		Ye	ar 7 Phy	vsical Ed	ucation	Curricu	lum Inte	ent 202	2-23			
		Autumn	Term			Spring	g Term			Summ	er Term	
		L		2		1		2		1		2
Boys Outline	KC1	KC1	KC1	KC1	KC2	KC2	KC3	KC4	KC6	KC5	KC6	KC4
Girls Outline	KC2	KC2	KC1	KC1	KC2	KC3	KC2	KC5	KC2	KC5	KC5	KC4
Key Concepts	pts 1. Outwitting opponents - Team Sports		2. Developing Health, Fitness and Swimming		3. Outwitting opponents – Individual Sports		4. Outdoo Adventuro Problem s	ous and	5. Athletic Dance and expression		6. Outwit opponent and Fieldi	s -Striking
National Curriculum Knowledge & Understanding	Use range of tactics and strategies to overcome opponents in direct		Develop the analyse the performand compared t ones and de improveme achieve the best	ir ce co previous emonstrate ent to	Use range of and strateg overcome of in direct co e.g. table to tennis, bad	ies to opponents mpetition – ennis,	Take part ir which prese intellectual physical cha and be ence work in a te building on developing solve proble individually group	ent and allenges ouraged to eam, trust and skills to ems, either	Develop the technique a improve the performand competitive e.g. athletic gymnastics	and eir ce in other e sports – cs and	in direct co	gies to opponents ompetition – ers, softball,
Assessment	Know more in Do more in P	assessed in 3 a n PE (knowledg E (skills and ap PE (leadership	ge and unders plication)									
Why this?	To enable stu demonstrate physical litera competence To develop a skills in differ sports To develop un of the rules a regulations o sports (Link to at KS4)	dents to their acy and range of ent team nderstanding nd f a range of	To enable s know how t works durin and how it exercise ha Enable stud improve the literacy and competenc performing make progr time and pr	itudents to their body ng exercise changes as ppens. dents to eir physical d e in tests and ress over	To enable s demonstrat physical lite competenc To develop skills in diffi individual s To develop understand rules and re of a range o (Link to BTE	te their eracy and a range of erent ports ling of the egulations of sports	To enable s develop pro solving and skills. Develop lea and commu skills throug of tasks. Develop tru resilience.	oblem teamwork adership unication gh a range	To enable s develop the creativity a flair. Be able to o evaluate pe Identify WV To perform maximum p (athletics)	eir nd artistic critique and erformance. WW / EBI at their	demonstra physical lit competend To develop skills in diff sports To develop understand rules and r of a range	eracy and ce o a range of ferent team ding of the egulations

		To develop knowledge of skills in different individual fitness tests and develop understanding of how improvements can be made. (Link to BTEC sport at KS4)	KS4)			KS4)
Why now?	To prepare students with key terminology and knowledge of concepts in preparation for progression Form a basis of initial assessment from KS2 transition	To develop pupil's overall fitness levels, encourage LPAH Assessment of swimming ability (continuation of KS2)	To prepare students with key terminology and knowledge of concepts in preparation for progression Form a basis of initial assessment from KS2 transition	Opportunity for pupils to develop resilience and teamwork through challenges. Communication and leadership skills developed.	Pupils develop their creativity. Get out of their comfort zone and develop confidence when analysing performance. Be able to perform at their maximum levels	To prepare students with key terminology and knowledge of concepts in preparation for progression
Skills & Characteristics	Aiming High Responding to setbacks Staying Positive Learning from Mistakes Forming effective teams Leadership skills Communication	Resilience Develop confidence Perform at personal best	Personal best Responding to setbacks Staying Positive Learning from Mistakes	Learning from Mistakes Forming effective teams Leadership skills Communication	Creativity Developing teamwork Being able to assess and critique performance Identify WWW / EBI	Aiming High Responding to setbacks Staying Positive Learning from Mistakes Forming effective teams Leadership skills Communication
End Points	BASIC END POINTS - Pupils copy, repeat and explore simple skills and actions with basic control and coordination. They start to link these in ways that suit the activities. They describe and comment on their own and others' actions. They talk about how to take part in physical activity safely, and how their bodies feel during an activity.		CLEAR END POINTS - Pupils explore simple skills. They copy, remember, repeat and explore simple actions with control and coordination. They vary skills, actions and ideas and their deployment and link them in ways that suit the activities. They begin to show some understanding of simple tactics and basic compositional ideas.		DETAILED END POINTS - Pupils select and use skills, actions and ideas appropriately, applying them with control and coordination. They show that they understand tactics and composition by starting to vary how they respond. They can see how their work is similar to and different from others' work, and use this	

