

Curriculum Overview

Subject: Physical Education

Year Group: 7



Students are introduced to fundamental skills in team sports and individual activities. Initial tactics are introduced in team sports and evaluation and sequencing techniques in individual activities. Health and safety requirements of each activity will be delivered. Students are encouraged to demonstrate their learnt skills and tactics in small sided games. Students can describe, what level they are and what they need to do to improve using the KS3 assessment framework. Key terms are introduced in lessons and reinforced around teaching areas and in changing rooms. Students are encouraged to attend EC. Those who excel are informed of local clubs to attend and are entered into county, regional and national competitions.

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Individual skills, tactics, key terms and health and safety requirements in: Understanding the three components of a warm-up. Students will understand the assessment framework levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills. <u>Team Sports</u> Basketball, Rugby, Football, Netball Introduction of passing and moving into space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored. <u>Individual Activities</u> Fitness (includes elements of dance through Zumba type activities), Trampolining	KNOWLEDGE/SKILLS Individual skills, tactics, key terms and health and safety requirements in: Students will understand the assessment framework levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills. <u>Team Sports</u> Basketball, Football, Rugby, Dodgeball, Handball Introduction of passing and moving into space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored. Man to man defense is introduced. <u>Individual Activities</u> Table Tennis, Badminton, Athletics, Trampolining	KNOWLEDGE/SKILLS Individual skills, tactics, key terms and health and safety requirements in: Students will understand the assessment framework levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills. <u>Team Sports</u> Cricket, Rounders, Handball, Softball <u>Individual Activities</u> Athletics, Tennis
KEY ASSESSMENTS Ongoing self and peer assessment in lessons using the assessment framework. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going	KEY ASSESSMENTS Ongoing self and peer assessment in lesson using the assessment framework. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going	KEY ASSESSMENTS Ongoing self and peer assessment in lesson using the assessment framework. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going

during extra-curricular practices and inter school fixtures.

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during extra curricular practices and inter school fixtures.

Extended reading suggestions and external resources:

Extension opportunities arise in PE through extra-curricular practices and inter school fixtures and competitions.

External resources are links to local clubs the PE Department has developed e.g. Westcliff Rugby Club, Southend Athletics Club, Southend Sapphires Netball Club.

From 2025 year 5 students will have the opportunity to experience our KS3 facilities through inter school tournaments in Basketball, Football and Netball. Links with the KS2 PE curriculum will be developed with the aim of students arriving to Chase in year 7 with an increased understanding of core skills.

Curriculum Overview

Subject: Physical Education
Year Group: 8



Students continue to develop fundamental skills in team sports and individual activities. Once consistency of fundamental skills has been demonstrated, students are extended through opportunities to develop more complex skills. Initial tactics are reviewed and improved in team sports and more detailed evaluation techniques and sequencing in individual activities. Health and safety requirements of each activity will be reviewed. Students are encouraged to demonstrate increasingly effective and developed skills and tactics in small-sided games. Students can describe what level they are and what they need to do to improve using the KS3 assessment framework. Key terms are embedded in lessons and reinforced around teaching areas and in changing rooms. Students are encouraged to attend EC. Those who excel are informed of local clubs to attend and are entered into county, regional and national competitions.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Beginning to lead the three components of a warm-up.</p> <p>Students will understand the assessment framework levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Rugby, Football, Netball</p> <p>Introduction of passing and moving into space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored.</p> <p><u>Individual Activities</u></p> <p>Fitness (includes elements of dance through Zumba type activities), Trampolining</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements.</p> <p>Students will understand the assessment framework levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Football, Rugby, Dodgeball, Handball</p> <p>Introduction of passing and moving into space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored. Man to man defense is developed.</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements.</p> <p>Students will understand the assessment framework levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Cricket, Rounders, Handball, Softball</p> <p><u>Individual Activities</u></p> <p>Athletics, Tennis</p>

	<p><u>Individual Activities</u></p> <p>Table Tennis, Badminton, Athletics, Trampolining</p>	
KEY ASSESSMENTS	KEY ASSESSMENTS	KEY ASSESSMENTS
<p>Ongoing self and peer assessment in lesson using the assessment framework. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Extended reading suggestions and external resources:</p> <p>Extension opportunities arise in PE through extra-curricular practices and inter school fixtures and competitions.</p> <p>External resources are links to local clubs the PE Department has developed e.g. Westcliff Rugby Club, Southend Athletics Club, Southend Sapphires Netball Club.</p> <p>From 2025 year 5 students will have the opportunity to experience our KS3 facilities through inter school tournaments in Basketball, Football and Netball. Links with the KS2 PE curriculum will be developed with the aim of students arriving to Chase in year 7 with an increased understanding of core skills.</p>		

Curriculum Overview

Subject: Physical Education

Year Group: 9



CHASE HIGH SCHOOL
AMBITION - RESILIENCE - KINDNESS

While students continue to develop fundamental skills in team sports and individual activities, in preparation for GCSE more complex skills are introduced. Examples of these are weak hand/ foot dribbling and shooting in football and basketball. Initial tactics are reviewed and improved in team sports and more detailed evaluation techniques in individual activities. More complex skills such as screen and role in basketball and somersaults in Trampolining are introduced. Health and safety requirements of each activity will be reviewed. Students are encouraged to demonstrate increasingly effective and developed skills and tactics in small-sided games. Students can describe what level they are and what they need to do to improve using the KS3 assessment framework. Key terms are embedded in lessons and reinforced around teaching areas and in changing rooms. Students are encouraged to attend EC. Those who excel are informed of local clubs to attend and are entered in to county, regional and national competitions.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Delivering the three components of a warm-up is established and conducted with confidence.</p> <p>Students will understand the assessment framework levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Rugby, Football, Netball</p> <p>Introduction of passing and moving into space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored.</p> <p><u>Individual Activities</u></p> <p>Fitness (includes elements of dance through Zumba type activities), Trampolining</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements.</p> <p>Students will understand the assessment framework levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Football, Rugby, Dodgeball, Handball</p> <p>Introduction of passing and moving into space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored. Man to man defense is mastered.</p> <p><u>Individual Activities</u></p> <p>Table Tennis, Badminton, Athletics, Trampolining</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements.</p> <p>Students will understand the assessment framework levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Cricket, Rounders, Handball, Softball</p> <p><u>Individual Activities</u></p> <p>Athletics, Tennis</p>

KEY ASSESSMENTS	KEY ASSESSMENTS	KEY ASSESSMENTS
Ongoing self and peer assessment in lesson using the assessment framework. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra-curricular practices and inter school fixtures.	Ongoing self and peer assessment in lesson using the assessment framework. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra-curricular practices and inter school fixtures. GCSE students to receive peer and teacher feedback on how to develop their leadership skills after leading a warm-up.	Ongoing self and peer assessment in lesson using the assessment framework. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra-curricular practices and inter school fixtures. GCSE students to receive peer and teacher feedback on how to develop their leadership skills after leading a warm-up.

Extended reading suggestions and external resources:

Extension opportunities arise in PE through extra-curricular practices and inter school fixtures and competitions.

External resources are links to local clubs the PE Department has developed e.g. Westcliff Rugby Club, Southend Athletics Club, Southend Sapphires Netball Club.

From 2025 year 5 students will have the opportunity to experience our KS3 facilities through inter school tournaments in Basketball, Football and Netball. Links with the KS2 PE curriculum will be developed with the aim of students arriving to Chase in year 7 with an increased understanding of core skills.