



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Rugby	Swimming	Badminton	Fitness	Athletics	Cricket
Content	<p>Teaching of core fundamental skills of -</p> <ul style="list-style-type: none"> Tackling Ball Carrying Evasion Passing Kicking Basic positioning Rules and tactics focussed on out witing defenders in small sided games. The breakdown area. Components of fitness required for the activity. How to play the game safely and with sportsmanship. 	<p>Teaching of stroke technique-</p> <ul style="list-style-type: none"> Front Crawl Back Crawl Breast Stroke <p>Students take part in peer coaching and teacher led activities focussed on improving their swimming ability.</p> <p>Students take part in internal personal survival award.</p>	<p>Teaching of rules and regulations of the game.</p> <p>Basic shots -</p> <ul style="list-style-type: none"> High and Low serves. High Clear. <p>Cooperative rally's Short games Half court singles focusing on using change of depth and power.</p>	<p>Students will complete a block of fitness training based upon correct and safe usage of equipment. Gym etiquette. Exercise selection and technique.</p> <ul style="list-style-type: none"> How to measure performance and intensity. Components of fitness. Links to sports and activities. 	<p>Athletics - Build on prior learning and experience; Perform at maximum; ESAAF Secondary Award Programme. Assessment: End of unit assessment / peer & self-assessment.</p>	<p>Teaching of rules and regulations of the game.</p> <p>Focus on core skill of bowling.</p> <p>Building the game around the ability to bowl.</p> <p>Students will then play a range of small sided, modified, pairs and full games to implement bowling.</p> <p>Skills of catching and throwing to be taught and developed.</p> <p>Basic batting stance, grip and bat lift embedded and focus on playing straight.</p>
Rationale/ Linking	<p>Major team game with strong community links. First teaching block links to intra and inter school competition opportunities. Aim is to develop confidence in the contact and core skills to be able to understand and play the game.</p>	<p>Fundamental life skill. Community opportunities in participation, competition, life saving. Aim for all students to improve water confidence and swimming ability by end of KS 3.</p>	<p>Net/Wall game with local opportunities recreationally and competitively. Aim is to develop students ability to set up, play, score and umpire the game.</p>	<p>Build upon knowledge and understanding from middle school and continue to make progress in personal fitness.</p>	<p>Core National Curriculum area and major global summer sport. Builds on middle school sports hall athletics.</p>	<p>Major team game with strong community links. Teaching block links to intra and inter school competition opportunities. Aim is to develop confidence in bowling and to be able to understand and play the game.</p>
Assessment	<p>Students are assessed throughout each block of learning looking at their physical, cognitive and social performance using a matrix of what they can achieve.</p>			Learning Resources	<p>Appropriate equipment to deliver each activity to the needs of the group.</p>	





Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Netball	Swimming	Badminton	Fitness	Athletics	Cricket/Ro unders
Content	<p>Teaching of core fundamental skills of -</p> <ul style="list-style-type: none"> Ball handling Catching Evasion Passing Footwork Shooting Marking Basic positioning Rules and tactics focussed on out witing defenders in small sided games. Components of fitness required for the activity. How to play the game safely and with sportsmanship. 	<p>Teaching of stroke technique-</p> <ul style="list-style-type: none"> Front Crawl Back Crawl Breast Stroke <p>Students take part in peer coaching and teacher led activities focussed on improving their swimming ability.</p> <p>Students take part in internal personal survival award.</p>	<p>Teaching of rules and regulations of the game.</p> <p>Basic shots -</p> <ul style="list-style-type: none"> High and Low serves. High Clear. <p>Cooperative rally's Short games Half court singles focusing on using change of depth and power.</p>	<p>Students will complete a block of fitness training based upon correct and safe usage of equipment. Gym etiquette. Exercise selection and technique.</p> <ul style="list-style-type: none"> How to measure performance and intensity. Components of fitness. Links to sports and activities. 	<p>Athletics - Build on prior learning and experience; Perform at maximum; ESAAF Secondary Award Programme. Assessment: End of unit assessment / peer & self-assessment.</p>	<p>Teaching of rules and regulations of the game.</p> <p>Focus on core skill of bowling.</p> <p>Building the game around the ability to bowl.</p> <p>Students will then play a range of small sided, modified, pairs and full games to implement bowling.</p> <p>Skills of catching and throwing to be taught and developed.</p> <p>Basic batting stance, grip and bat lift embedded and focus on playing straight.</p>
Rationale/ Linking	<p>Major team game with strong community links. First teaching block links to intra and inter school competition opportunities. Aim is to develop confidence in the contact and core skills to be able to understand and play the game.</p>	<p>Fundamental life skill. Community opportunities in participation, competition, life saving. Aim for all students to improve water confidence and swimming ability by end of KS 3.</p>	<p>Net/Wall game with local opportunities recreationally and competitively. Aim is to develop students ability to set up, play, score and umpire the game.</p>	<p>Build upon knowledge and understanding from middle school and continue to make progress in personal fitness.</p>	<p>Core National Curriculum area and major global summer sport. Builds on middle school sports hall athletics.</p>	<p>Major team game with strong community links. Teaching block links to intra and inter school competition opportunities. Aim is to develop confidence in bowling and to be able to understand and play the game.</p>
Assessment	<p>Students are assessed throughout each block of learning looking at their physical, cognitive and social performance using a matrix of what they can achieve.</p>			Learning Resources	<p>Appropriate equipment to deliver each activity to the needs of the group.</p>	



