting	Passing Presentation Tackling	Basic Jumps Seat Drop Front Drop Back Drop Routine	Passing Dribbling Receiving Outwitting Defending	Dribbling Passing Lay-Ups Shooting	Style Genre Devices Sequences	Footwork Forehand Volleying Serve	Throws Jumps Sprints L/Distance	Footwork Forehand Volleying Serve	Throws Jumps Sprints L/Distance
Key terminology	Aesthetics Precision Control Consistency	Dodging Agility Footwork	Lay-Up T/Threat Travel D/Dribble	Pop pass Lateral pass Maul Ruck	Aesthetics Precision Control Consistency	Outwitting First touch Marking In Step	Lay-Up T/Threat Travel D/Dribble	Canon Formations Contrast Dynamics	Ready Position Sideways Step in	Technique Pacing Strength Endurance	Ready Position Sideways Step in	Technique Pacing Strength Endurance
Links to KS4 BTEC PE (Fitness Components)	Flexibility Coordination Balance Power Body Composition	Aerobic Endurance Agility Muscular Endurance Power R/Time	Aerobic Endurance Agility Muscular Endurance Power R/Time B/Comp	Aerobic Endurance Agility Muscular Endurance Power R/Time B/Comp M/Strength	Flexibility Coordination Balance Power Body Composition	Aerobic Endurance Agility Muscular Endurance Power R/Time M/Strength	Aerobic Endurance Agility Muscular Endurance Power R/Time B/Comp	Flexibility Coordination Balance Body Composition	Aerobic Endurance Agility Muscular Endurance Power R/Time	Aerobic Endurance Agility Muscular Endurance Power R/Time B/Comp M/Strength	Aerobic Endurance Agility Muscular Endurance Power R/Time	Aerobic Endurance Agility Muscular Endurance Power R/Time B/Comp M/Strength
Links to Extra-curricular and School Competitions	Thurs Club KS3/KS4 School Games Competition March	Mon/Tues Club KS3/KS4 League Games	Fri Club KS4 School Games Competition Nov	No Club No Competitions	Thurs Club KS3/KS4 School Games Competition March	KS3 Futsal Club KS3/KS4 County Cup Futsal Comps	Fri Club KS4 School Games Competition Nov	Fri Club Exhibition at Sports Awards in July	Tues Club KS3 Athletics Leagues	No Club	Tues Club	No Club KS3 Athletics Leagues

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Subject: Physical Education Year:8



Timescale	Autumn Term				Spring Term				Summer Term			
Key knowledge (5-10 points)	Core Skills, Techniques, Tactics, Analysis, Evaluation, Precision, Control, Resilience, Confidence, Fairness, Respect, Leadership, Coaching.											
Assessment (methods to assess)	Baseline Testing, Starters, Performance, Observation & Analysis, Questioning, Plenary, Show My Homework											
Unit Title	Trampolining	Netball	Basketball	Rugby	Trampolining	Football	Basketball	Dance	Tennis	Athletics	Tennis	Athletics
Key skills (optional)	Twisting Drops Rotation Routine	Dodging Marking Attacking	Breaks Zone Marking Man to Man Marking Adopting roles	Tackling Rucking Mauling Kicking Games	Twisting Drops Rotation Routine	Travel Space Maintaining Possession	Breaks Zone Marking Man to Man Marking Adopting roles	Stimuli Motifs Group Pieces	Backhand Rules Singles Scoring	Phases of: Throws Jumps Sprints L/Distance	Backhand Rules Singles Scoring	Phases of: Throws Jumps Sprints L/Distance
Key terminology	<i>Aesthetics Precision Control Consistency</i>	<i>Dodging Agility Footwork</i>	<i>Lay-Up T/Threat Travel D/Dribble</i>	<i>Pop pass Lateral pass Maul Ruck</i>	<i>Aesthetics Precision Control Consistency</i>	<i>Outwitting First touch Marking In Step</i>	<i>Lay-Up T/Threat Travel D/Dribble</i>	<i>Canon Formations Contrast Dynamics</i>	<i>Ready Position Sideways Step in</i>	<i>Technique Pacing Strength Endurance</i>	<i>Ready Position Sideways Step in</i>	<i>Technique Pacing Strength Endurance</i>
Links to KS4 BTEC PE (Fitness Tests related to associated components)	Sit & Reach Ball Toss Stork Stand V/Jump Test Skin Callipers BMI/BIA	MSFT/ Forrestry Step Test Illinois 1 Min S/Up & P/Up V/Jump Test Ruler Drop	MSFT/ Forrestry Step Test Illinois 1 Min S/Up & P/Up V/Jump Test Skin Callpers BMI/BIA	MSFT/ Forrestry Step Test Illinois 1 Min S/Up & P/Up V/Jump Test Skin Callpers BMI/BIA Dynamometer	Sit & Reach Ball Toss Stork Stand V/Jump Test Skin Callipers BMI/BIA	MSFT/ Forrestry Step Test Illinois 1 Min S/Up & P/Up V/Jump Test Ruler Drop Dynamometer	MSFT/ Forrestry Step Test Illinois 1 Min S/Up & P/Up V/Jump Test Skin Callpers BMI/BIA	Sit & Reach Ball Toss Stork Stand Skin Callipers BMI BIA	MSFT/ Forrestry Step Test Illinois 1 Min S/Up & P/Up V/Jump V/Jump Test Ruler drop	MSFT/ Forrestry Step Test Illinois 1 Min S/Up & P/Up V/Jump Ruler Drop BMI/BIA Dynamometer	MSFT/ Forrestry Step Test Illinois 1 Min S/Up & P/Up V/Jump V/Jump Test Ruler drop	MSFT/ Forrestry Step Test Illinois 1 Min S/Up & P/Up V/Jump Ruler Drop BMI/BIA Dynamometer
Links to Extra-curricular and School Competitions	Thurs Club KS3/KS4 School Games Competition March	Mon/Tues Club KS3/KS4 League Games	Fri Club KS4 School Games Competition Nov	No Club No Competitions	Thurs Club KS3/KS4 School Games Competition March	KS3 Futsal Club KS3/KS4 County Cup Futsal Comps	Fri Club KS4 School Games Competition Nov	Fri Club Exhibition at Sports Awards in July	Tues Club KS3 Athletics Leagues	No Club KS3 Athletics Leagues	Tues Club KS3 Athletics Leagues	No Club KS3 Athletics Leagues

