

Long Term Plan & Curriculum Intent Sport & Fitness 2021 2022

SUBJECT:

PE- North Durham Academy



Mission Statement

Students will progress through a wide range of skills, tactics, strategies and compositional ideas to perform successfully in a range of sports. We seek to instil habits and attitudes that will support a thriving and healthy lifestyle and a lifelong love for sport.

Students will be able to maintain a healthy lifestyle and engage in skilled sporting activities. Our curriculum strives to be informative and inspiring. We aim to encourage the strengths of all learners, creating an inclusive environment, which supports development whilst allowing those with clear strengths to flourish. Each student should experience an interesting, challenging and enjoyable range of physical activities whilst developing the ability to perform and refine knowledge and skills.

Students will become wise and disciplined in terms of health consciousness. Physical Education as a subject is founded on the belief that healthy living is the foundation of both physical and mental wellbeing, whilst providing a wealth of opportunities for the development of good character. We wish to instil the importance of fair play, resilience, integrity and humility to support our students in becoming well-rounded citizens who are valued not only as individuals but by the contributions they make to society.

Key Stage 3

Curriculum Intent – Key Stage 3 Core		Aims – National Curriculum				
1 – To enable pupils to develop a range of physical & practical skills, fitness, problem solving and confidence 2 – To build theoretical knowledge regarding the body systems to prepare for KS4 through homework tasks and testing 3 – To build confidence to allow pupils to be prepared for lifelong physical activity 4 – To prepare pupils to evaluate their own performance and fitness in order to improve themselves		The national curriculum for physical education aims to ensure that all pupils: 1 – develop competence to excel in a broad range of physical activities 2 – are physically active for sustained periods of time 3 – engage in competitive sports and activities 4 – lead healthy, active lives.				
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Invasion Games Skills – Able to recreate Skills	Fitness Skills – Able to Identify & Describe the Components of Fitness	OAA / Dance / Boxing Skills – 6+ Communication / Teamwork / Leadership Skills used Skills – Performing movement in time with the music and my team with support from my teacher Skills – Can Punch / defend / use footwork in isolation	Net & Wall Skills – Use of techniques from a hand feed	Striking & Fielding Skills – Use of techniques from a sympathetic hand feed	Athletics Skills – Technique Maintained for Some Skills
Year 8	Invasion Games Skills – Able to recreate Skills vs opposition	Fitness Skills – Able Identify, Describe, Explain when a Component is used in a sport . Able to improve on previous year's test results	Boxing / Trampolining Skills – Can Punch / defend / use footwork in basic combinations Skills – Degree of control in Jumps / Drops / Twists / Rotations. Carries out a 10 bounce routine with teacher support (4 Asterisked skills)	Net & Wall Skills – Use of Techniques in a cooperative game (pressured with targets)	Striking & Fielding Skills – Use of Techniques in a cooperative game (pressured with targets)	Athletics Skills – Technique Maintained for Most Skills

Year 9	Invasion Games Skills – Able to recreate skills in a Small Sided Game	Fitness Skills – Able Identify, Describe, Explain when a Component is used in a sport as well as Analyse the impact of the component on the athlete. Able to improve on previous year's test results	Boxing / Trampoline Skills – Can Punch / defend / use footwork in basic combinations with accuracy Skills – Degree of control in Jumps / Drops / Twists / Rotations. Carries out a 10 bounce routine with teacher support (4 Asterisked skills)	Net & Wall Skills – Use of techniques to defeat an opponent	Striking & Fielding Skills – Use of techniques to defeat an opponent in adapted drills / games	Athletics Skills – Technique Largely Maintained
Key Stage 4						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 Core	Invasion Games Skills – Able to recreate Skills in a full game	Fitness Skills - Able to train independently using the Principles of Training	Boxing / Trampoline Skills – Can Punch / defend / use footwork in response to an opponent Skills – Good technique in Jumps / Drops / Twists / Rotations. Develops & carries out a 10 bounce routine (4 Asterisked skills)	Net & Wall Skills – Use of tactics & strategies in full games	Striking & Fielding Skills – Use of tactics & strategies in full games	Athletics Skills – Technique Consistently Effective
Year 11 Core	Invasion Games Skills – Able to independently organise and play a full context game	Fitness Skills - Be able to carry out the activity independently	Boxing / Trampoline Skills – Be able to carry out the activity independently Skills – Excellent technique in Jumps / Drops / Twists / Rotations. Increased difficulty of 10 bounce routine. At competition standard	Net & Wall Skills – Be able to carry out the activity independently	Striking & Fielding Skills – Be able to carry out the activity independently	Athletics Skills – Be able to carry out the activity independently
Key Stage 4						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 BTEC	Assessment Task: Written Assignment Knowledge: – Learning Aim A: <i>Investigate the impact of sport and activity on the body systems</i> Skills: Structuring of Assignments using the IDEA structure	Assessment Task: Written Assignment Knowledge: – Learning Aim A: <i>Investigate the impact of sport and activity on the body systems</i> Skills: Structuring of Assignments using the IDEA structure	Assessment Task: Written Assignment Knowledge: – Learning Aim B: <i>Explore common injuries in sport and activity and methods of rehabilitation.</i> Skills: Structuring of Assignments using the IDEA structure	Assessment Task: Written Assignment Knowledge: Learning Aim C: <i>Understand the use of technology for sport and activity</i> Skills: Structuring of Assignments using the IDEA structure	Assessment Task: Internal Mock Examination Knowledge: Learning Aim A: <i>Training to improve fitness for sport and activity</i> Skills: Revision of Key Knowledge and Exam Technique	Assessment Task: Internal Mock Examination Knowledge: Learning Aim A: <i>Training to improve fitness for sport and activity</i> Skills: Revision of Key Knowledge and Exam Technique
Year 11 BTEC	Assessment Task: Internal Mock Examination Knowledge: Learning Aim B: <i>Nutrition for sport and activity</i> Skills: Revision of Key Knowledge and Exam Technique Skills: Revision of Key Knowledge and Exam Technique	Assessment Task: Internal Mock Examination Knowledge: Learning Aim C: <i>The psychological influence that motivation, self-confidence and anxiety have on participation in sport and activity</i> Skills: Revision of Key Knowledge and Exam Technique	Assessment Task: Component 3 Written Assignment Knowledge: Learning Aim A: <i>understand the fundamentals of sport and activity leadership</i> Skills: Structuring of Assignments using the IDEA structure	Assessment Task: Component 3 Written Assignment Knowledge: Learning Aim B: <i>Planning sessions for target groups</i> Skills: Structuring of Assignments using the IDEA structure	Assessment Task: Component 3 Practical Assessment Knowledge: Learning Aim C: <i>Delivering and reviewing sessions for target groups</i> Skills: Structuring of Assignments using the IDEA structure	Assessment Task: External Examination Knowledge: Component 2 Learning Aim A B C: <i>Revision for re-sit</i> Skills: Revision of Key Knowledge and Exam Technique

