		Ye	ar 9 Phy	sical Ed	ucation	Curricu	lum Int	<mark>ent 202</mark>	2-23				
		Autumn	Term			Spring	g Term			Summ	er Term		
	1	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	
Mixed outline	KC2	KC2	KC1	KC3	KC1	KC2	KC3	KC3	KC4	KC1	KC5	KC6	
Key Concepts	1. Outwitting		2. Develop	oing	3. Outwitt	ing	4. Outdoo	r	5. Athletic	activities,	6. Outwit	ting	
	opponents -	Team	Health, Fit	ness and	opponent	s –	Adventure	ous and	Dance and	d Artistic	opponent	s -Striking	
	Sports		Swimming		Individual	Sports	Problem s	olving	expression	expression		and Fielding	
National	Use range of	tactics and	Develop the	eir fitness,	Use range o	of tactics	Take part in	n OAA	Develop th	eir	Use range	of tactics	
Curriculum	strategies to o	overcome	analyse the	ir	and strateg	ies to	which pres	ent	technique a	and	and strates	gies to	
Knowledge &	opponents in	direct	performanc		overcome o		intellectual	and	improve th			opponents	
Understanding	competition -		compared t		in direct co		physical ch	-	performan		in direct competition -		
·	e.g. football,	• • •	ones and de		e.g. table te		and be enc	-	competitive sports – e.g. athletics and		-	ers, softball,	
	basketball, ne	etball	improveme		tennis, bad	minton	work in a te	,			cricket etc.		
	Davialan akilla		achieve the	ir personal		building on trust and			gymnastics				
	Develop skills in isolation,bestdeveloping skills toapplication tosolve problems, either												
application to pressurised/competitive situations.							individually						
		ompetitive					group						
	situations.						Broap						
	Small sided games – build to full context.												
Assessment	Pupils will be	assessed in 3 a	areas –						•				
	Know more in PE (knowled Do more in PE (skills and a			standing)									
		PE (leadership		•	1		1		1		1		
Why this?	To enable stu		To enable s		To enable s		To enable s		To enable s			students to	
	demonstrate		know how t		demonstrat		develop pro		develop the		demonstra		
	physical litera	acy and	works durin	-	physical lite	-	solving and	teamwork	creativity a	nd artistic	physical lit		
	competence	range of	and how it	-	competenc		skills.	dorchin	flair.	aritique and	competen		
	To develop a skills in differe	-	exercise ha Enable stud		To develop skills in diff	-	Develop lea	-		critique and	-	a range of ferent team	
	sports		improve the		individual s		skills throu		Identify W	erformance.	sports		
	To develop ur	nderstanding	literacy and	• •	To develop	•	of tasks.	Birarange	To perform		To develop		
	of the rules a	-	competence		understand		Develop tru	ist and	maximum		understand		
	regulations of		performing		rules and re	-	resilience.		(athletics)		rules and r	-	
	sports (Link to	-	make progr		of a range of	-					of a range	-	

	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)	(Link to OCR CNAT at KS4)			(Link to OCR CNAT 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 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		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		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	

	safely, and how their bodies feel during an activity. They work with others in practices and suggest some simple ideas on how to make changes	simple tactics and basic compositional ideas. They talk about differences between their own and others' performance and suggest improvements. They understand how to take part in physical activity safely and describe how their bodies feel during different activities. They work with others, devising simple ideas for practices and rules	different from others' work, and use this understanding to improve their own performance. They give reasons why warming up before an activity is important, and why physical activity is good for their health. They are able to take the lead in pairs and small groups when carrying out practices or deciding upon their own games, challenges, tactics and			
Aspirations &	PE Careers week – emphasis on career pathways thr	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 Footbal	l, 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.