Westbourne Academy Curriculum Planning Document

Subject: Physical Education Year:9

Timescale	Autumn Term				Spring Term				Summer Term			
Key knowledge (5-10 points)	Core Skills, Techniques, Tactics, Analysis, Evaluation, Precision, Control, Resilience, Confidence, Fairness, Respect, Leadership, Coaching.											
Assessment (methods to assess)	Baseline Testing, Starters, Performance, Observation & Analysis, Questioning, Plenary, Show My Homework											
Unit Title	Trampolining	Netball	Basketball	Rugby	Trampolining	Football	Leadership	Fitness	Tennis	Athletics	Tennis	Athletics
Key skills (optional)	Drop analysis Rotation Tariffing Routine	Attacking Regaining possession Teamwork	Attacking & Defending as a team	Mauling Positional responsibility Games	Drop analysis Rotation Tariffing Routine	Defence into attack Formations Positional responsibility	Role of a Leader Responsibility of a Leader Being a Leader	Use of HR Burning calories Analysing Data	Doubles scoring Forehand & Backhand strokes	Event pacing Relays Technical improvement	Doubles scoring Forehand & Backhand strokes	Event pacing Relays Technical improvement
Key terminology	<i>Aesthetics Precision Control Consistency</i>	<i>Dodging Agility Footwork</i>	<i>Lay-Up T/Threat Travel D/Dribble</i>	<i>Pop pass Lateral pass Maul Ruck</i>	<i>Aesthetics Precision Control Consistency</i>	<i>Outwitting First touch Marking In Step</i>	<i>Role Model Communication Confidence Coaching</i>	<i>Heart rate Frequency Calories Max HR</i>	<i>Ready Position Sideways Step in</i>	<i>Technique Pacing Strength Endurance</i>	<i>Ready Position Sideways Step in</i>	<i>Technique Pacing Strength Endurance</i>
Links to KS4 BTEC PE (Training Methods) * Leadership / Fitness	Flexibility Weight Plyometrics	Continuous Plyometrics Speed Weight Circuit Fartlek Interval	Continuous Plyometrics Speed Weight Circuit Fartlek Interval	Continuous Plyometrics Speed Weight Circuit Fartlek Interval	Flexibility Weight Plyometrics	Continuous Plyometrics Speed Weight Circuit Fartlek Interval	Unit 6: Leadership in Sport; - Role of Leader - Be a Leader - Evaluate being a Leader	Principles of Training SPORT FITT Frequency Intensity Time Type	Continuous Plyometrics Speed Weight Circuit Fartlek Interval	Continuous Plyometrics Speed Weight Circuit Interval	Continuous Plyometrics Speed Weight Circuit Fartlek Interval	Continuous Plyometrics Speed Weight Circuit Interval
Links to Extra-curricular and School Competitions	Thurs Club KS3/KS4 School Games Competition March	Mon/Tues Club KS3/KS4 League Games	Fri Club KS4 School Games Competition Nov	No Club No Competitions	Thurs Club KS3/KS4 School Games Competition March	KS3 Futsal Club KS3/KS4 County Cup Futsal Comps	Leadership opportunities as provided by School Games Sports Captains	Lunchtime Clubs	Tues Club KS3 Athletics Leagues	No Club	Tues Club	No Club KS3 Athletics Leagues