	They work with others in practices and suggest	They talk about differences between their own	understanding to improve their own			
	some simple ideas on how to make changes	and others' performance and suggest	performance.			
		improvements.	They give reasons why warming up before an			
		They understand how to take part in physical	activity is important, and why physical activity is			
		activity safely and describe how their bodies good for their health.				
		feel during different activities.	They are able to take the lead in pairs and small			
		They work with others, devising simple ideas for	groups when carrying out practices or deciding			
		practices and rules	upon their own games, challenges, tactics and			
			sequences			
Aspirations &	PE Careers week - emphasis on career pathways th	ways through studying PE/Sport				
Careers	Development of key skills – Teamwork, leadership, organisation, communication					
	Extra-curricular clubs – different clubs each Half term, linked to curriculum and upcoming School Games competitions					
	School games – competitions within the Sunderland School Games framework					
	School teams - Competitive school teams in Footba	all, Netball, Rugby and Cricket amongst others.				

<u></u>			ion Curriculum II		· · ·	-		
	Autumn Term		Spring		Summer Term			
	1	2	1	2	1	2		
Key Concepts	Outwitting opponents -	Developing Health,	Outwitting	Outdoor	Athletic activities,	Outwitting		
	Team Sports	Fitness and	opponents –	Adventurous and	Dance and Artistic	opponents -Striking		
		Swimming	Individual Sports	Problem solving	expression	and Fielding		
National	Continue to develop a	Continue to develop	Continue to develop	Take part in OAA	Develop their	Use range of tactics		
Curriculum	range of tactics and	their own personal	and use a range of	which present	technique and	and strategies to		
Knowledge &	strategies to overcome	fitness, analyse their	tactics and strategies to	intellectual and	improve their	overcome opponents		
Understanding	opponents in direct	performance	overcome opponents in	physical challenges	performance in other	in direct competition		
onderstanding	competition -	compared to previous	direct competition -	and be encouraged to	competitive sports -	-		
	e.g. football, rugby,	ones and	e.g. table tennis, tennis,	work in a team,	e.g. athletics and	e.g. rounders, softball		
	basketball, netball	demonstrate	badminton	building on trust and	gymnastics	cricket etc.		
		improvement to		developing skills to				
	Develop skills in isolation,	achieve their personal	Develop skills in	solve problems, either				
	application to	best.	isolation, application to	individually or as a				
	pressurised/competitive	Be able to complete	pressurised/competitive	group				
	situations.	fitness testing	situations.					
	Small sided games – build		Small sided games –					
	to full context.		build to full context.					
Assessment	Pupils will be assessed in 3 areas -							
	Head – Ability to understand tactics, analyse performance, officiate and demonstrate leadership							
	Heart – Attitude to learning, resilience, motivation and teamwork							
	Hands - Development and a	application of skills in isol	ation and competitive aren	as	1	1		
Why this?	To enable students to	To enable students to	To enable students to	To enable students to	To enable students to	To enable students to		
	demonstrate their	know how their body	demonstrate their	develop problem	develop their	demonstrate their		
	physical literacy and	works during exercise	physical literacy and	solving and teamwork	creativity and artistic	physical literacy and		
	competence	and how it changes as	competence	skills.	flair.	competence		
	To develop a range of	exercise happens.	To develop a range of	Develop leadership	Be able to critique	To develop a range of		
	skills in different team	Enable students to	skills in different	and communication	and evaluate	skills in different team		
	sports	improve their physical	individual sports	skills through a range	performance.	sports		
	To develop understanding	literacy and	To develop	of tasks.	Identify WWW / EBI	To develop		
	of the rules and	competence in	understanding of the	Develop trust and	To perform at their	understanding of the		
	regulations of a range of	performing tests and	rules and regulations of	resilience.	maximum potential	rules and regulations		
	sports (Link to BTEC sport	make progress over	a range of sports (Link		(athletics)	of a range of sports		
	at KS4)	time and practice.	to BTEC sport at KS4)			(Link to BTEC sport at		
		To develop knowledge				KS4)		