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Rugby	Swimming	Badminton	Fitness	Athletics	Cricket/Ro unders
Content	<p>Teaching of application of in-depth skills and tactics of -</p> <ul style="list-style-type: none"> Tackling Ball Carrying Evasion Passing Kicking Positioning Rules and tactics focussed on out witing defenders in full sided games. The breakdown area. Components of fitness required for the activity. How to play the game safely and with sportsmanship. 	<p>Teaching of starts and turns and development of stroke technique-</p> <ul style="list-style-type: none"> Front Crawl Back Crawl Breast Stroke <p>Students take part in peer coaching and teacher led activities focussed on improving their swimming ability.</p> <p>Students take part in internal personal survival award.</p>	<p>Teaching of application of in depth skills and tactics -</p> <p>Shots -</p> <ul style="list-style-type: none"> Drop shot Lob Smash <p>Range of game formats used to develop quality of shots and decision making to outwit opponents. Use of depth, width and deception.</p>	<p>Students will complete a block of fitness training based upon correct and safe usage of equipment. Gym etiquette. Exercise selection and technique.</p> <ul style="list-style-type: none"> How to measure performance and intensity. Components of fitness. Links to sports and activities. 	<p>Athletics - Build on prior learning and experience; Perform at maximum; ESAAF Secondary Award Programme. Assessment: End of unit assessment / peer & self-assessment.</p>	<p>Focus on application of bowling, batting and fielding skills to outwit opponents .</p> <p>Students will then play a range of game formats and scenarios to develop skills and tactics.</p>
Rationale/ Linking	<p>Major team game with strong community links. First teaching block links to intra and inter school competition opportunities. Aim is to develop ability and understanding to play and analyse the game.</p>	<p>Community opportunities in participation, competition, life saving. Aim for all students to improve swimming ability and water fitness by end of year 10.</p>	<p>Net/Wall game with local opportunities recreationally and competitively. Aim is to further develop students ability to set up, play, score and umpire the game.</p>	<p>Build upon knowledge and understanding of components of fitness and continue to make progress in personal fitness.</p>	<p>Core National Curriculum area and major global summer sport. Builds on middle school sports hall athletics.</p>	<p>Major team game with strong community links. Teaching block links to intra and inter school competition opportunities. Aim is to develop ability to play the game and understand scoring and umpiring.</p>
Assessment	<p>Students are assessed throughout each block of learning looking at their physical, cognitive and social performance using a matrix of what they can achieve.</p>			Learning Resources	<p>Appropriate equipment to deliver each activity to the needs of the group.</p>	



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Netball	Swimming	Badminton	Fitness	Athletics	Cricket/Ro unders
Content	<p>Teaching of application of in-depth skills and tactics of -</p> <ul style="list-style-type: none"> • Catching • Passing • Footwork • Basic positioning • Rules and tactics focussed on out witing defenders in small sided games. • The goal area • Components of fitness required for the activity. • How to play the game safely and with sportsmanship. 	<p>Teaching of starts and turns and development of stroke technique-</p> <ul style="list-style-type: none"> • Front Crawl • Back Crawl • Breast Stroke <p>Students take part in peer coaching and teacher led activities focussed on improving their swimming ability.</p> <p>Students take part in internal personal survival award.</p>	<p>Teaching of application of in depth skills and tactics -</p> <p>Shots -</p> <ul style="list-style-type: none"> • Drop shot • Lob • Smash <p>Range of game formats used to develop quality of shots and decision making to outwit opponents. Use of depth, width and deception.</p>	<p>Students will complete a block of fitness training based upon correct and safe usage of equipment. Gym etiquette. Exercise selection and technique.</p> <ul style="list-style-type: none"> • How to measure performance and intensity. • Components of fitness. • Links to sports and activities. 	<p>Athletics - Build on prior learning and experience; Perform at maximum; ESAAF Secondary Award Programme. Assessment: End of unit assessment / peer & self-assessment.</p>	<p>Focus on application of bowling, batting and fielding skills to outwit opponents .</p> <p>Students will then play a range of game formats and scenarios to develop skills and tactics.</p>
Rationale/ Linking	<p>Major team game with strong community links. First teaching block links to intra and inter school competition opportunities. Aim is to develop positional skills and ability to play full sided game.</p>	<p>Community opportunities in participation, competition, life saving. Aim for all students to improve swimming ability and water fitness by end of year 10.</p>	<p>Net/Wall game with local opportunities recreationally and competitively. Aim is to further develop students ability to set up, play, score and umpire the game.</p>	<p>Build upon knowledge and understanding of components of fitness and continue to make progress in personal fitness.</p>	<p>Core National Curriculum area and major global summer sport. Builds on middle school sports hall athletics.</p>	<p>Major team game with strong community links. Teaching block links to intra and inter school competition opportunities. Aim is to develop ability to play the game and understand s coring and umpiring.</p>
Assessment	<p>Students are assessed throughout each block of learning looking at their physical, cognitive and social performance using a matrix of what they can achieve.</p>			Learning Resources	<p>Appropriate equipment to deliver each activity to the needs of the group.</p>	