Why now?	To prepare students with key terminology and knowledge of concepts in preparation for progression Form a basis of initial assessment from year 7	of skills in different individual fitness tests and develop understanding of how improvements can be made. (Link to BTEC sport at KS4) To develop pupil's overall fitness levels, encourage LPAH Assessment of swimming ability (continuation of year 7)	To prepare students with key terminology and knowledge of concepts in preparation for progression Form a basis of initial assessment from year 7	Opportunity for pupils to develop resilience and teamwork through challenges. Communication and leadership skills developed.	Pupils develop their creativity. Get out of their comfort zone and develop confidence when analysing performance. Be able to perform at their maximum levels.	To prepare students with key terminology and knowledge of concepts in preparation for progression
Skills & Characteristics	Aiming High Responding to setbacks Staying Positive Learning from Mistakes Forming effective teams Leadership skills Communication	Resilience Develop confidence Perform at personal best	Personal best Responding to setbacks Staying Positive Learning from Mistakes	Learning from Mistakes Forming effective teams Leadership skills Communication	Creativity Developing teamwork Being able to assess and critique performance Identify WWW / EBI	Aiming High Responding to setbacks Staying Positive Learning from Mistakes Forming effective teams Leadership skills Communication
Aspirations & Careers	PE Careers week – emphasis on career pathways through studying PE/Sport Extra-curricular clubs – different clubs each Half term, linked to curriculum. Development of key skills – Teamwork, leadership, organisation, communication External coaches – Q&A sessions with professional external coaches (Rugby/Cricket/Swimming) supporting curriculum delivery. School games – competitions within the Sunderland School Games framework School teams – Competitive school teams in Football, Netball, Rugby and Cricket amongst others.					

	Autumn	Term	Spring	Term	Summer Term			
	1	2	1	2	1	2		
Key Concepts	Outwitting opponents -	Developing Health,	Outwitting	Outdoor	Striking and	KS4 Transition -		
	Team Sports	Fitness and	opponents -	Adventurous and	Fielding and	Links to BTEC first		
		Swimming	Individual Sports	Problem solving	Athletic Activities	Sport Unit 2		
National	Continue to develop a	Continue to develop	Continue to develop	Take part in OAA	Develop their	Use range of tactics		
Curriculum	range of tactics and	their own personal	and use a range of	which present	technique and	and strategies to		
Knowledge &	strategies to overcome	fitness, analyse their	tactics and strategies to	intellectual and	improve their	overcome opponents		
Understanding	opponents in direct	performance	overcome opponents in	physical challenges	performance in other	in direct competition		
C C	competition -	compared to previous	direct competition -	and be encouraged to	competitive sports -	-		
	e.g. football, rugby,	ones and	e.g. table tennis, tennis,	work in a team,	e.g. athletics and	e.g. team sport,		
	basketball, netball	demonstrate	badminton	building on trust and	gymnastics	individual sport		
		improvement to		developing skills to				
	Develop skills in isolation,	achieve their personal	Develop skills in	solve problems, either	Use range of tactics	to identify the rules,		
	application to	best.	isolation, application to	individually or as a	and strategies to	regulations and		
	pressurised/competitive	Be able to complete	pressurised/competitive	group	overcome opponents	scoring systems of the		
	situations.	fitness testing	situations.		in direct competition	selected sports		
					-	To identify the roles		
	Small sided games – build		Small sided games –		e.g. rounders, softball,	and responsibilities of		
	to full context.		build to full context.		cricket etc.	the selected sports.		
Assessment	Pupils will be assessed in 3							
	Head – Ability to understand tactics, analyse performance, officiate and demonstrate leadership							
	Heart – Attitude to learning, resilience, motivation and teamwork							
	Hands – Development and	· · ·			1	1		
Why this?	To enable students to	To enable students to	To enable students to	To enable students to	To enable students to	To enable students to		
	demonstrate their	know how their body	demonstrate their	develop problem	develop their	demonstrate their		
	physical literacy and	works during exercise	physical literacy and	solving and teamwork	creativity and artistic	physical literacy and		
	competence	and how it changes as	competence	skills.	flair.	competence		
	To develop a range of	exercise happens.	To develop a range of	Develop leadership	Be able to critique	To develop a range of		
	skills in different team	Enable students to	skills in different	and communication	and evaluate	skills in different team		
	sports	improve their physical	individual sports	skills through a range	performance.	sports		
	To develop understanding	literacy and	To develop	of tasks.	Identify WWW / EBI	To develop		
	of the rules and	competence in	understanding of the	Develop trust and	To perform at their	understanding of the		
	regulations of a range of	performing tests and	rules and regulations of	resilience.	maximum potential	rules and regulations		
	sports (Link to BTEC sport	make progress over	a range of sports (Link		(athletics)	of a range of sports		

	at KS4)	time and practice. To develop knowledge of skills in different individual fitness tests and develop understanding of how improvements can be made. (Link to BTEC sport at KS4)	to BTEC sport at KS4)		To enable students to demonstrate their physical literacy and competence To develop a range of skills in different team sports To develop understanding of the rules and regulations of a range of sports	(Link to BTEC sport at KS4)
Why now?	To prepare students with key terminology and knowledge of concepts in preparation for progression Form a basis of initial assessment from year 7	To develop pupil's overall fitness levels, encourage LPAH Assessment of swimming ability (continuation of year 7)	To prepare students with key terminology and knowledge of concepts in preparation for progression Form a basis of initial assessment from year 7	Opportunity for pupils to develop resilience and teamwork through challenges. Communication and leadership skills developed.	Pupils develop their creativity. Get out of their comfort zone and develop confidence when analysing performance. Be able to perform at their maximum levels. To prepare students with key terminology and knowledge of concepts in preparation for progression	To prepare students with key terminology and knowledge of concepts in preparation for progression onto KS4 studies – BTEC sport
Skills & Characteristics	Aiming High Responding to setbacks Staying Positive Learning from Mistakes Forming effective teams Leadership skills Communication	Resilience Develop confidence Perform at personal best	Personal best Responding to setbacks Staying Positive Learning from Mistakes	Learning from Mistakes Forming effective teams Leadership skills Communication	Creativity Developing teamwork Being able to assess and critique performance Identify WWW / EBI	Aiming High Responding to setbacks Staying Positive Learning from Mistakes Forming effective teams Leadership skills Communication
Aspirations & Careers	PE Careers week – emphasi Extra-curricular clubs – diffe Development of key skills –	erent clubs each Half term	n, linked to curriculum.	n	1	

External coaches – Q&A sessions with professional external coaches (Rugby/Cricket/Swimming) supporting curriculum delivery.
School games – competitions within the Sunderland School Games framework
School teams – Competitive school teams in Football, Netball, Rugby and Cricket amongst others.