 THOMAS ALLEYNE'S HIGH SCHOOL 			Curriculum Overview for: PE		Key Stage 4 Academic Year Group: 11 Boys	
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Rugby/Football	Swimming	Badminton	Fitness	Cricket/Rounders	Tennis
Content	<p>Development of skills and tactics to play full sided games.</p> <ul style="list-style-type: none"> Overcoming challenges Applying skills and tactics to different scenarios. Team work skills Positional specific skills. 	<p>Development of stroke technique and fitness -</p> <ul style="list-style-type: none"> Front Crawl Back Crawl Breast Stroke Butterfly <p>Students to work towards completing a timed IM</p> <ul style="list-style-type: none"> Development of competitive starts and turns <p>Students develop skills, tactics and understanding of water polo.</p>	<p>Further development of skills and tactics to be able to take part in a range of competition formats.</p> <p>Competitive games focusing on deception and width and depth of court</p>	<p>Students will complete a block of fitness training based upon correct and safe usage of equipment. Gym etiquette. Exercise selection and technique.</p> <ul style="list-style-type: none"> How to measure performance and intensity. Components of fitness. Links to sports and activities. 	<p>Development of skills, tactics and understanding.</p> <p>Where applicable students will play and officiate full sided games.</p>	<p>Skills and understanding taught to enable recreational game play.</p>
Rationale/Linking	<p>Major team game with strong community links. First teaching block links to intra and inter school competition opportunities. Aim is to develop understanding of the sport.</p>	<p>Fundamental life skill. Community opportunities in participation, competition, life saving.</p>	<p>Net/Wall game with local opportunities recreationally and competitively. Aim is to further develop students ability to set up, play, score and umpire the game.</p>	<p>Build upon knowledge and understanding of components of fitness and continue to make progress in personal fitness.</p>	<p>Major team game with strong community links. Teaching block links to intra and inter school competition opportunities. Aim is to develop confidence in bowling and to be able to understand and play the game.</p>	<p>Opportunities to play over summer period and after examinations.</p>
Assessment	<p>Students are assessed throughout each block of learning looking at their physical, cognitive and social performance using a matrix of what they can achieve.</p>			Learning Resources	<p>Appropriate equipment to deliver each activity to the needs of the group.</p>	



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Rugby/Football/Netball	Swimming	Badminton	Fitness	Cricket/Rounders	Tennis
Content	<p>Development of skills and tactics to play full sided games.</p> <ul style="list-style-type: none"> Overcoming challenges Applying skills and tactics to different scenarios. Team work skills Positional specific skills. 	<p>Development of stroke technique and fitness -</p> <ul style="list-style-type: none"> Front Crawl Back Crawl Breast Stroke Butterfly <p>Students to work towards completing a timed IM</p> <ul style="list-style-type: none"> Development of competitive starts and turns <p>Students develop skills, tactics and understanding of water polo.</p>	<p>Further development of skills and tactics to be able to take part in a range of competition formats.</p> <p>Competitive games focusing on deception and width and depth of court</p>	<p>Students will complete a block of fitness training based upon correct and safe usage of equipment. Gym etiquette. Exercise selection and technique.</p> <ul style="list-style-type: none"> How to measure performance and intensity. Components of fitness. Links to sports and activities. 	<p>Development of skills, tactics and understanding.</p> <p>Where applicable students will play and officiate full sided games.</p>	<p>Skills and understanding taught to enable recreational game play.</p>
Rationale/Linking	<p>Major team game with strong community links. First teaching block links to intra and inter school competition opportunities. Aim is to develop ability and understanding of the sport.</p>	<p>Fundamental life skill. Community opportunities in participation, competition, life saving.</p>	<p>Net/Wall game with local opportunities recreationally and competitively. Aim is to further develop students ability to set up, play, score and umpire the game.</p>	<p>Build upon knowledge and understanding of components of fitness and continue to make progress in personal fitness.</p>	<p>Major team game with strong community links. Teaching block links to intra and inter school competition opportunities. Aim is to develop confidence in bowling and to be able to understand and play the game.</p>	<p>Opportunities to play over summer period and after examinations.</p>
Assessment				Learning Resources		